



VEGETARIAN RECIPES – WEEK 2



The (mostly)
Simple Life

Practical Ways to Improve Your Life, Home, + Budget



RASPBERRY COCONUT SMOOTHIE

INGREDIENTS

- 1 Cup of Raspberries
- 1/2 Frozen Banana
- 1 Tbsp of Chia Seeds
- 1 Cup of Coconut Milk
- 1 Serving of Vanilla Protein Powder

NUTRITIONAL VALUE

(per serving)

Fat: 10 g

Carbs: 54 g

Protein: 41 g

Total Calories: 448 Calories

DIRECTIONS

1. Start by pouring the coconut milk into the blender to avoid the ingredients sticking at the bottom of the blender.
2. Next add in the banana, raspberries, 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.



CARROT CAKE OVERNIGHT OATS

INGREDIENTS

1/2 Cup of Gluten Free Oats
3/4 Cup of Unsweetened Almond Milk
1/4 Cup of Shredded Carrot
1/4 Cup of Walnuts
2 Tbsp of Raisins
1 Tbsp of Maple Syrup
1/2 tsp of Cinnamon
1/8 tsp of Ginger

DIRECTIONS

1. Combine all the ingredients into a mason jar or a sealed container, give it a good stir and place in the fridge overnight.
2. In the morning, add an extra tablespoon of walnuts for an extra crunch if desired.
3. Enjoy cold or warmed up.

NUTRITIONAL VALUE

Fat: 25 g
Carbs: 78 g
Protein: 11 g
Total Calories: 500 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.



CREAM OF BROCCOLI SOUP

INGREDIENTS

(2 Servings)

1 Head of Broccoli
2 Leeks
4 Cups of Vegetable Broth
1 Cup of Canned Coconut Milk
1/2 Cup of Chopped Onions
2 Cloves of Garlic
1 Tbsp of Olive Oil
Salt and Pepper to Taste

DIRECTIONS

1. Heat the olive oil in a pot on medium heat. Once the oil has melted add in the onions and sauté for a few minutes.
2. Add the garlic, sauté for another 2 minutes.
3. Next add the broccoli, leeks and the vegetable broth. Bring everything to a boil, then lower to a simmer for 20 minutes.
4. Just before taking the soup off the stove add in the coconut milk, let it warm up and then transfer everything into a food processor or a high speed blender.
5. Blend everything until smooth.

NUTRITIONAL VALUE

(per serving)

Fat: 36 g
Carbs: 34 g
Protein: 16 g
Total Calories: 510 Calories



FALAFEL SALAD

INGREDIENTS

(2 Servings)

1 Can of Chickpeas
1/4 Cup of Red Onion
1/2 Cup of Fresh Parsley
1 Cloves of Garlic
1/2 tsp of Cumin
Pinch of Sea Salt & Pepper
2 Cup of Fresh Greens
2 Tbsp of Tahini
1 tsp of Lemon Juice

DIRECTIONS

1. Pre-heat the oven to 400F.
2. Combine the chickpeas, red onions, garlic, cumin, parsley and cilantro in a food processor. Process for a few seconds, leaving the mixture a little bit chunky.
3. Form 8 small patties with the mixture and then refrigerate for an hour to let them set.
4. Bake for 45 minutes, flipping them half way.
5. While the falafel are baking prepare the salad and the dressing by combining the tahini and lemon juice.

NUTRITIONAL VALUE

(4 Falafel)

Fat: 3 g

Carbs: 29 g

Protein: 9 g

Total Calories: 171 Calories



CRUNCHY KALE SALAD

INGREDIENTS

2 Cups of Kale
1 Carrot
1/2 Avocado
1/2 Cup of Chickpeas
Dressing:
1 Tbsp of Tahini
1 Tbsp of Lemon Juice

DIRECTIONS

1. Preheat the oven to 350F/175C. Drain and rinse the chickpeas. Dry them with a paper towel and spread them evenly on a baking tray. Bake for 45 minutes.
2. While the chickpeas are baking prepare the vegetables by rinsing and chopping up the kale, peeling and shredding the carrots and cutting the avocado into small cubes. Set the vegetables aside and prepare the dressing.
3. Combine all the dressing ingredients into a bowl and whisk together until it forms a smooth consistency.
4. Add all of the vegetables to a bowl with the baked chickpeas and then drizzle the dressing on top.

