



THE GREEN PLATE

NOURISHING PLANT-BASED
CREATIONS

by Ty Delemar



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Welcome to The Green Plate! I'm Ty, and I'm excited to share this culinary journey with you. My plant-based adventure began with a desire to improve my health, but it quickly grew into a passion for foods that make me feel great and align with my values of compassion and sustainability.

This cookbook is a collection of my favorite plant-based recipes and the discoveries I've made along the way. Whether you're a seasoned plant-based eater or just starting out, you'll find a variety of recipes and tips to inspire and support you. From hearty breakfasts to satisfying main courses, and from energizing snacks to decadent desserts, each recipe is crafted to nourish your body and delight your taste buds. I've also included practical tips on stocking your pantry, meal planning, and making plant-based substitutions, so you can feel confident in your kitchen.

Thank you for joining me on this journey. I'm excited to share these nourishing plant-based creations with you and to be a part of your journey to wholesome meals and a more vibrant life.



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Chapter 1: Plant-Based Pantry Essentials



INTRODUCTION

A well-stocked pantry is the foundation of any successful plant-based kitchen. Having a variety of essential ingredients on hand makes meal preparation easier, more efficient, and more enjoyable. In this chapter, we'll explore the key components of a plant-based pantry, from grains and legumes to spices and condiments. By the end, you'll be equipped with everything you need to create delicious and nourishing plant-based meals.

STOCKING YOUR PANTRY

Grains

- **Quinoa:** A versatile and protein-rich grain that can be used in salads, soups, and as a side dish. Quinoa is also a complete protein, containing all nine essential amino acids.
- **Brown Rice:** A whole grain that is rich in fiber and nutrients. It can be used as a base for stir-fries, grain bowls, and as a side dish.
- **Oats:** A nutritious and versatile grain that can be used for breakfast (oatmeal), baking, and even savory dishes like veggie burgers.
- **Farro:** An ancient grain with a nutty flavor and chewy texture. It's perfect for salads, soups, and grain bowls.
- **Barley:** A hearty grain that adds a chewy texture to soups, stews, and salads. It's also high in fiber and nutrients.





Legumes

- **Lentils:** A versatile and protein-packed legume that comes in various colors (green, brown, red). Lentils cook quickly and can be used in soups, stews, salads, and veggie burgers.
- **Chickpeas:** Also known as garbanzo beans, chickpeas are rich in protein and fiber. They can be used in salads, stews, hummus, and roasted as a snack.
- **Black Beans:** A staple in many cuisines, black beans are high in protein and fiber. They can be used in soups, stews, salads, and as a filling for tacos and burritos.
- **Kidney Beans:** These beans are rich in protein and have a hearty texture. They are perfect for chili, stews, and salads.

NUTS & SEEDS

- **Almonds:** A great source of healthy fats, protein, and fiber. Almonds can be used in baking, as a snack, or to make almond milk.
- **Walnuts:** Rich in omega-3 fatty acids, walnuts can be used in baking, salads, and as a snack.
- **Chia Seeds:** These tiny seeds are packed with fiber, protein, and omega-3s. They can be used in smoothies, oatmeal, and to make chia pudding.
- **Flaxseeds:** High in fiber and omega-3s, flaxseeds can be added to smoothies, oatmeal, and used as an egg substitute in baking.
- **Hemp Seeds:** A complete protein source, hemp seeds can be sprinkled on salads, added to smoothies, and used in baking.



Spices & Herbs

- **Cumin:** Adds a warm, earthy flavor to dishes. It's commonly used in Mexican, Indian, and Middle Eastern cuisines.
- **Turmeric:** Known for its anti-inflammatory properties, turmeric adds a vibrant yellow color and earthy flavor to dishes.
- **Paprika:** Adds a sweet and smoky flavor to dishes. It's commonly used in Spanish and Hungarian cuisines.
- **Basil:** A fragrant herb that adds a fresh, sweet flavor to dishes. It's commonly used in Italian cuisine.
- **Cilantro:** Adds a fresh, citrusy flavor to dishes. It's commonly used in Mexican, Indian, and Thai cuisines.



OILS & VINEGARS

- **Olive Oil:** A staple in many kitchens, olive oil is rich in healthy fats and can be used for cooking, baking, and salad dressings.
- **Coconut Oil:** Adds a subtle coconut flavor to dishes and is great for baking and sautéing.
- **Avocado Oil:** High in healthy fats, avocado oil has a high smoke point and is great for cooking and salad dressings.
- **Apple Cider Vinegar:** Adds a tangy flavor to dishes and is great for salad dressings and marinades.
- **Balsamic Vinegar:** Adds a sweet and tangy flavor to dishes. It's great for salad dressings, marinades, and drizzling over roasted vegetables.





Condiments & Sauces

- **Soy Sauce:** Adds a salty, umami flavor to dishes. It's commonly used in Asian cuisines.
- **Tahini:** A paste made from ground sesame seeds, tahini adds a rich, nutty flavor to dishes. It's commonly used in Middle Eastern cuisine.
- **Nutritional Yeast:** Adds a cheesy, umami flavor to dishes. It's great for making vegan cheese sauces and sprinkling on popcorn.
- **Hot Sauce:** Adds a spicy kick to dishes. There are many varieties to choose from, so find one that suits your taste.

BAKING ESSENTIALS

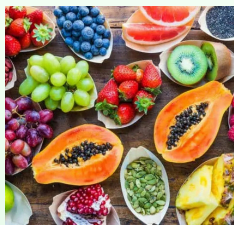
- **Whole Wheat Flour:** A nutritious alternative to white flour, whole wheat flour can be used in baking and cooking.
- **Almond Flour:** A gluten-free alternative to wheat flour, almond flour adds a nutty flavor to baked goods.
- **Baking Powder:** A leavening agent that helps baked goods rise.
- **Baking Soda:** Another leavening agent that helps baked goods rise.



Fresh Produce Guide

FRUITS

- **Apples:** A versatile fruit that can be eaten fresh, baked, or added to salads and desserts. Apples are rich in fiber and vitamins.
- **Bananas:** A great source of potassium and natural sweetness. Bananas can be eaten fresh, added to smoothies, or used in baking.
- **Berries:** Rich in antioxidants, berries like strawberries, blueberries, and raspberries can be eaten fresh, added to smoothies, or used in baking.
- **Citrus Fruits:** Oranges, lemons, and limes add a burst of flavor and vitamin C to dishes. They can be used in salads, dressings, and desserts.



VEGETABLES

- **Leafy Greens:** Spinach, kale, and Swiss chard are nutrient-dense greens that can be used in salads, smoothies, and cooked dishes.
- **Bell Peppers:** Rich in vitamins and antioxidants, bell peppers can be eaten raw, roasted, or added to stir-fries and salads.
- **Carrots:** A versatile vegetable that can be eaten raw, roasted, or added to soups and stews. Carrots are rich in beta-carotene and fiber.
- **Broccoli:** A nutrient-dense vegetable that can be steamed, roasted, or added to stir-fries and salads.

Plant-Based Substitutes

DAIRY ALTERNATIVES

- **Plant-Based Milk:** Almond milk, soy milk, and oat milk are great alternatives to dairy milk. They can be used in cooking, baking, and as a beverage.
- **Plant-Based Yogurt:** Made from almond, coconut, or soy, plant-based yogurt is a great alternative to dairy yogurt.
- **Plant-Based Cheese:** There are many varieties of plant-based cheese made from nuts, soy, and other ingredients. They can be used in cooking and as a topping.



MEAT ALTERNATIVES

- **Tofu:** A versatile and protein-rich alternative to meat. Tofu can be used in stir-fries, soups, and salads.
- **Tempeh:** Made from fermented soybeans, tempeh is a protein-rich alternative to meat. It can be used in stir-fries, sandwiches, and salads.
- **Seitan:** Made from wheat gluten, seitan is a high-protein alternative to meat. It can be used in stir-fries, sandwiches, and stews.
- **Plant-Based Meat Products:** There are many plant-based meat products available, such as burgers, sausages, and nuggets. They can be used as a direct replacement for meat in recipes.

EGG REPLACEMENTS

- **Flax Eggs:** Made by mixing ground flaxseeds with water, flax eggs are a great replacement for eggs in baking.
- **Chia Eggs:** Made by mixing chia seeds with water, chia eggs can be used as a replacement for eggs in baking.
- **Commercial Egg Replacers:** There are many commercial egg replacers available that can be used in baking and cooking.



Practical Tips

MEAL PLANNING

- Plan your meals for the week and create a shopping list based on the recipes you want to make. This will help you stay organized and ensure you have all the ingredients you need.



BATCH COOKING

- Prepare large quantities of food in advance and store them in the refrigerator or freezer. This will save you time during the week and ensure you always have healthy meals on hand.

