



THE VEGETARIAN RECIPES – WEEK 1



The (mostly)
Simple Life

Practical Ways to Improve Your Life, Home, + Budget



GREEN PROTEIN SMOOTHIE

INGREDIENTS

- 1/2 Frozen Banana
- 1 Cup of Spinach
- 1 Avocado
- 1 Serving of Vanilla Protein Powder
- 1 Cup of Almond Milk
- 1 Tbsp of Chia Seeds

NUTRITIONAL VALUE

(per serving)

Fat: 20 g

Carbs: 28 g

Protein: 42 g

Total Calories: 430 Calories

DIRECTIONS

1. Start by pouring the almond milk into the blender to avoid the ingredients sticking at the bottom of the blender.
2. Next add in the banana, avocado, spinach, chia seeds and the protein powder.
3. Turn the blender on, starting at a low speed and increase as needed.
4. Once the liquid looks even, pour into a cup and enjoy immediately to conserve as many nutrients as possible.



SUPERFOOD OATMEAL

INGREDIENTS

1/2 Cup of Gluten Free Oatmeal
1 Cup of Almond Milk
1/4 Cup of Almonds
1/2 Cup of Berries
1 tsp of Ground Cinnamon

DIRECTIONS

1. In a pot place the oats, cinnamon and the almond milk and turn the heat on high until it starts boiling.
2. Once it is boiling turn the heat down to low and stir until all of the almond milk is absorbed.
3. Once the oatmeal is ready transfer it into a bowl and add the nuts and fresh berries.
4. Optional: Add honey or extra toppings.

NUTRITIONAL VALUE

Fat: 21 g
Carbs: 40 g
Protein: 12 g
Total Calories: 401 Calories



BANANA PANCAKES

INGREDIENTS

1 Cup of Gluten Free Oatmeal
1/4 Cup of Almond Milk
1 Banana
1 Tbsp of Coconut Oil
2 tsp of Baking Powder
1/2 tsp of Cinnamon

NUTRITIONAL VALUE

Fat: 24 g
Carbs: 30 g
Protein: 14 g
Total Calories: 378 Calories

DIRECTIONS

1. In a bowl combine all of the ingredients except for the coconut oil. Use a hand blender or a fork to mix everything together. Aim for a consistency similar to pancake batter.
2. Place a pan on medium heat and melt the coconut oil. Slowly add the batter in the pan forming 5 inch diameter pancakes. Place the cover on and cook for a couple minutes on each side.
3. Repeat until you have cooked the whole batch. Be creative with your toppings, add any of your favourite clean foods. These may include but are not limited to berries, almond butter, coconut flakes and chopped nuts.



CHICKPEA WRAP

INGREDIENTS

1 Brown Rice Tortilla Wraps
1 Cup of Chickpeas
1/2 Avocado
1 Stalks of Celery
1/4 Cup of Red Onions
2 Tbsp of Vegan Mayo
Pinch of Sea Salt and Ground Pepper

DIRECTIONS

1. Wash and drain the chickpeas. Put the chickpeas in a big bowl and mash them with a fork.
2. Chop the celery and red onion into small pieces and add it to the chickpeas.
3. Toss in the remaining of the ingredients.
4. Divide the mixture up into two separate wraps.

NUTRITIONAL VALUE

Fat: 36 g
Carbs: 45 g
Protein: 15 g
Total Calories: 631 Calories



BALSAMIC ARUGULA SALAD

INGREDIENTS

(2 Servings)

4 Cups of Arugula

2 Tomatoes

1 Cup of Chopped Cucumber

1 Cup of Chickpeas

2 Tbsp of Balsamic Vinegar

1/4 Cup of Extra Virgin Olive Oil

Pinch of Sea Salt and Pepper

NUTRITIONAL VALUE

(per serving)

Fat: 29 g

Carbs: 28 g

Protein: 6 g

Total Calories: 391 Calories

DIRECTIONS

1. Pre-heat the oven to 200C/400F.
2. Drain and wash the chickpeas and then pat them dry with a paper towel. Spread the chickpeas out on a baking sheet with parchment paper and drizzle the 2 Tbsp of olive oil on top. Bake the chickpeas for 30 minutes, moving them around every 10 minutes.
3. While the chickpeas are baking prepare the salad ingredients. Make the dressing by combining the balsamic vinegar, olive oil, sea salt and pepper.
4. You can add a sweetener of choice here as well if desired.
5. Once the chickpeas are done toss them into the prepared salad for a much healthier crouton alternative.