NUTRITIONAL VALUE

Fat: 34 g
Carbs: 72 g
Protein: 22 g
Total Calories: 634 Calories



QUINOA TABOULEH

INGREDIENTS

1/4 Cup of Quinoa
1/2 Cup of Fresh Parsley
2 Tomatoes
2 Tbsp of Pine Nuts
1 Tbsp of Tahini
1 Tbsp of Olive Oil
Juice of 1/2 Lemon

DIRECTIONS

1. Start by preparing the quinoa according to the directions on the packaging.
2. While the quinoa is cooking start chopping the parsley and the tomatoes.
3. Once the quinoa is done let it cool down for a little bit and then add all of the remaining ingredients.
4. Mix well and serve cold.

NUTRITIONAL VALUE

Fat: 29 g
Carbs: 36 g
Protein: 10 g
Total Calories: 423 Calories



BLACK BEAN BURGER

INGREDIENTS

(2 Servings)

1 Can of Black Beans
1/4 Cup of Gluten Free Oatmeal
1/4 Cup of Chopped Onion
2 Cloves of Garlic
1/4 Cup of Fresh Parsley
1 tsp of Chilli
1/2 tsp of Cayenne Powder
1/2 tsp of Sea Salt
1/2 tsp of Pepper

DIRECTIONS

1. Drain and rinse the black beans and pat dry with paper towel.
2. Place all of the ingredients in a food processor and the mixture becomes sticky.
3. Form 4 patties and cook on the stove top on medium heat with coconut oil.
4. Fry the patty for about 3-5 minutes each side and then you can add any of your favourite toppings to the burger patties.

NUTRITIONAL VALUE

(2 Patties)

Fat: 2 g

Carbs: 46 g

Protein: 16 g

Total Calories: 262 Calories



STUFFED SWEET POTATO

INGREDIENTS

(2 Servings)

2 Small Sweet Potatoes

1 Cup of Black Beans

1 Cup of Corn

1 Avocado

Homemade Salsa:

2 Tomatoes

1/2 Cup of Cilantro

1/4 Cup of Red Onion

2 Tbsp of Lime Juice

Pinch of Salt & Pepper

DIRECTIONS

1. Preheat the oven to 425F/220C.
2. Wash and scrub the potatoes and pierce holes all around it with a fork. Bake in the oven for 45-50 minutes.
3. While the sweet potatoes are baking combine the black beans and corn in one bowl.
4. In a separate bowl, combine all of the ingredients for the salsa.
5. Once the sweet potatoes are done, stuff it with the bean mixture, then top it with the salsa and avocado.

NUTRITIONAL VALUE

(per serving)

Fat: 13 g

Carbs: 77 g

Protein: 16 g

Total Calories: 472 Calories



ZOODLES & LENTIL MEATBALLS

INGREDIENTS

(2 Servings)

2 Zucchini
1 Cup of Cooked Lentils
1/4 Cup of Quinoa
1/2 Cup of Almond Flour
1/4 Cup of Chopped Onion
2 Garlic Cloves
2 Tbsp of Italian Seasoning
400 ml of Marinara Sauce

NUTRITIONAL VALUE

(per serving)

Fat: 18 g

Carbs: 55 g

Protein: 20 g

Total Calories: 441 Calories

DIRECTIONS

1. Start by preparing the lentils and quinoa according to directions on the package.
2. Once the lentils and quinoa are ready add everything except for the marinara sauce and zucchini in the food processor.
3. Process until it is completely smooth. Roll out 10 small "meatballs" with the lentil mixture.
4. Heat olive oil in a large pan and cook the meatballs for 5 minutes.
5. Next add the marinara sauce to the pan, mix in with the meatballs and cook for another 5 minutes.
6. Serve over spiralized zucchini. If you do not have a spiralizer you can create linguini noodles out of zucchini with a regular peeler.