REDUCE FOOD WASTE

- Use leftovers creatively by incorporating them into new dishes. For example, leftover vegetables can be added to soups, stews, or stir-fries.
- Compost food scraps to reduce waste and create nutrient-rich soil for your garden.



Chapter 2: Breakfast Boosters

INTRODUCTION

Breakfast is often called the most important meal of the day, and for good reason. A nutritious and satisfying breakfast can set the tone for the rest of the day, providing the energy and nutrients needed to stay focused and productive. In this chapter, we'll explore a variety of plant-based breakfast options that are both delicious and nourishing.

SMOOTHIE BOWLS

BERRY BLISS



2 servings



10 minutes

INGREDIENTS

- 2 cups mixed berries (strawberries, blueberries, raspberries)
- 2 bananas
- 1 cup almond milk
- 2 tablespoons chia seeds
- 1/2 cup granola
- Fresh berries for topping



INSTRUCTIONS

1. In a blender, combine mixed berries, bananas, almond milk, and chia seeds. Blend until smooth.
2. Pour the smoothie into two bowls.
3. Top with granola and fresh berries.
4. Serve immediately.



GREEN GODDESS



2 servings



10 minutes

INGREDIENTS

2 cups spinach

1 avocado

2 bananas

1 cup coconut water

2 tablespoons hemp seeds

2 kiwis, sliced

2 tablespoons shredded coconut

INSTRUCTIONS

1. In a blender, combine spinach, avocado, bananas, and coconut water. Blend until smooth.
2. Pour the smoothie into two bowls.
3. Top with hemp seeds, sliced kiwi, sliced banana, and shredded coconut.
4. Serve immediately.



TROPICAL PARADISE

INGREDIENTS



2 servings



10 minutes

INSTRUCTIONS

- 2 cups mango chunks
- 2 cups pineapple chunks
- 2 bananas
- 1 cup coconut milk
- 2 tablespoons chia seeds
- 1/2 cup shredded coconut
- Sliced banana for topping



1. In a blender, combine mango, pineapple, bananas, coconut milk, and chia seeds. Blend until smooth.
2. Pour the smoothie into two bowls.
3. Top with shredded coconut, chia seeds, blueberries and sliced banana.
4. Serve immediately.

OVERNIGHT OATS & CHIA PUDDING

CLASSIC OVERNIGHT OATS



2 servings



5 minutes

INGREDIENTS

1 cup rolled oats

1 cup almond milk

2 tablespoons maple syrup

Fresh berries for topping

Nuts for topping



INSTRUCTIONS

1. In two jars or containers, divide rolled oats, almond milk, and maple syrup. Stir well.
2. Cover and refrigerate overnight.
3. In the morning, top with fresh berries and nuts.
4. Serve chilled.



CHOCOLATE PEANUT BUTTER



2 servings



5 minutes

INGREDIENTS

1 cup rolled oats

1 cup almond milk

2 tablespoons cocoa powder

2 tablespoons peanut butter

2 tablespoons maple syrup

Sliced banana for topping

Cacao nibs for topping



INSTRUCTIONS

1. In two jars or containers, divide rolled oats, almond milk, cocoa powder, peanut butter, and maple syrup. Stir well.
2. Cover and refrigerate overnight.
3. In the morning, top with sliced peanut butter and cacao nibs.
4. Serve chilled.

INSTRUCTIONS

1. In two jars or containers, divide chia seeds, almond milk, and vanilla extract. Stir well.
2. Cover and refrigerate overnight.
3. In the morning, top with fresh berries and a drizzle of maple syrup.
4. Serve chilled.



VANILLA CHIA PUDDING



2 servings



5 minutes

INGREDIENTS

- 1/2 cup chia seeds
- 2 cups almond milk
- 2 teaspoons vanilla extract
- Fresh berries for topping
- Maple Syrup for drizzling

MATCHA CHIA PUDDING



2 servings



5 minutes

INGREDIENTS

- 1/2 cup chia seeds
- 2 cups coconut milk
- 2 teaspoons matcha powder
- Sliced kiwi for topping
- Sliced banana for topping
- Shredded coconut for topping



INSTRUCTIONS

1. In two jars or containers, divide chia seeds, coconut milk, and matcha powder. Stir well.
2. Cover and refrigerate overnight.
3. In the morning, top with sliced kiwi, sliced banana, and shredded coconut.
4. Serve chilled.



FLUFFY VEGAN PANCAKES



2 servings



Prep: 10 minutes,
Cook: 15 minutes

INGREDIENTS

- 1 cup whole wheat flour
- 2 tablespoons baking powder
- 2 tablespoons sugar
- 1 cup almond milk
- 2 teaspoons vanilla extract
- Fresh berries for topping
- Maple syrup for serving

INSTRUCTIONS

1. In a bowl, whisk together whole wheat flour, baking powder, and sugar.
2. Add almond milk and vanilla extract, and stir until just combined.
3. Heat a non-stick skillet over medium heat and lightly grease with oil.
4. Pour 1/4 cup of batter onto the skillet for each pancake.
5. Cook until bubbles form on the surface, then flip and cook until golden brown.
6. Serve with fresh berries and maple syrup.



BANANA OAT PANCKAKES



2 servings



Prep: 10 minutes,
Cook: 15 minutes

INGREDIENTS

- 1 cup rolled oats
- 2 ripe bananas
- 1 cup almond milk
- 2 teaspoons baking powder
- 2 teaspoons cinnamon
- Almond butter for serving
- Sliced bananas for topping



INSTRUCTIONS

1. In a blender, combine rolled oats, bananas, almond milk, baking powder, and cinnamon. Blend until smooth.
2. Heat a non-stick skillet over medium heat and lightly grease with oil.
3. Pour 1/4 cup of batter onto the skillet for each pancake.
4. Cook until bubbles form on the surface, then flip and cook until golden brown.
5. Serve with almond butter and sliced bananas.



CRISPY VEGAN WAFFLES



2 servings



Prep: 10 minutes,
Cook: 10 minutes

INGREDIENTS

- 1 cup whole wheat flour
- 2 tablespoons baking powder
- 2 tablespoons sugar
- 1 cup almond milk
- 2 teaspoons vanilla extract
- Fresh fruit for topping
- Coconut yogurt for serving

INSTRUCTIONS

1. In a bowl, whisk together whole wheat flour, baking powder, and sugar.
2. Add almond milk and vanilla extract, and stir until just combined.
3. Preheat a waffle iron and lightly grease with oil.
4. Pour batter into the waffle iron and cook according to the manufacturer's instructions.
5. Serve with fresh fruit and coconut yogurt.

SAVORY BREAKFAST OPTIONS

TOFU SCRAMBLE



2 servings



Prep: 10 minutes,
Cook: 10 minutes

INGREDIENTS

- 1 block firm tofu, drained and crumbled
- 2 tablespoons olive oil
- 1 bell pepper, diced
- 2 cups spinach
- 2 tablespoons nutritional yeast
- 1 teaspoon turmeric
- Salt and pepper to taste
- Whole grain toast for serving



INSTRUCTIONS

1. Heat olive oil in a skillet over medium heat.
2. Add diced bell pepper and cook until softened.
3. Add crumbled tofu, spinach, nutritional yeast, turmeric, salt, and pepper.
Cook until heated through and spinach is wilted.
4. Serve with whole grain toast.



BREAKFAST BURRITO



2 servings



Prep: 10 minutes,
Cook: 10 minutes

INGREDIENTS

- 1 block firm tofu, drained and crumbled
- 2 tablespoons olive oil
- 1 cup black beans, drained and rinsed
- 1 avocado, sliced
- 1 cup salsa
- 4 whole wheat tortillas

INSTRUCTIONS

1. Heat olive oil in a skillet over medium heat.
2. Add crumbled tofu and cook until heated through.
3. Warm tortillas in a separate skillet or microwave.
4. Fill each tortilla with tofu, black beans, avocado slices, and salsa.
5. Roll up the tortillas and serve.



AVOCADO TOAST VARIATIONS

CLASSIC AVOCADO TOAST



2 servings



Prep: 5 minutes

INGREDIENTS

2 ripe avocados

4 slices whole grain bread, toasted

Salt and pepper to taste

INSTRUCTIONS

1. Mash the avocados in a bowl and season with salt and pepper.
2. Spread the mashed avocado on toasted bread.
3. Serve immediately.



TOMATO BASIL AVOCADO TOAST



2 servings



Prep: 5 minutes

INGREDIENTS

2 ripe avocados

4 slices whole grain bread, toasted

1 cup cherry tomatoes, halved

Fresh basil leaves

Salt and pepper to taste

INSTRUCTIONS

1. Mash the avocados in a bowl and season with salt and pepper.
2. Spread the mashed avocado on toasted bread.
3. Top with cherry tomatoes and fresh basil leaves.
4. Serve immediately.



