



## THE VEGETARIAN RECIPES – Week 3



The (mostly)  
Simple Life

Practical Ways to Improve Your Life, Home, + Budget



# CHOCOLATE BANANA SMOOTHIE

## INGREDIENTS

- 1 Frozen Banana
- 1/2 Avocado
- 1 Cup of Almond Milk
- 2 Tbsp of Raw Cacao Powder
- 1 Serving Chocolate Protein Powder

## DIRECTIONS

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

## NUTRITIONAL VALUE

Fat: 10 g  
Carbs: 54 g  
Protein: 41 g  
Total Calories: 448 Calories



## MEXICAN SCRAMBLE

### INGREDIENTS

2 Eggs  
1/2 Cup of Diced Sweet Potatoes  
1/2 Cup of Black Beans  
1/2 Cup of Red Peppers  
1/2 Avocado  
Pinch of Salt & Pepper

### DIRECTIONS

1. Heat a pan on medium heat and add the coconut oil.
2. Once the coconut oil is melted, add in the diced sweet potatoes and red pepper. Cover and cook for 8 minutes.
3. Once the sweet potatoes are soft, add in the black beans for 2 minutes to heat up.
4. Add the 2 eggs, and stir into a scramble.
5. Once the scramble is done, top it with an avocado, salt, pepper and hot sauce, if desired.

### NUTRITIONAL VALUE

Fat: 26 g  
Carbs: 44 g  
Protein: 23 g  
Total Calories: 493 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.



## 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.



## 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





## CAPRESE STUFFED AVOCADOS

### INGREDIENTS

1 Avocado  
1/4 Cup of Cherry Tomatoes  
1/4 Cup of Mini Mozzarella Balls  
1/2 Tbsp of Balsamic Vinegar  
1 Tbsp of Olive Oil  
Pinch of Salt & Pepper

### DIRECTIONS

1. Scoop out a little bit of an avocado to create a deeper pit.
2. Combine the cherry tomatoes and mozzarella balls in a bowl, then transfer into the avocado.
3. Drizzle with balsamic vinegar and olive oil.
4. Sprinkle with salt and pepper to finish

### NUTRITIONAL VALUE

Fat: 45 g  
Carbs: 20 g  
Net Carbs: 9 g  
Protein: 8 g  
Total Calories: 515 Calories



