

# Week 1 Recipes

*All recipes that were made during the Meal Prep Video are time marked at their start time with an (\*) at the bottom of the recipe.*

## Almond Vanilla Crockpot Granola

Makes 12-14 servings

- 5 cups GF old fashioned rolled oats
- 1 cup almond silvers, unsalted
- 1/2 cup pepitas (pumpkin seeds), unsalted
- 1/4 cup sunflower seeds, unsalted
- 1 1/2 Tbsp cinnamon
- 1/4 tsp sea salt
- 1/2 cup Maple syrup
- 1/2 cup coconut sugar
- 1/2 cup coconut oil
- 1/2 cup nut butter, like almond or cashew
- 1 Tbsp pure vanilla

Add all dry ingredients through salt to a crockpot (at least 6 quart) and stir to combine. Meanwhile in microwaveable bowl, combine all remaining ingredients and microwave for 20 second intervals, stirring after each time, until melted and well combined. Add wet ingredients to crockpot and stir to evenly coat the oat mixture. Place crockpot on high and tilt lid slightly to allow air flow. Cook on high 2-3 hrs, stirring every hour (be sure to stir well so nothing sticks to sides of crockpot) or on low 4-5 hrs, stirring occasionally. Allow to cool completely and then store in Ziplock bag or airtight container in refrigerator.

\*Time mark 1:00 on week 1 prep video. Length 3:36

## Nut Free Granola

Makes 3 1/2 cups

1/3 cup canola or other neutral oil (i.e. vegetable oil)

1/2 cup maple syrup

1/2 tsp sea salt

3 cups old fashion rolled oats (GF)

Preheat oven to 325 degrees. Line a sheet pan with parchment paper or silicon mat.

In large bowl, combine the oil, maple syrup and salt and mix well. Add the oats and stir until all the oats are coated.

Spread on baking sheet and bake for 20 minutes. Stir with spatula and cook another 20 minutes.

Stir once more and bake for an additional 15-20 minutes.

It will crisp up as it cools.

Store in airtight container in frig or on the counter.

\*NOTE: if you can have seeds, then great additions to this granola would include: pepitas (pumpkin seeds), raw sunflower seeds, hemp seeds...

Top with non dairy milk, fresh fruit, etc.

## Thai dressing

1/4 cup sesame oil

1/4 cup water

2 Tbsp Maple syrup or agave

1 1/2 Tbsp Tamari or GF soy sauce (sub coconut aminos for soy allergy)

1 lime, juiced

3-4 garlic cloves, minced

1/2 tsp red chili flakes (optional)

In mason jar or other container combine all ingredients and shake well. Store in refrigerator.

\*Time mark 7:03 length 2:50

## Thai Vegetable Noodles

Makes 3-4 servings. Takes 15 minutes

1 8-10 oz package of GF Fettuccine or Linguine noodles, cooked accordingly  
(Pre-sliced) 2 small or 1 large colored pepper, julienned and 3 green Onions, sliced

1 cup carrots, shredded

1 cup Edamame, shelled frozen or fresh (sub peas for soy allergy)

2 Tbsp olive oil

Cilantro, chopped for garnish

Cashews, chopped for garnish (omit for nut allergy)

Thai Sauce (see recipe or store bought)

Cook noodles according to package directions, drain and set aside. While noodles are cooking, heat sauté pan to med-high heat. Once hot add 2 Tbsp olive oil and peppers. Sauté for 2 minutes until starting to soften. Add carrots and Edamame and continue to sauté for another 2-3 minutes. Make a well in pan and add in noodles. Turn heat down to low. Top with sauce and stir to coat well. Serve and garnish with green onions, cilantro and cashews.

## Chickpea Salad

Makes 3-4 servings

2 15 oz cans chickpeas, rinsed and drained

1/2 cup carrots, diced or shredded

1/4 of medium onion, diced

4 small dill pickles, diced (optional)

1/3 cup vegan mayo 1 Tbsp Dijon mustard

1/2 tsp Sea salt

1 lemon, zested and juiced

Pepper to taste

Place all ingredients in medium size bowl and stir until combined. Flavors will continue to come together in refrigerator. Serve on GF toast or on lettuce wraps.

\*Time mark 23:11 length 3:48

## Traditional Hummus

1 can chickpeas, drained

3-4 garlic cloves

1 lemon, juiced

1/2 tsp sea salt

1-2 Tbsp Tahini (sesame paste)

1/4 - 1/3 cup olive oil

Pepper to taste

Place all ingredients except olive oil and pepper in a food processor or high speed blender. Pulse until incorporated about 5-6 times. Blend on high while slowly pouring in olive oil until desired consistency. Scrape down sides if necessary and continue to blend. Add pepper to taste.

\*Time mark 26.99 length 1:50

Store in medium size container in the refrigerator

## Portobello Fajitas w/ Avocado Mash

Makes 3-4 servings Time: 15-20 minutes

Fajitas:

(Pre-Sliced during meal prep)

3-4 large portobello mushrooms, sliced 1/4 to 1/2" thick

2 small colored peppers, sliced 1/4 to 1/2" thick

1 medium onion, sliced 1/4 to 1/2" thick

1 tsp cumin  
3/4 tsp sea salt  
1/2 tsp red chili flakes (optional)

Handful of cilantro, chopped

4 Tbsp olive oil  
3 cloves garlic, diced

8-10 Corn tortillas

In large bowl add all ingredients except garlic and reserve 2 Tbsp olive oil. Toss well. In a large sauté pan over med-high heat add remaining 2 Tbsp olive oil. Add vegetable mixture and sauté for 5-7 minutes. Add garlic and sauté for a few minutes more.