RADISH AND HEMP SEED AVOCADO TOAST



2 servings



Prep: 5 minutes

INGREDIENTS

- 2 ripe avocados
- 4 slices whole grain bread, toasted
- 4 radishes, thinly sliced
- 2 tablespoons hemp seeds
- Salt and pepper to taste

INSTRUCTIONS

1. Mash the avocados in a bowl and season with salt and pepper.
2. Spread the mashed avocado on toasted bread.
3. Top with sliced radishes and hemp seeds.
4. Serve immediately.



Chapter 3: Energizing Snacks & Appetizers

INTRODUCTION

Snacks and appetizers are essential for keeping your energy levels up throughout the day and for entertaining guests. In this chapter, we'll explore a variety of plant-based snacks and appetizers that are both delicious and nutritious. These recipes are perfect for any occasion, whether you're looking for a quick bite or preparing for a gathering.

HEALTHY SNACKS

ENERGY BALLS



4 servings



Prep: 15 minutes
Chill: 30 minutes

INGREDIENTS

- 1 cup rolled oats
- 1/2 cup almond butter
- 1/4 cup maple syrup
- 1/4 cup chia seeds
- 1/4 cup dark chocolate chips
- 1 teaspoon vanilla extract

INSTRUCTIONS



The Girl Who Ate Everything

1. In a large bowl, combine rolled oats, almond butter, maple syrup, chia seeds, dark chocolate chips, and vanilla extract. Mix well.
2. Roll the mixture into small balls and place them on a baking sheet lined with parchment paper.
3. Refrigerate for at least 30 minutes to firm up.
4. Store in an airtight container in the refrigerator.

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and line a baking dish with parchment paper.
2. In a large bowl, combine rolled oats, almond butter, maple syrup, chopped nuts, dried fruit, and vanilla extract. Mix well.
3. Press the mixture firmly into the prepared baking dish.
4. Bake for 20 minutes or until golden brown.
5. Allow to cool completely before cutting into bars.
6. Store in an airtight container.

GRANOLA BARS



8 servings



Prep: 15 minutes
Cook: 20 minutes

INGREDIENTS

- 2 cups rolled oats
- 1/2 cup almond butter
- 1/2 cup maple syrup
- 1/4 cup chopped nuts (almonds, walnuts, etc.)
- 1/4 cup dried fruit (raisins, cranberries, etc.)
- 1 teaspoon vanilla extract



ROASTED CHICKPEAS



4 servings



Prep: 10 minutes

Cook: 30 minutes



INGREDIENTS

- 1 can chickpeas, drained and rinsed
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt



INSTRUCTIONS

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a bowl, toss the chickpeas with olive oil, paprika, garlic powder, and salt.
3. Spread the chickpeas in a single layer on the baking sheet.
4. Bake for 30 minutes, stirring halfway through, until crispy.
5. Allow to cool before serving.



CLASSIC HUMMUS



4 servings



Prep: 10 minutes

INGREDIENTS

- 1 can chickpeas, drained and rinsed
- 1/4 cup tahini
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 clove garlic
- 1/2 teaspoon salt
- 1/4 teaspoon cumin

INSTRUCTIONS

1. In a food processor, combine chickpeas, tahini, olive oil, lemon juice, garlic, salt, and cumin. Blend until smooth.
2. Add water as needed to reach desired consistency.
3. Serve with pita bread or fresh vegetables.

GUACAMOLE



4 servings



Prep: 10 minutes

INGREDIENTS

- 3 ripe avocados
- 1/4 cup diced red onion
- 1/4 cup chopped cilantro
- 1 tablespoon lime juice
- 1/2 teaspoon salt
- 1/4 teaspoon cumin



INSTRUCTIONS

1. In a bowl, mash the avocados with a fork.
2. Stir in red onion, cilantro, lime juice, salt, and cumin.
3. Serve with tortilla chips or fresh vegetables.



PLANT-BASED CHEESE SPREAD



4 servings



Prep: 10 minutes

INGREDIENTS

- 1 cup raw cashews, soaked overnight
- 1/4 cup nutritional yeast
- 2 tablespoons lemon juice
- 1 clove garlic
- 1/2 teaspoon salt
- 1/4 cup water

INSTRUCTIONS

1. In a food processor, combine soaked cashews, nutritional yeast, lemon juice, garlic, salt, and water. Blend until smooth.
2. Serve with crackers or fresh vegetables.

FINGER FOODS

VEGGIE SPRING ROLLS



4 servings



Prep: 20 minutes

INGREDIENTS

- 8 rice paper wrappers
- 1 cup shredded carrots
- 1 cup shredded cabbage
- 1 cup sliced bell peppers
- 1 cup fresh herbs (mint, cilantro, basil)
- 1/2 cup cooked rice noodles
- Dipping sauce (peanut sauce, soy sauce, etc.)

INSTRUCTIONS

1. Prepare the rice paper wrappers according to package instructions.
2. Fill each wrapper with a small amount of shredded carrots, cabbage, bell peppers, fresh herbs, and rice noodles.
3. Roll up the wrappers tightly.
4. Serve with dipping sauce.



STUFFED MUSHROOM



4 servings



Prep: 15 minutes
Cook: 20 minutes

INGREDIENTS

16 large mushrooms, stems removed

1/2 cup breadcrumbs

1/4 cup nutritional yeast

2 tablespoons olive oil

2 cloves garlic, minced

1/4 cup chopped parsley

Salt and pepper to taste

INSTRUCTIONS

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. In a bowl, combine breadcrumbs, nutritional yeast, olive oil, garlic, parsley, salt, and pepper.
3. Stuff each mushroom cap with the breadcrumb mixture.
4. Place the stuffed mushrooms on the baking sheet.
5. Bake for 20 minutes or until golden brown.
6. Serve warm.



INSTRUCTIONS

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. In a bowl, whisk together flour, water, garlic powder, paprika, and salt to make a batter.
3. Dip each cauliflower floret into the batter, then coat with breadcrumbs.
4. Place the coated florets on the baking sheet.
5. Bake for 25 minutes or until crispy and golden brown.
6. Serve with dipping sauce.

CRISPY CAULIFLOWER BITES



4 servings



Prep: 15 minutes
Cook: 25 minutes

INGREDIENTS

- 1 head cauliflower, cut into bite-sized florets
- 1/2 cup flour
- 1/2 cup water
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/2 cup breadcrumbs
- Dipping sauce (buffalo sauce, BBQ sauce, etc.)

Chapter 4: Hearty Soups & Stews

INTRODUCTION

Soups and stews are the ultimate comfort foods, perfect for warming up on a chilly day or enjoying a hearty meal. In this chapter, we'll explore a variety of plant-based soups and stews that are both delicious and nourishing. These recipes are perfect for any occasion, whether you're looking for a quick weeknight dinner or a dish to impress your guests.

COMFORTING SOUPS

CLASSIC TOMATO SOUP



4 servings



Prep: 10 minutes

Cook: 30 minutes

INGREDIENTS

- | | |
|----------------------------|---------------------------------|
| 2 tablespoons olive oil | 2 cups vegetable broth |
| 1 onion, chopped | 1 teaspoon sugar |
| 2 cloves garlic, minced | 1 teaspoon salt |
| 4 cups tomatoes, chopped | 1/2 teaspoon black pepper |
| (or 2 cans diced tomatoes) | 1/4 cup fresh basil,
chopped |

INSTRUCTIONS

1. Heat olive oil in a large pot over medium heat.
2. Add chopped onion and cook until softened, about 5 minutes.
3. Add minced garlic and cook for another minute.
4. Add chopped tomatoes, vegetable broth, sugar, salt, and black pepper. Bring to a boil.
5. Reduce heat and simmer for 20 minutes.
6. Use an immersion blender to blend the soup until smooth.
7. Stir in fresh basil and serve.



CREAMY BUTTERNUT SQUASH SOUP



4 servings



Prep: 15 minutes

Cook: 30 minutes

INGREDIENTS

- | | |
|--------------------------------------|----------------------------|
| 2 tablespoons olive oil | 1 teaspoon salt |
| 1 onion, chopped | 1/2 teaspoon black pepper |
| 2 cloves garlic, minced | 1/2 teaspoon ground nutmeg |
| 1 butternut squash, peeled and cubed | 1/2 cup coconut milk |
| 4 cups vegetable broth | |

INSTRUCTIONS

1. Heat olive oil in a large pot over medium heat.
2. Add chopped onion and cook until softened, about 5 minutes.
3. Add minced garlic and cook for another minute.
4. Add cubed butternut squash, vegetable broth, salt, black pepper, and ground nutmeg. Bring to a boil.
5. Reduce heat and simmer for 25 minutes, until the squash is tender.
6. Use an immersion blender to blend the soup until smooth.
7. Stir in coconut milk and serve.