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

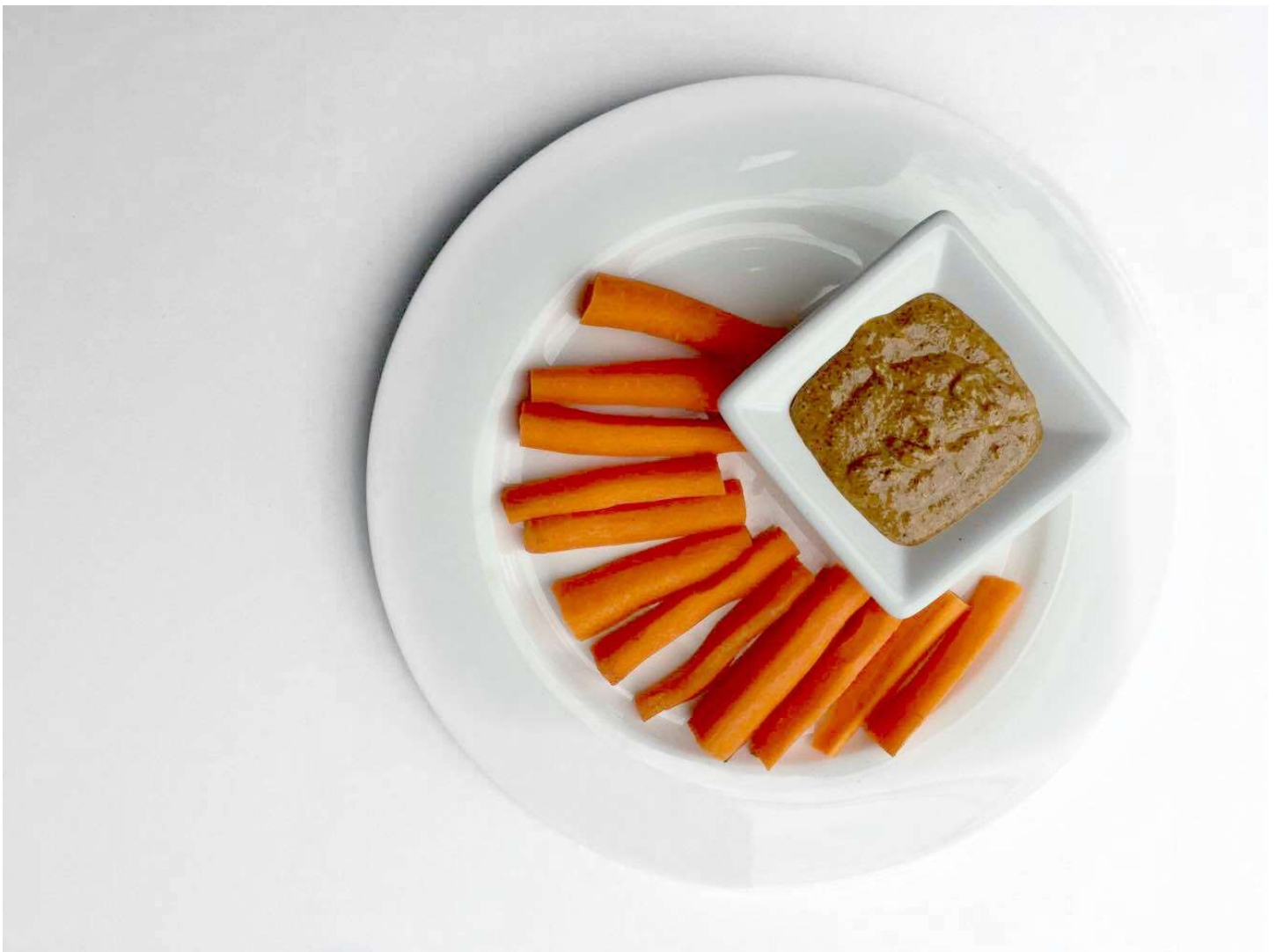
(per serving)

Fat: 24 g

Carbs: 38 g

Protein: 35 g

Total Calories: 448 Calories



CARROTS & ALMOND BUTTER

INGREDIENTS

2 Carrots
1 Tbsp of Almond Butter

DIRECTIONS

1. Slice the carrots into sticks and use the almond butter as a dip.

NUTRITIONAL VALUE

Fat: 19 g
Carbs: 13 g
Protein: 5 g
Total Calories: 229 Calories



SEED CRACKERS & GUACAMOLE

INGREDIENTS

(Makes 4 Servings)

1/4 Cup of Chia Seeds
1/4 Cups of Sesame Seeds
1/4 Cups of Sunflower Seeds
1/2 Tbsp of Herb Mix Seasoning
1/2 tsp of Sea Salt
1 Cup of Water
Guacamole:
1/2 Mashed Avocado
Juice of Half a Lime
Pinch of Sea Salt

DIRECTIONS

1. Preheat the oven to 175C.
2. Combine all the seeds together with water and seasonings. Let the mixture sit for 5 minutes.
3. Line a baking sheet with parchment paper and spread the seed mixture evenly until flat.
4. Bake for 30 minutes then remove from the oven, cut them into squares, flip them and bake for another 15 minutes.
5. Meanwhile combine the guacamole ingredients in a bowl and mash until you have your desired consistency.

NUTRITIONAL VALUE

(per serving)

Fat: 24 g
Carbs: 14 g
Protein: 8 g
Total Calories: 280 Calories