Avocado Mash:

2 ripe avocados, mashed

1/2 tsp sea salt  
1/4 tsp cumin  
1/4 tsp pepper  
1/2 lime, juiced

While veggies are sautéing, add all ingredients to bowl and mash together. Serve with warm corn tortillas. Additional toppings: beans, salsa, corn, rice. Garnish with cilantro and lime wedges.

## Mexican Rice Bowl

Makes 2 serving

2 cup cooked brown rice  
1 1/2 cup or about 1 15 oz can pinto beans, drained

1 ripe avocado, sliced

1/2 cup salsa

Fresh Cilantro & lime wedges to garnish

Salt & pepper to taste

Layer all ingredients in bowl in the order listed. Salt and pepper to taste and garnish with fresh cilantro and a squeeze of lime.

## Pineapple Surprise Smoothie

Makes 1 smoothie

1/2 frozen banana

1 cup packed spinach

1/2 cup with juice of 100% pineapple 1/2 cup almond milk

Combine all ingredients in high speed blender. Blend on high for 30-60 seconds.

## Vegetable Lo Mein

Makes 2-4 servings Takes 15-20 minutes

1 8-10 oz package GF spaghetti or rice noodles

(Pre-sliced during meal prep)

2 small or 1 large colored pepper, julienned

1/2 to 1 large portobello mushroom, chopped

3 green Onions, sliced

1 cup coleslaw mix

1" fresh ginger, grated

3 cloves garlic, minced

1 Tbsp sesame oil

3 Tbsp tamari or GF soy sauce (sub coconut aminos for soy allergy)

2 Tbsp olive oil

Sesame seeds (optional)

Cook pasta according to package directions, drain and set aside. While pasta is cooking, heat sauté pan over med-high heat and add 2 Tbsp olive oil. Once hot, add the peppers and mushrooms and sauté for 2-3 minutes until they start to soften. Add the coleslaw and continue to sauté for another minute or two. Make a well in the pan and add in the ginger and garlic. Stir to incorporate and sauté for another minute or two. Make another well in the pan and add in pasta. Turn heat down to low and add the sesame oil and soy sauce. Stir to coat and serve with green onions and sesame seeds for garnish.

## 2 minute Oatmeal Berries N' Cream

Makes 1 serving

1/2 cup GF old fashioned rolled oats

1/2 cup Water

1/2 cup Berries (fresh or frozen), sliced

2-3 Tbsp Full fat coconut milk or Almond milk

1 Tbsp Chia seed, flax seed or hemp seed

1 Tbsp Maple syrup or agave Pinch of sea salt

In microwaveable bowl add oats, salt and water. Microwave on high for 1 to 1 1/2 minutes. Add the remaining ingredients and stir well.

## Cilantro-Lime Black Bean Burgers

Makes 4- 6 Veggie Burgers

2 15 oz cans of black beans, drained well

1 cup cooked brown rice  
2 Tbsp flax seed, ground  
1 lime, juiced  
  
3/4 tsp sea salt  
1/2 tsp cumin  
1/2 tsp chili powder  
1/2 tsp garlic powder  
1/2 tsp onion powder  
Handful of cilantro, chopped finely  
  
1-2 Tbsp of olive oil

In a medium size bowl mash black beans with a fork or potato masher. It's okay to leave some whole beans in mixture. Combine the remaining ingredients minus the olive oil and stir together until well combined. Place in refrigerator while you set up large pan and warm it to med heat (this is an optional step but helps patties stay together). Shape patties and drizzle olive oil in pan that has been heated to medium heat. Cook patties for 4-5 minutes per side being careful when flipping. Serve on bib lettuce or in GF bun with all your favorite fixings.

## Sautéed Garlic Veggies w/ Rice

Makes 2-3 servings. Takes 15 minutes

(Precooked) 3 cups cooked brown rice  
(Pre-sliced) 1 medium zucchini, chopped  
  
2 cups broccoli florets  
  
2-4 Tbsp olive oil, divided  
1/2 tsp sea salt  
3 cloves garlic, minced  
Small handful cilantro, chopped  
  
Pepper to taste

Heat medium sauté pan over med-high heat. Once hot add 2 Tbsp olive oil and broccoli and zucchini. Sauté for 4-5 minutes until zucchini starts to brown. Add another Tbsp of olive oil, if necessary and add in garlic and continue to sauté for another minute. Make a well in pan and add in rice, sea salt and cilantro. Turn down heat to low and continue to cook for another 2-3 minutes, stirring constantly.

## Spinach Thai Salad

Makes 2 servings

2 large handfuls of Spinach

3 handfuls of coleslaw mix

1/2 cup carrots, shredded

3 green onions, sliced

1 small English cucumber or 1/2 of regular cucumber, sliced

Small handful of cilantro, chopped

1/4 cup Cashews (omit for nut allergy)

Lime wedges

Thai dressing (see recipe or store bought)

Combine all ingredients in large bowl or divide equally amongst 2 plates. Top with dressing and a fresh squeeze of lime.

## Chickpea Vegetable Curry

Makes 2-3 servings Time: 3-7 hrs in crockpot Chickpea Vegetable Curry

1-15 oz can chickpeas, drained

1-15 oz can full fat coconut milk

1 medium onion, sliced thin

1/2 pint or about 15 grape or cherry tomatoes

1/2 colored pepper, sliced thin

3 cloves garlic, minced

1-2 Tbsp Garam Masala

2 tsp curry powder

1/2 tsp cumin

1 tsp sea salt

Juice of 1 lime Cilantro for garnish

Extra veggie ideas:

1/2 cup carrots, chopped or shredded 1 cup spinach

1 medium potato, chopped

1 cup eggplant, chopped

Add all ingredients to crockpot, stir and set on high for 3-4 hrs or low for 5-7 hrs. Garnish with chopped cilantro and lime wedges.