LENTIL & VEGETABLE SOUP



4 servings

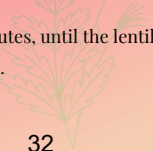
Prep: 15 minutes
Cook: 30 minutes

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 cup dried lentils, rinsed
- 4 cups vegetable broth
- 1 can diced tomatoes
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 cups spinach

INSTRUCTIONS

1. Heat olive oil in a large pot over medium heat.
2. Add chopped onion and cook until softened, about 5 minutes.
3. Add minced garlic, chopped carrots, and chopped celery. Cook for another 5 minutes.
4. Add lentils, vegetable broth, diced tomatoes, dried thyme, dried oregano, salt, and black pepper. Bring to a boil.
5. Reduce heat and simmer for 30 minutes, until the lentils are tender.
6. Stir in spinach and cook until wilted.
7. Serve hot.



HEARTY STEWS



CHICKPEA & SWEET POTATO SOUP



4 servings



Prep: 15 minutes

Cook: 40 minutes

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 sweet potatoes, peeled and cubed
- 1 can chickpeas, drained and rinsed
- 4 cups vegetable broth
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 cup fresh cilantro, chopped



INSTRUCTIONS

1. Heat olive oil in a large pot over medium heat.
2. Add chopped onion and cook until softened, about 5 minutes.
3. Add minced garlic and cook for another minute.
4. Add cubed sweet potatoes, chickpeas, vegetable broth, ground cumin, ground coriander, salt, and black pepper. Bring to a boil.
5. Reduce heat and simmer for 30 minutes, until the sweet potatoes are tender.
6. Stir in fresh cilantro and serve.

HEARTY VEGETABLE STEW



4 servings



Prep: 15 minutes

Cook: 45 minutes

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 carrots, chopped
- 2 celery stalks, chopped
- 2 potatoes, peeled and cubed
- 4 cups vegetable broth
- 1 can diced tomatoes
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 cup frozen peas

INSTRUCTIONS

1. Heat olive oil in a large pot over medium heat.
2. Add chopped onion and cook until softened, about 5 minutes.
3. Add minced garlic, chopped carrots, and chopped celery. Cook for another 5 minutes.
4. Add cubed potatoes, vegetable broth, diced tomatoes, dried thyme, dried rosemary, salt, and black pepper. Bring to a boil.
5. Reduce heat and simmer for 30 minutes, until the vegetables are tender.
6. Stir in frozen peas and cook until heated through.
7. Serve hot.

BLACK BEAN & QUINOA STEW



4 servings



Prep: 15 minutes

Cook: 30 minutes

INGREDIENTS

- | | | |
|----------------------------|---|---------------------------------------|
| 1 cup quinoa, rinsed | 1 cup corn kernels (fresh or frozen) | 1 teaspoon smoked paprika |
| 2 tablespoons olive oil | | 1 teaspoon chili powder |
| 1 onion, chopped | 2 cans (15 ounces each) black beans, rinsed and drained | Salt and pepper, to taste |
| 2 cloves garlic, minced | 1 can (14.5 ounces) diced tomatoe | Fresh cilantro, chopped (for garnish) |
| 1 red bell pepper, chopped | 4 cups vegetable broth | Lime wedges (for serving) |
| 1 zucchini, chopped | 1 teaspoon ground cumin | Avocado (for serving) |



INSTRUCTIONS

1. Cook quinoa according to package instructions and set aside.
2. In a large pot, heat olive oil over medium heat. Sauté onion and garlic until translucent.
3. Add red bell pepper and zucchini, cooking for 5 minutes.
4. Stir in corn, black beans, diced tomatoes, vegetable broth, and spices. Season with salt and pepper.
5. Bring to a boil, then reduce heat and simmer for 20 minutes.
6. Stir in quinoa and simmer for another 5 minutes.
7. Serve hot, garnished with cilantro, avocado, and lime wedges.

Chapter 5: Vibrant Salads & Dressings

INTRODUCTION

Salads don't have to be an afterthought. They can be the star of your meal with the right combination of fresh ingredients and flavorful dressings. In this chapter, you'll find an array of colorful and nutrient-dense salads that are as satisfying as they are healthy. Whether you're looking for a quick side dish, a hearty main course, or a new favorite dressing, there's something for everyone. Let's dive into a world of vibrant salads that will make you rethink everything you know about greens.

FRESH SALADS



RAINBOW VEGGIE SALAD



4 servings



Prep: 20 minutes

INGREDIENTS

1 cup mixed greens (spinach,
arugula, kale)

1 cup cherry tomatoes, halved

1 cucumber, sliced

1 red bell pepper, sliced

1 yellow bell pepper, sliced

1 carrot, shredded

1 avocado, diced

1/4 cup red onion, thinly sliced

1/4 cup sunflower seeds

1/4 cup fresh cilantro,
chopped

INSTRUCTIONS

1. In a large salad bowl, combine mixed greens, cherry tomatoes, cucumber, red and yellow bell peppers, carrot, avocado, and red onion.
2. Toss gently to combine.
3. Sprinkle sunflower seeds and fresh cilantro on top.
4. Serve immediately with your favorite dressing.

MEDITERRANEAN CHICKPEA SALAD



4 servings



Prep: 20 minutes



INGREDIENTS

- 1 can (15 ounces) chickpeas, rinsed and drained
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup Kalamata olives, sliced
- 1/4 cup fresh parsley, chopped
- 1/4 cup feta-style plant-based cheese crumbled
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- Salt and pepper, to taste

INSTRUCTIONS

1. In a large salad bowl, combine chickpeas, cherry tomatoes, cucumber, red onion, olives, parsley, and plant-based feta cheese.
2. Drizzle with olive oil and lemon juice.
3. Season with salt and pepper to taste.
4. Toss to combine and serve immediately.



THAI MANGO SALAD



4 servings



Prep: 20 minutes

INGREDIENTS

2 ripe mangoes, peeled and
julienned

1 cup shredded red cabbage

1 cup shredded carrots

1 red bell pepper, julienned

1/4 cup fresh cilantro,
chopped1/4 cup roasted peanuts,
chopped

2 tablespoons lime juice

2 tablespoons soy sauce or
tamari

1 tablespoon maple syrup

1 clove garlic, minced

1/2 teaspoon red pepper
flakes (optional)

INSTRUCTIONS

1. In a large salad bowl, combine mango, red cabbage, carrots, red bell pepper, and cilantro.
2. In a small bowl, whisk together lime juice, soy sauce, maple syrup, garlic, and red pepper flakes (if using).
3. Pour the dressing over the salad and toss to combine.
4. Top with roasted peanuts before serving.

GRAIN & LEGUME SALADS



QUINOA AND BLACK BEAN SALAD



4 servings



Prep: 15 minutes

Cook: 15 minutes

INGREDIENTS

- 1 cup quinoa, rinsed
- 2 cups vegetable broth
- 1 can (15 ounces) black beans, rinsed and drained
- 1 red bell pepper, diced
- 1 cup corn kernels (fresh or frozen)
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- 1 avocado, diced
- 1/4 cup lime juice
- 2 tablespoons olive oil
- Salt and pepper, to taste

INSTRUCTIONS

1. In a medium pot, bring vegetable broth to a boil. Add quinoa, reduce heat, and simmer for about 15 minutes, or until quinoa is cooked and liquid is absorbed. Let cool.
2. In a large salad bowl, combine cooked quinoa, black beans, red bell pepper, corn, red onion, cilantro, and avocado.
3. In a small bowl, whisk together lime juice, olive oil, salt, and pepper.
4. Pour the dressing over the salad and toss to combine.
5. Serve immediately or refrigerate until ready to eat.

GRAIN & LEGUME SALADS

MEDITERRANEAN COUSCOUS SALAD



4 servings



Prep: 15 minutes

Cook: 10 minutes

INGREDIENTS

1 cup couscous

1 can (15 ounces) chickpeas, rinsed and
drained

2 cups vegetable broth

1 cup cherry tomatoes, halved

1 cucumber, diced

1/4 cup red onion, finely chopped

1/4 cup Kalamata olives, sliced

1/4 cup fresh parsley, chopped

1/4 cup crumbled plant-based feta cheese

2 tablespoons olive oil

2 tablespoons lemon juice

Salt and pepper, to taste



INSTRUCTIONS

1. In a medium pot, bring vegetable broth to a boil. Add couscous, reduce heat, and simmer for about 10 minutes, or until couscous is cooked and liquid is absorbed. Let cool.
2. In a large salad bowl, combine cooked couscous, cherry tomatoes, cucumber, red onion, olives, parsley, and plant-based feta cheese.
3. Drizzle with olive oil and lemon juice.
4. Season with salt and pepper to taste.
5. Toss to combine and serve immediately.