BUDDHA BOWL

INGREDIENTS

(2 Servings)

4 Cups of Spinach

2 Cup Cooked Quinoa

1 Cup of Chickpeas

1 Chopped Red Bell Pepper

1 Cup of Sliced Cucumber

2 Tbsp of Olive Oil

2 Tbsp of Lemon Juice

Pinch of Salt & Pepper

DIRECTIONS

1. Prepare the quinoa by following the instructions provided on the packaging.

2. While the quinoa is cooking prepare all the vegetables and place them in a bowl.

3. Drain and rinse the chickpeas.

4. Once everything is in the bowl, drizzle the lemon juice and olive oil on top. Sprinkle with salt and pepper.

NUTRITIONAL VALUE

(per serving)

Fat: 19 g

Carbs: 65 g

Protein: 16 g

Total Calories: 485 Calories



CREAMY TOMATO PASTA

INGREDIENTS

(2 Servings)

4 oz of Brown Rice Pasta

2 Cups of Red Pepper

4 Sun Dried Tomatoes

1 Cup of Canned Diced Tomatoes

1/2 Cup of Cashews

1 Tbsp of Olive Oil

1/4 Cup of Onions

1 Clove of Garlic

Pinch of Salt & Pepper

DIRECTIONS

1. Soak the cashews in water for 2 hours prior to making the dish.
2. Bring a pot of water to a boil on the stove top and prepare the brown rice pasta according to packaging instructions.
3. Meanwhile, place a pan on medium heat and add the olive oil, onions, garlic and red pepper all finely chopped. Sauté until the red peppers and onions become translucent.
4. In a blender, combine the diced tomatoes, drained cashews, sun dried tomatoes and the sautéed vegetables. Blend until creamy.
5. Once the pasta is complete, drain and add to a bowl with the creamy tomato sauce. Combine well and serve with fresh parsley on top.

NUTRITIONAL VALUE

(per serving)

Fat: 22 g

Carbs: 63 g

Protein: 13 g

Total Calories: 498 Calories



SWEET POTATO & CHICKPEA CURRY

INGREDIENTS

(2 Servings)

1.5 Cup (1 Small) of Sweet Potato
1 Can of Chickpeas
1 Cup of Coconut Milk
1/4 Cup of Onion
1 Can of Chopped Tomato
1 Tbsp of Olive Oil
1 Tbsp of Ground Turmeric
1 Tbsp of Ground Cumin
1 Tbsp of Ground Ginger
1 tsp of Sea Salt

DIRECTIONS

1. In a large pot heat the olive oil and the onions and the spices. Cook until the onions become translucent.
2. Next add in the rest of the ingredients, making sure that the sweet potatoes are completely covered with the liquid.
3. Bring the curry to a boil and then turn down to a simmer for about 40 minutes or until the sweet potatoes are completely done.

NUTRITIONAL VALUE

(per serving)

Fat: 26 g

Carbs: 56 g

Protein: 13 g

Total Calories: 518 Calories



KELP NOODLE STIR FRY

INGREDIENTS

(2 Servings)

8 oz of Tempeh

1 Head of Broccoli

2 Carrots

1/2 Cup of Onions

2 Cloves of Garlic

12 oz of Kelp Noodles

1/4 Cup of Coconut Aminos

Pinch of Sea Salt & Ground Pepper

DIRECTIONS

1. Place a large pan on medium heat and add the coconut oil, once the oil has melted add the onions and garlic.
2. Once the onions are translucent add the chopped broccoli and carrots. Cover and cook until the vegetables start to soften, once the vegetables are cooked through add in the tempeh for 3-5 minutes.
3. Meanwhile prepare the kelp noodles by rinsing and separating them.
4. Lastly add the coconut aminos and the kelp noodles to the pan, cover and cook for an additional 2 minutes to allow the noodles to warm up.

NUTRITIONAL VALUE

(per serving)

Fat: 24 g

Carbs: 38 g

Protein: 35 g

Total Calories: 448 Calories



TOFU PAD THAI

INGREDIENTS

(2 Servings)

8 oz of Tofu

4 oz of Brown Rice Noodles

1 Cup of Bean Sprouts

1/2 Cup of Green Onions

1 Cloves of Garlic

1/4 Cup of Coconut Aminos

2 Tbsp of Almond Butter

1 Tbsp of Coconut Oil

NUTRITIONAL VALUE

(per serving)

Fat: 26 g

Carbs: 58 g

Protein: 24 g

Total Calories: 485 Calories

DIRECTIONS

1. Place a pan on medium heat and add the coconut oil.
2. Finely chop the garlic and onions and place it in the pan with the cubed tofu. While the tofu is sautéing, fill up a pot with water and bring to a boil.
3. Once the water is boiling add the brown rice noodles.
4. When the tofu is starting to brown add in the bean sprouts.
5. Mix together the coconut aminos and the almond butter to form a thick sauce and toss it in the pan and lower the heat.
6. Cook for another 5 minutes.
7. Once the tofu and the noodles are ready, combine them in a plate.
8. Add the fresh green onions on top.