## 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

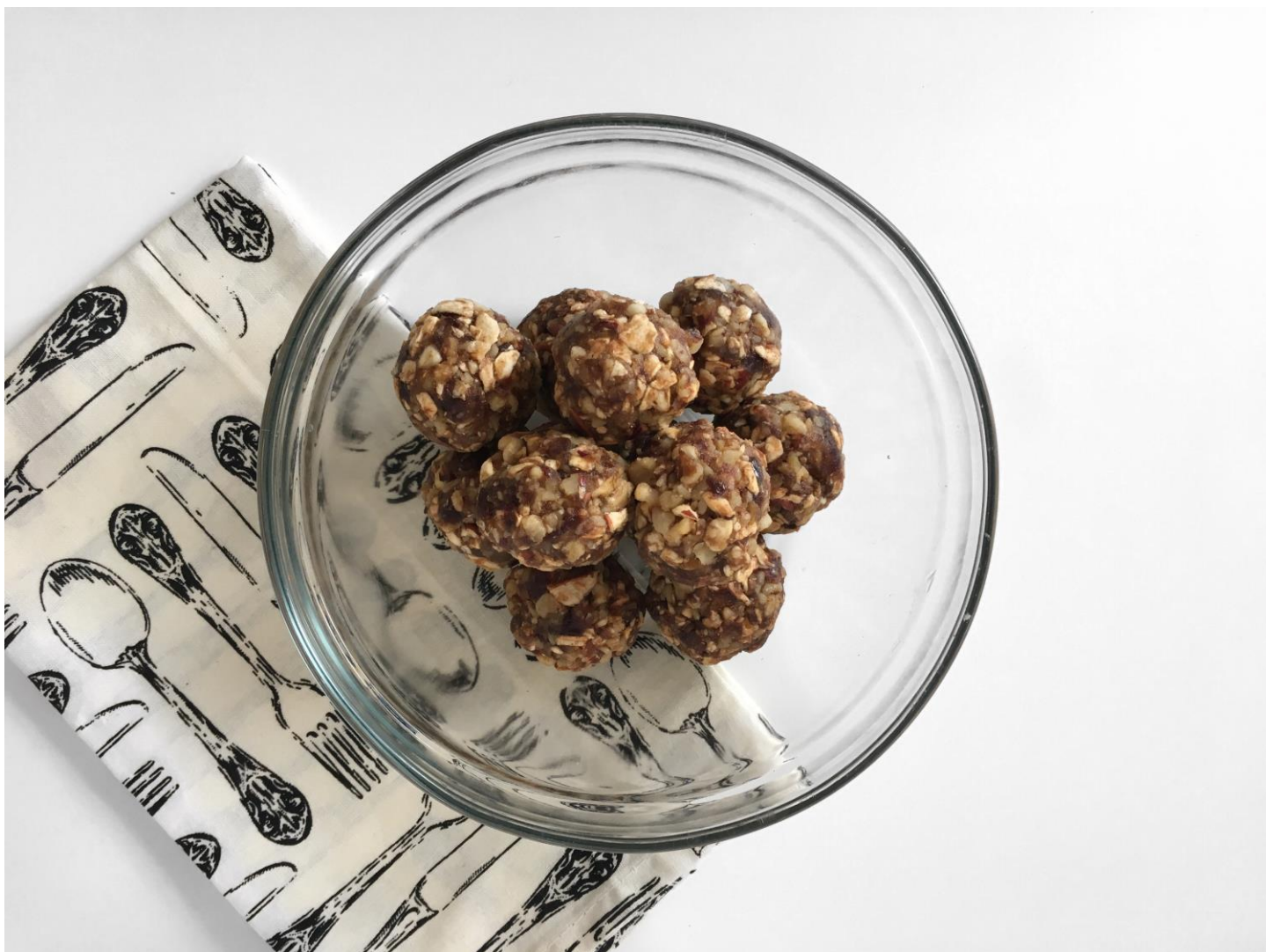
Carbs: 58 g

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.



## APPLE PIE BITES

### INGREDIENTS

(10 balls)  
8 Medjool Dates  
1 Cup of Dried Apples  
1 Cup of Walnuts  
1 tsp of Cinnamon

### 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: 16 g  
Carbs: 44 g  
Protein: 5 g  
Total Calories: 314 Calories



## COCONUT CHIA PUDDING

### INGREDIENTS

(4 Servings)

- 1 Can of Coconut Milk
- 1/4 Cup of Chia Seeds
- 1 Tbsp of Maple Syrup
- 1 tsp of Vanilla Extract
- 1 Cup of Berries

### DIRECTIONS

1. Combine all of the ingredients in a bowl except the berries. Stir well and then transfer the mixture to a sealed container.
2. Let the chia seed pudding sit in the refrigerator for 3 hours or overnight.
3. Once it is ready you can separate it into 4 servings and add a handful of berries on top.

### NUTRITIONAL VALUE

(per serving)

- Fat: 25 g
- Carbs: 14 g
- Protein: 5 g
- Total Calories: 299 Calories





## THE MEAL PLAN – Week 3



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# Week 3

<b>Breakfast</b>	Chocolate Banana Smoothie	Mexican Scramble	Chocolate Banana Smoothie	Mexican Scramble	Chocolate Banana Smoothie	Mexican Scramble	Banana Pancakes
<b>Lunch</b>	Quinoa Tabouleh (left overs)	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)
<b>Dinner</b>	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
<b>Snack</b>	Coconut Chia Pudding	Apple Pie Bites	Coconut Chia Pudding	Apple Pie Bites	Coconut Chia Pudding	Apple Pie Bites	Coconut Chia Pudding