LENTIL & ROASTED VEGETABLE SALAD



4 servings



Prep: 20 minutes

Cook: 30 minutes

INGREDIENTS

- 1 cup dried green or brown lentils, rinsed
- 4 cups vegetable broth
- 1 red bell pepper, diced
- 1 zucchini, diced
- 1 red onion, diced
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- Salt and pepper, to taste
- 2 cups baby spinach
- 1/4 cup balsamic vinegar

INSTRUCTIONS

1. In a medium pot, bring vegetable broth to a boil. Add lentils, reduce heat, and simmer for about 25 minutes, or until lentils are tender. Drain and let cool.
2. Preheat the oven to 400°F (200°C). On a baking sheet, toss red bell pepper, zucchini, and red onion with olive oil, oregano, salt, and pepper. Roast for 25 minutes or until vegetables are tender and slightly caramelized. Let cool.
3. In a large salad bowl, combine cooked lentils, roasted vegetables, and baby spinach.
4. Drizzle with balsamic vinegar and toss to combine.
5. Serve immediately.

HOMEMADE DRESSINGS

*BALSAMIC DRESSING*

Makes 1 cup



Prep: 5 minutes

INGREDIENTS

- 1/4 cup balsamic vinegar
- 3/4 cup olive oil
- 1 garlic clove, minced
- 1 teaspoon Dijon mustard
- 1 teaspoon maple syrup
- Salt and pepper, to taste

INSTRUCTIONS

1. In a small bowl, whisk together balsamic vinegar, olive oil, garlic, Dijon mustard, and maple syrup until well combined.
2. Season with salt and pepper to taste.
3. Serve immediately or store in an airtight container in the refrigerator for up to two weeks.



LEMON-TAHINI DRESSING



Makes 1 cup



Prep: 5 minutes

INGREDIENTS

1/4 cup tahini

1/4 cup water

1/4 cup lemon juice

1 tablespoon olive oil

1 garlic clove, minced

1 teaspoon maple syrup

Salt and pepper, to taste

INSTRUCTIONS

1. In a small bowl, whisk together tahini, water, lemon juice, olive oil, garlic, and maple syrup until smooth.
2. Season with salt and pepper to taste.
3. Serve immediately or store in an airtight container in the refrigerator for up to one week.



CREAMY AVOCADO DRESSING



Makes 1 cup



Prep: 5 minutes

INGREDIENTS

1 ripe avocado

1/4 cup lime juice

1/4 cup water

2 tablespoons olive oil

1 garlic clove, minced

Salt and pepper, to taste

INSTRUCTIONS

1. In a blender or food processor, combine avocado, lime juice, water, olive oil, and garlic. Blend until smooth and creamy.
2. Season with salt and pepper to taste.
3. Serve immediately or store in an airtight container in the refrigerator for up to three days.

Chapter 6: Wholesome Main Courses

INTRODUCTION

Plant-based main courses are anything but boring. They can be hearty, flavorful, and incredibly satisfying. In this chapter, you'll find a variety of dishes that highlight plant-based proteins and comforting classics, as well as globally inspired flavors.

Whether you're looking to recreate your favorite comfort foods or explore new cuisines, these recipes will become staples in your kitchen.

FLAVOR PACKED MEALS

INSTRUCTIONS

1. Toss crumbled tempeh with soy sauce.
2. Heat olive oil in a skillet and sauté onion and garlic until translucent.
3. Add tempeh and cook until browned.
4. Stir in spices and cook for 2–3 minutes.
5. Warm tortillas in a dry skillet or microwave.
6. Fill tortillas with tempeh, avocado, and cilantro.
7. Serve with lime wedges.

TEMPEH TACOS



4 servings



Prep: 15 minutes
Cook: 15 minutes

INGREDIENTS

- 1 package (8 ounces) tempeh, crumbled
- 2 tablespoons soy sauce or tamari
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- 1/2 teaspoon oregano
- 1/2 teaspoon salt
- 8 small corn tortillas
- 1 large avocado
- 1/4 cup chopped fresh cilantro
- Lime wedges (for serving)



TOFU & VEGETABLE STIR- FRY



4 servings



Prep: 15 minutes

Cook: 15 minutes

INGREDIENTS

1 block (14 ounces) firm tofu, pressed and cubed	1 onion, sliced	1/4 cup vegetable broth
2 tablespoons soy sauce or tamari	1 broccoli head, cut into florets	1 tablespoon hoisin sauce
1 tablespoon sesame oil	1 carrot, julienned	1 tablespoon rice vinegar
1 tablespoon cornstarch	2 cloves garlic, minced	Sesame seeds (for garnish)
2 tablespoons vegetable oil	1 tablespoon ginger, minced	

INSTRUCTIONS

1. Toss tofu with 2 tablespoons soy sauce, sesame oil, and cornstarch.
2. Heat 1 tablespoon vegetable oil in a skillet or wok. Cook tofu until golden, 8-10 minutes. Remove and set aside.
3. Add remaining oil to the skillet. Sauté onion, broccoli, and carrot for 5 minutes.
4. Add garlic and ginger, cooking for 1-2 minutes.
5. Stir in vegetable broth, 2 tablespoons soy sauce, hoisin sauce, rice vinegar, and sriracha. Cook until the sauce thickens, 2-3 minutes.
6. Return tofu to the skillet and toss to combine.
7. Serve hot, garnished with green onions and sesame seeds.



CHICKPEA AND SPINACH CURRY



4 servings



Prep: 15 minutes
Cook: 20 minutes

INGREDIENTS

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 tablespoon ginger, minced
- 1 tablespoon curry powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon turmeric
- 1 can (14.5 ounces) diced tomatoes
- 1 can (15 ounces) chickpeas, rinsed and drained
- 1 can (14 ounces) coconut milk
- 4 cups fresh spinach
- Salt and pepper, to taste
- Fresh cilantro, chopped (for garnish)
- Cooked rice or naan (for serving)



INSTRUCTIONS

1. In a large pot, heat vegetable oil over medium heat. Add the onion and cook until translucent.
2. Add garlic and ginger, and cook for another 1-2 minutes.
3. Stir in curry powder, cumin, coriander, and turmeric, and cook for another 1-2 minutes.
4. Add diced tomatoes, chickpeas, and coconut milk. Bring to a simmer and cook for 5 minutes.
5. Stir in spinach and cook until wilted, about 2-3 minutes.
6. Season with salt and pepper to taste.
7. Serve hot, garnished with fresh cilantro, alongside cooked rice or naan.

VEGAN VEGETABLE LASAGNA



8 servings



Prep: 30 minutes

Cook: 45 minutes

INGREDIENTS

12 lasagna noodles

1 tablespoon olive oil

1 onion, chopped

3 cloves garlic, minced

1 zucchini, diced

1 bell pepper, diced

1 cup mushrooms, sliced

2 cups spinach

1 jar (24 ounces) marinara sauce

1 cup ricotta-style plant-based cheese

2 cups shredded mozzarella-style plant-based cheese

Fresh basil, chopped (for garnish)

INSTRUCTIONS

1. Cook lasagna noodles according to package instructions. Drain and set aside.
2. Heat olive oil in a skillet over medium heat. Sauté onion and garlic until translucent.
3. Add zucchini, bell pepper, and mushrooms. Cook until tender, then stir in spinach until wilted. Remove from heat.
4. In a 9x13-inch baking dish, spread marinara sauce. Layer 3 noodles, a third of the vegetables, ricotta-style cheese, and mozzarella-style cheese. Repeat twice, ending with sauce and cheese.
5. Cover with foil and bake at 375°F (190°C) for 30 minutes. Remove foil and bake for 15 more minutes until bubbly.
6. Let cool before slicing and garnish with fresh basil.





BBQ JACKFRUIT SANDWICHES



4 servings



Prep: 15 minutes
Cook: 25 minutes

INGREDIENTS

- 2 cans (20 ounces each) young green jackfruit in water, drained and shredded
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 cup barbecue sauce
- 4 whole wheat sandwich buns
- 1 cup coleslaw (optional, for serving)
- Pickle slices (optional, for serving)

INSTRUCTIONS

1. In a large skillet, heat olive oil over medium heat. Add onion and garlic, and cook until translucent.
2. Add shredded jackfruit and cook for about 10 minutes, until it starts to brown and become tender.
3. Stir in barbecue sauce and cook for another 10-15 minutes, until the jackfruit is well coated and heated through.
4. Toast sandwich buns if desired.
5. Assemble the sandwiches by filling each bun with the BBQ jackfruit mixture.
6. Serve with coleslaw and pickle slices on the side.