HUMMUS & VEGETABLES

INGREDIENTS

(4 servings)

- 1 Can of Chickpeas
- 1/4 Cup of Tahini
- 2 Tbsp of Extra Virgin Olive Oil
- 2 Tbsp of Lemon Juice
- 1 Clove of Garlic
- 1 tsp of Cumin
- 1/2 tsp of Sea Salt
- 1 Cup of Cucumber Sticks

DIRECTIONS

1. Start by preparing the chickpeas. If you are preparing dry chickpeas follow the instructions on the packaging or if you are using canned make sure to drain the chickpeas and rinse them well.
2. Once the chickpeas are ready, place all of the ingredients in a food processor and process until it forms a smooth and creamy texture.
3. Store the hummus into an air tight container or portion it out immediately into 4 servings.

NUTRITIONAL VALUE

(per serving)

- Fat: 16 g
- Carbs: 22 g
- Protein: 8 g
- Total Calories: 251 Calories



CACAO COCONUT BALLS

INGREDIENTS

(Makes 10 Balls)

1 Cup of Almonds

1/2 Cup of Shredded Coconut

8 Medjool Dates

2 Tbsp of Raw Cacao Powder

DIRECTIONS

1. Remove the pit from the dates. Combine all the ingredients in a food processor and mix until it forms a doughy mixture.
2. Form 10 balls with the mixture and then store them into the fridge to preserve freshness.

NUTRITIONAL VALUE

(2 balls)

Fat: 18 g

Carbs: 36 g

Protein: 6 g

Total Calories: 324 Calories



VEGETARIAN MEAL PLAN – WEEK 1



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Week 1

Breakfast	Green Protein Smoothie	Superfood Oatmeal	Green Protein Smoothie	Superfood Oatmeal	Green Protein Smoothie	Superfood Oatmeal	Banana Pancakes
Lunch	Chickpea Wrap	Buddha Bowl (left overs)	Balsamic Arugula Salad (left overs)	Creamy Tomato Pasta (left overs)	Tofu Pad Thai (left overs)	Caprese Stuffed Avocado	Sweet Potato Chickpea Curry (left overs)
Dinner	Buddha Bowl	Balsamic Arugula Salad	Creamy Tomato Pasta	Tofu Pad Thai	Eat Out Using the Vegetarian Guide Guidelines	Sweet Potato Chickpea Curry	Kelp Noodle Stir Fry
Snack	Hummus & Cucumber Sticks	Cacao Coconut Balls	Hummus & Cucumber Sticks	Cacao Coconut Balls	Hummus & Cucumber Sticks	Cacao Coconut Balls	Hummus & Cucumber Sticks

GROCERY LIST - WEEK 1

Fruits & Vegetables

5 Bananas
1/2 Cup of Mixed Berries
5 Avocados
1 Lemon
7 Cups of Spinach
4 Cups of Arugula
1 Small Sweet Potato
1 Head of Broccoli
2 Carrots
2 Red Bell Peppers
2 English Cucumbers
2 Tomatoes
1/4 Cup of Cherry Tomatoes
1 Stalks of Celery
1 Cup of Bean Sprouts
1/2 Cup of Green Onions
1 Red Onion
2 Onions
5 Clove of Garlic

Grains, Beans & Legumes

5 1/2 Cup of Gluten Free Oatmeal
1 Brown Rice Tortilla Wraps
8 oz of Brown Rice Pasta
2 Cup Cooked Quinoa
4 Cans of Chickpeas

Dairy

1/4 Cup of Mini Mozzarella Balls

Nuts & Seeds

1/2 Cup of Cashews
1 1/4 Cup of Almonds
3 Tbsp of Chia Seeds

Baking Supplies

1/2 Cup of Shredded Coconut
2 Tbsp of Raw Cacao Powder
8 Medjool Dates
2 tsp of Baking Powder

Condiments

Extra Virgin Olive Oil
Coconut Oil
2 1/2 Tbsp of Balsamic Vinegar
1 Cup of Coconut Milk
6 3/4 Cups of Almond Milk
2 Cans of Diced Tomatoes
1/2 Cup of Coconut Aminos
1/4 Cup of Tahini (Sesame Paste)
2 Tbsp of Almond Butter
2 Tbsp of Vegan Mayo

Herbs & Spices

Ground Turmeric
Ground Cumin
Ground Ginger
Ground Cinnamon

Extra

3 Servings of Vanilla Protein Powder
4 Sun Dried Tomatoes
8 oz of Tempeh
8 oz of Tofu
12 oz of Kelp Noodles

