



PROGRAM RECIPES

We designed, selected, or modified all of the following recipes to be relatively simple and quick to put together with minimal skill in the kitchen. The only real skill to master is mincing garlic, which we highly recommend you practice because it makes everything so much more delicious. You can also crush it extra for more flavor. You can view tutorials on YouTube, but basically you chop the garlic clove into small pieces and then mash them with the side of a knife.

An easy way to make sure that you are hitting your daily goals is to have a veggie-packed berry smoothie in the morning, a large salad with an oil-free dressing for lunch, and steamed veggies with soup/stewed greens for dinner. You should be able to get away with making dressing just twice per week. Based on your personal preference you can make soup and steamed veggies just once or multiple times per week.

All of the recipes listed here will work for all of the dietary transitions in your program unless otherwise stated.

BREAKFASTS

OVERNIGHT OATS: MAKES 4-5 SERVINGS (TRANSITIONS 1 & 2 ONLY)

INGREDIENTS:

- 2 cups of old fashioned oats
- 2 Tablespoons of flax seeds
- 2 Tablespoons chia seeds
- 2 Tablespoons sunflower seeds
- 2 Tablespoons pumpkin seeds
- Soy or nut milk
- 1 tablespoon Cinnamon
- ½ apple
- 1 banana
- 1-2 tablespoons raisins

DIRECTIONS:

Grind the seeds in a coffee grinder and add to a large bowl with the oats and cinnamon – adjust cinnamon to preference. Pour enough soy or nut milk over the mixture to make it very liquid-y and mix well with a whisk or fork. (The seeds and oats will absorb a lot of this liquid, if you don't add enough it will be dry/gelatinous come morning). Let it sit, covered, overnight in the refrigerator. In the morning scoop desired amount in to a bowl and add finely chopped apple, sliced banana, and raisins. (Can substitute other fruits as desired). This amount of oats usually makes about 5 servings.

SLOW COOKER STEEL CUT OATS: MAKES 4 SERVINGS (TRANSITIONS 1 & 2 ONLY)**INGREDIENTS:**

1 cup steel cut oats
3 cups liquid (*could be unsweetened nut milk, plain water, or half-water/half no-sugar-added pomegranate juice - this is an approved exception to the no fruit juice*)
2 tablespoons dried fruit (*raisins, craisins - make sure no sugar added*)
1 apple, chopped
Cinnamon (*shake a bunch in there, can add more when eating if not enough*)
An ounce or less of combination walnuts, raw seeds (*pumpkin, sunflower, flax, chia*)

You can substitute a half a cup of frozen berries for the apple to mix it up.

DIRECTIONS:

If your slow-cooker is too big for this small amount of ingredients, you can find an oven safe bowl that fits in the slow cooker with the lid on and leaves a small amount of space between the bowl and the walls of the cooker. Fill the bowl with the ingredients, then place the lid on and pour water around the bowl in the slow cooker until it is at the level of the ingredients but below the edges of the bowl. Turn the slow cooker on low and let cook overnight. I prefer to NOT add the nuts to the slow cooker and just add them into my bowl in the morning.

OVERNIGHT OATMEAL AND FRUIT: MAKES 2 SERVINGS (TRANSITIONS 1 & 2 ONLY)**INGREDIENTS:**

3 cups fresh chopped assorted fruit
¼ cup raisins or other dried fruit, chopped
Orange juice or pomegranate juice* (*approved exception*)
1 cup old fashioned rolled oats
1 cup soy, hemp, or almond milk

DIRECTIONS:

Make fruit compote: combine fresh and dried fruits in glass jar along with enough juice to just barely cover the fruit. Cover and refrigerate overnight. Combine oats and soy milk, cover and refrigerate overnight. In the morning, top oats with fruit compote.

BANANA/BERRY OATMEAL: MAKES 1 SERVING (TRANSITIONS 1 & 2 ONLY)**INGREDIENTS:**

2 cups frozen blueberries
½ cup old-fashioned rolled oat
2 tablespoons chopped walnuts
1 tablespoon raw sunflower seeds
2 bananas, sliced

DIRECTIONS:

Cook oats on stovetop over medium-high heat. Once most of the water is evaporated/absorbed, reduce heat to low and add frozen blueberries and stir. Let warm thoroughly (approximately 3-5 minutes over low heat). Combine with other ingredients in a bowl and eat.

BERRY SALAD SMOOTHIE: MAKES 2 SERVINGS

INGREDIENTS:

4 cups baby spinach
4 cups romaine lettuce
1 cup pomegranate juice* (*approved exception*)
1 cup frozen blueberries
1 cup frozen strawberries
4 dates, pitted
2 tablespoons ground chia seeds
½ ripe avocado, peeled and pitted

DIRECTIONS:

Blend all ingredients together until smooth.

CINNAMON QUINOA BREAKFAST BOWL: MAKES 2 SERVINGS (TRANSITIONS 1 & 2 ONLY)

INGREDIENTS:

1 cup uncooked quinoa
1 cup water
1 cup unsweetened nut milk
1 teaspoon cinnamon (*or however much looks right to you*)
½ cup of frozen berries
1 apple chopped or one banana
1 ounce or less of raw nuts and seeds

DIRECTIONS:

Simmer the quinoa in the combined water and nut milk until the liquid is mostly gone (like rice). Add the berries and cinnamon when the liquid is almost gone and leave until the berries are warmed through. Place in a bowl and add the apple/banana and nuts/seeds.