VEGAN SHEPHERD'S PIE



4 servings



Prep: 20 minutes

Cook: 45 minutes

INGREDIENTS

For the potato topping:

- 2 lbs (900 g) potatoes, peeled and chopped
- 3 tbsp vegan butter or olive oil
- ½ cup unsweetened plant-based milk (e.g., almond or oat)
- Salt and pepper, to taste

For the filling:

- 2 tbsp olive oil
- 1 onion, finely chopped
- 3 garlic cloves, minced
- 2 medium carrots, diced
- 1 cup frozen peas
- 1 ½ cups cooked lentils (or 1 can, drained and rinsed)
- 1 cup vegetable broth
- 1 tbsp tomato paste
- 2 tbsp soy sauce or tamari
- 1 tsp thyme
- 1 tsp rosemary
- Salt and pepper, to taste



INSTRUCTIONS

1. Boil potatoes in salted water until tender (15 minutes). Drain, mash with vegan butter and plant milk, season, and set aside.
2. Heat olive oil in a skillet. Sauté onion and garlic until softened.
3. Add carrots and cook for 5 minutes, then stir in peas and lentils.
4. Mix in broth, tomato paste, soy sauce, thyme, rosemary, salt, and pepper. Simmer for 10 minutes.
5. Preheat oven to 400°F (200°C). Spread filling in a baking dish. Top with mashed potatoes, spreading evenly.
6. Bake for 25–30 minutes until golden brown and crisp.
7. Let rest for 5 minutes before serving. Enjoy!

VEGAN MAC & CHEESE WITH ROASTED BROCCOLI



4 servings



Prep: 15 minutes

Cook: 25 minutes

INGREDIENTS

For the mac and cheese sauce:

- 1 cup raw cashews (soaked for 2–4 hours or boiled for 10 minutes)
- 2 cups unsweetened plant-based milk
- 3 tbsp nutritional yeast
- 1 tbsp lemon juice
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp smoked paprika
- Salt and pepper, to taste

For the pasta and broccoli:

- 12 oz (340 g) preferred pasta
- 2 cups broccoli florets
- 2 tbsp olive oil
- ½ tsp garlic powder
- Salt and pepper, to taste



INSTRUCTIONS

1. Cook pasta according to package instructions. Drain and set aside.
2. Preheat oven to 425°F (220°C). Toss broccoli with olive oil, garlic powder, salt, and pepper. Roast for 15–20 minutes until tender and crisp.
3. Blend soaked cashews, plant-based milk, nutritional yeast, lemon juice, garlic powder, onion powder, smoked paprika, salt, and pepper until smooth and creamy. Adjust seasoning as needed.
4. Return pasta to the pot and pour in the cheese sauce. Stir over low heat until warm and well-coated. Add roasted broccoli and mix gently.
5. Serve warm, garnished with fresh parsley or smoked paprika, if desired.

Chapter 7: Satisfying Sides

INTRODUCTION

A well-rounded meal often shines with the perfect side dishes. These plant-based sides are designed to complement your main courses, adding layers of flavor and nutrition. From simple roasted vegetables to homemade breads, this chapter offers a variety of options to make your meals more satisfying and complete.

ROASTED BRUSSELS SPROUTS



4 servings



Prep: 10 minutes

Cook: 25 minutes

INGREDIENTS

- 1 pound Brussels sprouts, trimmed and halved
- 2 tablespoons olive oil
- Salt and pepper, to taste
- 1 tablespoon balsamic glaze (optional)

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C).
2. In a large bowl, toss Brussels sprouts with olive oil, salt, and pepper.
3. Spread the Brussels sprouts on a baking sheet in a single layer.
4. Roast for 25 minutes, or until they are crispy and golden brown, stirring halfway through.
5. Drizzle with balsamic glaze before serving, if desired.



GARLIC GREEN BEANS



4 servings



Prep: 5 minutes

Cook: 10 minutes

INGREDIENTS

- 1 pound green beans, trimmed
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- Salt and pepper, to taste
- Lemon wedges (for serving)



MAPLE-GLAZED CARROTS



4 servings



Prep: 10 minutes

Cook: 25 minutes

INGREDIENTS

- 1 pound carrots, peeled and cut into sticks
- 2 tablespoons olive oil
- 2 tablespoons maple syrup
- 1 teaspoon ground cinnamon
- Salt and pepper, to taste



INSTRUCTIONS

1. In a large skillet, heat olive oil over medium heat. Add the green beans and cook for 5 minutes, stirring occasionally.
2. Add garlic and cook for another 3-5 minutes, until the green beans are tender and the garlic is fragrant.
3. Season with salt and pepper to taste.
4. Serve with lemon wedges on the side.

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C).
2. In a large bowl, toss carrots with olive oil, maple syrup, cinnamon, salt, and pepper.
3. Spread the carrots on a baking sheet in a single layer.
4. Roast for 25 minutes, or until the carrots are tender and caramelized, stirring halfway through.
5. Serve immediately.

LEMON HERB QUINOA



4 servings



Prep: 5 minutes

Cook: 15 minutes

INGREDIENTS

- 1 cup quinoa, rinsed
- 2 cups vegetable broth
- 1 tablespoon olive oil
- 1 lemon, zested and juiced
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh basil, chopped
- Salt and pepper, to taste

INSTRUCTIONS

1. In a medium pot, bring vegetable broth to a boil. Add quinoa, reduce heat, and simmer for about 15 minutes, or until quinoa is cooked and liquid is absorbed.
2. Fluff quinoa with a fork and stir in olive oil, lemon zest, lemon juice, parsley, and basil.
3. Season with salt and pepper to taste.
4. Serve immediately.





SPICY BLACK BEANS



4 servings



Prep: 10 minutes
Cook: 25 minutes

INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 jalapeño, seeded and minced
- 2 cans (15 ounces each) black beans,
rinsed and drained
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1/2 teaspoon smoked paprika
- Salt and pepper, to taste
- Fresh cilantro, chopped (for garnish)

INSTRUCTIONS

1. In a large skillet, heat olive oil over medium heat. Add the onion and garlic, and cook until translucent.
2. Add red bell pepper and jalapeño, and cook for another 5 minutes, until tender.
3. Stir in black beans, cumin, chili powder, and smoked paprika. Cook for another 10 minutes, until heated through.
4. Season with salt and pepper to taste.
5. Serve hot, garnished with fresh cilantro.



WHOLE WHEAT DINNER ROLLS



Makes 12 rolls



Prep: 15 minutes

Cook: 15 minutes

INGREDIENTS

- 1 cup warm water
- 2 tablespoons maple syrup
- 1 packet (2 1/4 teaspoons) active dry yeast
- 2 1/2 cups whole wheat flour
- 1/2 teaspoon salt
- 2 tablespoons olive oil



INSTRUCTIONS

1. In a small bowl, mix warm water and maple syrup. Sprinkle yeast on top and let sit for 5 minutes, until frothy.
2. In a large bowl, whisk whole wheat flour and salt. Add yeast mixture and olive oil, stirring until a dough forms.
3. Knead dough on a floured surface for 5 minutes, until smooth and elastic.
4. Place dough in an oiled bowl, cover with a damp cloth, and let rise for 1 hour, until doubled.
5. Preheat oven to 375°F (190°C).
6. Punch down dough, divide into 12 pieces, and shape into balls. Place on a baking sheet.
7. Cover with a damp cloth and let rise for 15 minutes.
8. Bake for 15 minutes, until golden brown. Let cool slightly before serving.



GARLIC NAAN



Makes 8 naan



Prep: 20 minutes
Cook: 10 minutes

SIDES

INGREDIENTS

- 1/2 cup warm water
- 1 teaspoon sugar
- 1 packet (2 1/4 teaspoons) active dry yeast
- 2 1/2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/4 cup plain plant-based yogurt
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- Fresh cilantro, chopped (for garnish)

INSTRUCTIONS

1. In a small bowl, combine warm water and sugar. Sprinkle the yeast on top and let it sit for 5 minutes, until frothy.
2. In a large bowl, whisk together flour and salt. Add the yeast mixture, plant-based yogurt, and olive oil, and stir until a dough forms.
3. Turn the dough onto a floured surface and knead for about 5 minutes, until smooth and elastic.
4. Place the dough in a lightly oiled bowl, cover with a damp cloth, and let it rise in a warm place for about 1 hour, until doubled in size.
5. Preheat a large skillet or griddle over medium-high heat.
6. Punch down the dough and divide it into 8 equal pieces. Roll each piece into an oval shape about 1/4 inch thick.
7. Cook the naan in the hot skillet for about 2 minutes on each side, until puffed and golden brown.
8. Brush with minced garlic and garnish with fresh cilantro before serving.

CORNBREAD



8 servings



Prep: 10 minutes

Cook: 25 minutes

INGREDIENTS

- 1 cup cornmeal
- 1 cup all-purpose flour
- 1/4 cup sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 cup plant-based milk
- 1/4 cup vegetable oil
- 1 tablespoon apple cider vinegar

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C). Grease an 8x8-inch baking dish.
2. In a large bowl, whisk together cornmeal, flour, sugar, baking powder, and salt.
3. In a separate bowl, combine plant-based milk, vegetable oil, and apple cider vinegar.
4. Pour the wet ingredients into the dry ingredients and stir until just combined.
5. Pour the batter into the prepared baking dish and smooth the top.
6. Bake for 25 minutes, or until a toothpick inserted into the center comes out clean.
7. Let cool slightly before cutting



Chapter 8: Decadent Desserts

INTRODUCTION

Dessert is the perfect way to end a meal, and this chapter shows that plant-based sweets can be just as indulgent and satisfying as traditional ones. With wholesome ingredients like coconut milk, maple syrup, and nut butters, these recipes prove that you can enjoy delicious, chocolatey, fruity, or frozen treats without compromising on taste or values. Treat yourself to the sweet side of plant-based living!



VEGAN CHOCOLATE CHIP COOKIES



Makes 12



Prep: 15 minutes

Cook: 10 minutes

INGREDIENTS

1 cup almond flour

$\frac{3}{4}$ cup oat flour

$\frac{1}{2}$ tsp baking soda

$\frac{1}{4}$ tsp salt

$\frac{1}{4}$ cup coconut oil, melted

$\frac{1}{2}$ cup maple syrup

1 tsp vanilla extract

$\frac{1}{3}$ cup dairy-free chocolate chips

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a large bowl, combine almond flour, oat flour, baking soda, and salt.
3. Add the melted coconut oil, maple syrup, and vanilla extract. Stir until the dough is smooth and combined.
4. Gently fold in the chocolate chips.
5. Using a spoon, scoop dough onto the prepared baking sheet, spacing cookies about 2 inches apart.
6. Flatten each cookie slightly with your fingers.
7. Bake for 10–12 minutes, or until golden around the edges.
8. Let the cookies cool on the baking sheet for 5 minutes before transferring to a wire rack. Enjoy!



PEANUT BUTTER BLISS BARS



Makes 16



Prep: 15 minutes
Chill: 1-2 hours

INGREDIENTS

- 1 cup peanut butter (natural and unsweetened)
- $\frac{1}{2}$ cup maple syrup
- 1 cup rolled oats
- $\frac{1}{4}$ cup shredded coconut (optional)
- $\frac{1}{4}$ tsp salt
- 1 cup dairy-free dark chocolate chips

INSTRUCTIONS

1. In a large bowl, mix the peanut butter, maple syrup, oats, shredded coconut (if using), and salt. Stir until fully combined.
2. Press the mixture into an 8x8-inch square pan lined with parchment paper.
3. In a microwave-safe bowl, melt the chocolate chips in 30-second intervals, stirring between each, until smooth.
4. Pour the melted chocolate over the peanut butter mixture and spread evenly with a spatula.
5. Refrigerate for 1-2 hours, or until the chocolate has hardened.
6. Once set, slice into bars and enjoy!



VEGAN LEMON POPPY SEED CAKE



10 servings



Prep: 15 minutes

Cook: 30 minutes

INGREDIENTS

1 ½ cups all-purpose flour

1 tsp baking powder

½ tsp baking soda

¼ tsp salt

1 cup almond milk

½ cup coconut sugar

1/3 cup vegetable oil

2 tbsp lemon juice

Zest of 1 lemon

2 tbsp poppy seeds

1 tsp vanilla extract

For the glaze:

½ cup powdered sugar

2 tbsp lemon juice



INSTRUCTIONS

1. Preheat the oven to 350°F (175°C). Grease and flour a round cake pan.
2. In a medium bowl, combine the flour, baking powder, baking soda, and salt.
3. In a separate bowl, whisk together almond milk, coconut sugar, vegetable oil, lemon juice, lemon zest, poppy seeds, and vanilla extract.
4. Add the wet ingredients to the dry ingredients and mix until just combined.
5. Pour the batter into the prepared pan and smooth the top.
6. Bake for 30–35 minutes, or until a toothpick inserted into the center comes out clean.
7. Let the cake cool in the pan for 10 minutes before transferring to a wire rack to cool completely.
8. For the glaze, whisk together powdered sugar and lemon juice until smooth. Drizzle over the cooled cake. Slice and enjoy!



CLASSIC PUMPKIN PIE



8 servings

Prep: 15 minutes
Cook: 60 minutes

INGREDIENTS

- 1 ½ cups canned pumpkin puree
- ½ cup coconut milk
- ¾ cup maple syrup
- 2 tbsp cornstarch
- 1 tsp cinnamon
- ½ tsp nutmeg
- ¼ tsp ground ginger
- ¼ tsp salt
- 1 tsp vanilla extract
- 1 pre-made vegan pie crust

INSTRUCTIONS

1. Preheat the oven to 375°F (190°C).
2. In a large mixing bowl, whisk together pumpkin puree, coconut milk, maple syrup, cornstarch, cinnamon, nutmeg, ginger, salt, and vanilla extract until smooth.
3. Pour the filling into the prepared pie crust.
4. Bake for 50–60 minutes, or until the pie filling is set and the edges of the crust are golden.
5. Allow the pie to cool for at least 2 hours before serving.
6. Serve with a dollop of whipped coconut cream and enjoy!



VEGAN MANGO SORBET



4 servings



Prep: 10 minutes

Freeze: 3-4 hours

INGREDIENTS

2 cups frozen mango chunks

½ cup coconut milk

1 tbsp lime juice

2 tbsp maple syrup

INSTRUCTIONS

1. In a blender or food processor, combine frozen mango, coconut milk, lime juice, and maple syrup.
2. Blend until smooth, scraping down the sides as needed.
3. Transfer the mixture to a shallow container and freeze for 3-4 hours, or until firm.
4. Scoop and serve immediately for a refreshing treat!



VEGAN CHOCOLATE FUDGE POPSICLES



Makes 6



Prep: 10 minutes

Freeze: 4 hours

INGREDIENTS

1 cup coconut milk

1/3 cup dairy-free chocolate chips

1 tbsp maple syrup

1/2 tsp vanilla extract

Pinch of salt

INSTRUCTIONS

1. In a small saucepan, melt the chocolate chips with coconut milk over medium heat, stirring constantly.
2. Once melted and smooth, remove from heat and stir in maple syrup, vanilla extract, and a pinch of salt.
3. Pour the mixture into popsicle molds and freeze for at least 4 hours, or until solid.
4. To release the popsicles, run warm water over the outside of the molds for a few seconds.
5. Serve and enjoy your creamy chocolate fudge pops!



Chapter 9: Beverages and Smoothies

INTRODUCTION

This chapter brings hydration, nutrition, and indulgence together with a selection of beverages for any occasion. Whether you're craving something cool and refreshing or warm and cozy, these recipes offer delicious options to elevate your drink game.

REFRESHING DRINKS

CUCUMBER MINT LEMONADE



4 servings



Prep: 10 minutes

INGREDIENTS

- 4 cups water
- 1 large cucumber, peeled and sliced
- 1/2 cup fresh mint leaves
- 1/3 cup freshly squeezed lemon juice
(about 2 lemons)
- 1/4 cup maple syrup (adjust to taste)
- Ice cubes



INSTRUCTIONS

1. In a blender, combine the cucumber, mint leaves, lemon juice, and maple syrup. Blend until smooth.
2. Strain the mixture through a fine-mesh sieve into a pitcher.
3. Add water and stir well.
4. Serve over ice cubes and garnish with mint leaves and lemon slices.



TROPICAL FRUIT INFUSED WATER



4 servings



Prep: 5 minutes

INGREDIENTS

1 liter water

1/2 cup pineapple chunks

1/2 cup mango slices

1 lime, thinly sliced

A handful of fresh mint leaves



INSTRUCTIONS

1. Add pineapple, mango, lime slices, and mint to a large pitcher.
2. Pour water over the fruits and stir.
3. Refrigerate for at least 2 hours before serving to allow the flavors to infuse.
4. Serve chilled, with extra ice if desired.

WATERMELON BASIL COOLER



4 servings



Prep: 10 minutes

INGREDIENTS

4 cups seedless watermelon, cubed

1/4 cup fresh basil leaves

Juice of 1 lime

1 tablespoon agave syrup (optional)

Ice cubes



INSTRUCTIONS

1. Blend the watermelon, basil, lime juice, and agave syrup until smooth.
2. Strain the mixture if desired and pour into a pitcher.
3. Serve over ice and garnish with basil leaves.



SMOOTHIES



GREEN POWER SMOOTHIE



2 servings



Prep: 5 minutes

INGREDIENTS

2 cups spinach leaves

1 frozen banana

1/2 avocado

1 cup unsweetened almond milk

1/2 cup orange juice

1 tablespoon chia seeds

1 teaspoon maple syrup (optional)

INSTRUCTIONS

1. Combine all ingredients in a blender.
2. Blend on high until smooth and creamy.
3. Pour into glasses and serve immediately.



VERY BERRY SMOOTHIE



2 servings



Prep: 5 minutes

INGREDIENTS

- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 1 frozen banana
- 1 cup oat milk
- 1/2 cup plain coconut yogurt
- 1 tablespoon flaxseed meal
- 1 teaspoon vanilla extract



INSTRUCTIONS

1. Add all ingredients to a blender.
2. Blend until smooth and well combined.
3. Pour into glasses, garnish with fresh berries, and serve.



TROPICAL GREEN SMOOTHIE



2 servings



Prep: 5 minutes

INGREDIENTS

- 1 cup kale leaves (stems removed)
- 1/2 cup frozen pineapple
- 1/2 cup frozen mango
- 1 frozen banana
- 1 cup coconut water
- Juice of 1/2 lime

INSTRUCTIONS

1. Combine all ingredients in a blender.
2. Blend until smooth and creamy.
3. Pour into glasses and serve chilled.



WARM BEVERAGES

SPICED CHAI LATTE



2 servings



Prep: 5 minutes

Cook: 10 minutes

INGREDIENTS

- 2 cups unsweetened almond milk
- 2 chai tea bags
- 1 cinnamon stick
- 2 whole cloves
- 1/4 teaspoon ground ginger
- 2 teaspoons maple syrup

INSTRUCTIONS

1. In a small saucepan, heat the almond milk over medium heat.
2. Add the tea bags, cinnamon stick, cloves, and ginger.
3. Simmer for 5 minutes, stirring occasionally.
4. Remove from heat, strain, and stir in maple syrup.
5. Pour into mugs and serve warm.



VEGAN HOT CHOCOLATE



2 servings



Prep: 5 minutes

Cook: 5 minutes

INGREDIENTS

2 cups oat milk

3 tablespoons cocoa powder

2 tablespoons maple syrup

1/4 teaspoon vanilla extract

Pinch of sea salt



INSTRUCTIONS

1. Heat oat milk in a saucepan over medium heat until warm but not boiling.
2. Whisk in cocoa powder, maple syrup, vanilla extract, and sea salt.
3. Continue stirring until smooth and hot.
4. Pour into mugs and serve with optional vegan whipped cream or marshmallows.





GOLDEN TURMERIC LATTE



2 servings



Prep: 5 minutes
Cook: 5 minutes

INGREDIENTS

- 2 cups coconut milk
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1 tablespoon maple syrup
- Pinch of black pepper

INSTRUCTIONS

1. In a small saucepan, heat the coconut milk over medium heat.
2. Whisk in turmeric, cinnamon, ginger, maple syrup, and black pepper.
3. Continue to heat until warm, stirring occasionally.
4. Pour into mugs and serve immediately.

Chapter 10: Meal Planning and Prep

INTRODUCTION

Embarking on a plant-based lifestyle can feel overwhelming, but with a bit of planning and preparation, it becomes both manageable and enjoyable. This chapter equips you with practical tools and strategies for planning, prepping, and storing plant-based meals to make your journey seamless and sustainable. Whether you're cooking for a busy week, experimenting with new recipes, or looking to save time in the kitchen, here you'll find the guidance you need to succeed. Discover the art of batch cooking, master the science of meal storage, and unlock the secrets to easy reheating—all while keeping your meals fresh, nutritious, and delicious.

WEEKLY MEAL PLANS

MONDAY

1. Breakfast: Berry Bliss Smoothie (see Chapter 9)
2. Lunch: Quinoa and Chickpea Salad with Lemon-Tahini Dressing (see Chapter 5)
3. Dinner: Tofu Stir-Fry with Brown Rice (see Chapter 6)

TUESDAY

1. Breakfast: Overnight Oats with Peanut Butter and Bananas (see Chapter 2)
2. Lunch: Lentil Soup with Crusty Bread (see Chapter 4)
3. Dinner: Tempeh Tacos (see Chapter 6)

WEDNESDAY

1. Breakfast: Green Power Smoothie (see Chapter 9)
2. Lunch: Veggie Spring Rolls with Peanut Dipping Sauce (see Chapter 3)
3. Dinner: Chickpea and Spinach Curry (see Chapter 6)



THURSDAY

1. Breakfast: Plant-Based Banana Pancakes with Maple Syrup (see Chapter 2)
2. Lunch: Roasted Veggie and Mediterranean Chickpea Salad (see Chapter 5)
3. Dinner: Plant-Based Lasagna (see Chapter 6)

FRIDAY

1. Breakfast: Chia Pudding with Mango and Coconut (see Chapter 2)
2. Lunch: Classic Tomato Soup with whole wheat toast (see Chapter 4)
3. Dinner: Vegan Shepherd's Pie (see Chapter 6)

SATURDAY

1. Breakfast: Avocado Toast with Chili Flakes (see Chapter 2)
2. Lunch: Hummus Wrap with Fresh Veggies (see Chapter 3)
3. Dinner: Vegan Mac and Cheese with Roasted Broccoli (see Chapter 6)

SUNDAY

1. Breakfast: Tropical Fruit Smoothie Bowl (see Chapter 2)
2. Lunch: Rainbow Veggie Salad (see Chapter 5)
3. Dinner: BBQ Jackfruit Sandwiches (see Chapter 6)



BATCH COOKING ESSENTIALS

Batch cooking is a game-changer for saving time and reducing stress during the week. By preparing larger quantities of versatile components, you can mix and match to create a variety of meals.



GRAINS

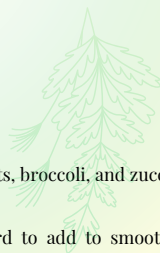
1. Brown Rice: Cook a large batch and store in portions for stir-fries, grain bowls, or stuffed vegetables.
2. Quinoa: Use in salads, wraps, or as a breakfast porridge.
3. Farro or Barley: Perfect for hearty salads or side dishes.

LEGUMES

1. Chickpeas: Roast for snacks, blend into hummus, or toss into salads.
2. Lentils: Add to soups, stews, or mix with spices for a quick protein boost.
3. Black Beans: Great for tacos, burritos, or rice bowls.

VEGETABLES

1. Roasted Vegetables: Roast a mix of sweet potatoes, carrots, broccoli, and zucchini for easy side dishes or grain bowl toppings.
2. Steamed Greens: Prepare kale, spinach, or Swiss chard to add to smoothies, pastas, or casseroles.
3. Blanched Vegetables: Quickly cook green beans, asparagus, or cauliflower to keep them crisp and vibrant for salads or sautés.





PROTEINS

1. Tofu: Marinate and bake or pan-fry cubes for salads, stir-fries, or wraps.
2. Tempeh: Crumble and season for tacos or sauté slices for sandwiches.
3. Seitan: Prepare ahead for hearty main dishes like stews or sautéed with veggies.

SAUCES & DRESSINGS

1. Tomato Sauce: Use for pasta, casseroles, or as a pizza base.
2. Tahini Dressing: Drizzle over roasted veggies or salads.
3. Pesto: Toss with pasta or spread on sandwiches.

SNACKS & SIDES

1. Energy Balls: Make a large batch for quick grab-and-go snacks.
2. Homemade Granola: Perfect for breakfast or a snack with plant-based yogurt.
3. Roasted Chickpeas: A crunchy, savory snack or salad topper.



Chapter 11: The Plant-Based Journey

FINAL THOUGHTS

Thank you for joining me on this journey toward embracing a plant-based lifestyle. Each recipe in this book is designed to empower you with the knowledge and tools to create delicious, wholesome meals while supporting a healthier planet. Remember, every step counts, and your efforts make a difference. Celebrate your progress, experiment with new ingredients, and enjoy the process of nourishing yourself and your loved ones.

TIPS FOR CONTINUING THE JOURNEY

1. Experiment with New Recipes: Explore cuisines from around the world to keep your meals exciting and varied.
2. Join a Community: Connect with others on a plant-based journey through social media groups, forums, or local meetups.
3. Set Achievable Goals: Start with small changes, like incorporating one plant-based meal per day, and build from there.
4. Stay Curious: Try new ingredients and cooking techniques to keep your meals interesting and flavorful.

With these tools and tips, you're ready to embrace a plant-based lifestyle with confidence and creativity. Happy cooking!