BERRY BANANA SMOOTHIE: MAKES 1 SERVING

INGREDIENTS:

1 cup unsweetened soy milk
½ cup frozen berries
1 banana
1 tablespoon ground flax seeds
2-3 cups spinach/baby kale
2 tablespoons raw almond butter or peanut butter (peanuts and maybe salt should be the only ingredients)

DIRECTIONS:

Grind 1 tablespoon of flax in coffee grinder if you did not buy pre-ground. Add all ingredients to a high-powered blender and blend until smooth and creamy.

DIVINE SALADS

Many of these ingredients will be available in salad bars for combination. The dressings you can make yourself and bring with you to work. If a salad bar you frequent doesn't have beans, you can also bring those with you or keep a can and an opener at your desk. At home, keep most of these vegetables pre-chopped for your own salad bar, allowing for easy combination during a busy week.

EASY TAHINI "COLESLAW": MAKES 3-4 SERVINGS (REMOVE RAISINS DURING DETOX)**INGREDIENTS:**SLAW

6 Cups of shredded cabbage (*we like Trader Joes shredded green and red cabbage with carrot. Can also use broccoli slaw*) or cabbage and greens mixture

1 red bell pepper, chopped

1 tablespoon raisins

½ -1 cup chickpeas/roasted chickpeas

DRESSING

½ cup tahini

¾ cup water (*or more if needed*)

1 garlic clove

1 tablespoon blended lemon

2 teaspoons Dijon mustard

2 teaspoons tamari/Bragg's Amino Acids

Black pepper to taste

DIRECTIONS:

In a large bowl combine the cabbage, bell pepper, raisins, and chickpeas.

In a blender or food processor, combine the tahini, water, garlic, lemon, mustard, tamari, and black pepper. Blend until smooth. Pour over bowl of salad ingredients. If there is extra dressing, store in the refrigerator.

COLORFUL HUMMUS SALAD: MAKES 1 SERVING**INGREDIENTS:**

1/3 cup hummus

3 cups fresh greens

¼ cup cooked/canned beans

Handful of sprouts

Mix of chopped veggies (*such as green beans, roasted beets, bell pepper, carrots, avocado, 4-5 Kalamata olives*)

Freshly squeezed lemon juice

DIRECTIONS:

Smear the hummus around the inside of a bowl. Add the greens, beans, veggies. Squeeze lemon over the top.

PURPLE CABBAGE AND CARROT SLAW: MAKES 2-3 SERVINGS (REMOVE GRAPES DURING DETOX)**INGREDIENTS:**SLAW

3 cups shredded purple cabbage
1 large carrot, shredded or chopped
12 snow peas
2 scallions, minced (*or ½ small red onion, chopped*)
1 cup red grapes, cut in half
2 tablespoons sesame seeds

DRESSING

2 tablespoons tahini
2 tablespoons rice vinegar
2 tablespoons water
2 teaspoons blended lemon
2 teaspoons date syrup
1 teaspoon fresh grated ginger
1 teaspoon white miso paste

DIRECTIONS:

In a bowl, combine all salad ingredients. In a small bowl, whisk all of the dressing ingredients, pour over salad ingredients.

QUINOA SUMMER SALAD: MAKES 1 SERVING (OR 2-3 AS A SIDE) (TRANSITIONS 1 & 2 ONLY)**INGREDIENTS:**SALAD

½ cup cooked quinoa (*to cook quinoa, combine 1 cup to 2 cup of broth, bring to a boil, reduce to a simmer and cook until all liquid evaporated*)
1 cup frozen green peas, steamed
½ - ¾ pound of asparagus, steamed (*or other non-starchy vegetable*)
1 tablespoon pumpkin seeds

DRESSING

1 lemon, peeled and blended
1 cup fresh mint leaves
3 pitted dates
¼ cup cashews
Water

DIRECTIONS:

Combine the quinoa, green peas, asparagus, and pumpkin seeds in a large bowl. In a blender combine the lemon, mint, dates, and cashews. Blend until roughly chopped. Slowly add water until desired (pourable) consistence is achieved. Pour over bowl of grains/veggies.

ARUGULA FIG SALAD: MAKES 2-3 SERVINGS**INGREDIENTS:**SALAD

6 cups arugula
3 ripe figs, sliced (*can also do 1 red apple, sliced*)
½ small red onion or 1 shallot, chopped

DRESSING

1 cup raw or LIGHTLY toasted walnuts
1 garlic clove
4 teaspoons apple cider vinegar
2 teaspoons maple syrup or date syrup

DIRECTIONS:

Combine arugula, fruit, and chopped onion/shallot in a large bowl. In a blender, combine walnuts, garlic, vinegar, and syrup and blend until smooth. Pour over bowl (store extra dressing in fridge in airtight container)

CHOPPED VEGETABLE SALAD: MAKES 1 SERVING (TRANSITIONS 1, 2, & 3 ONLY, UNLESS TOMATO REMOVED)**INGREDIENTS:**SALAD

1 small head romaine lettuce, chopped into bit sized pieces
2 radishes, chopped
1 ripe tomato, chopped
1 cup cucumber, chopped
½ red or orange bell pepper, chopped
½ cup chopped celery
3 artichoke hearts, chopped
1-1.5 cups cannellini (white) beans

DRESSING

½ cup raw cashews (*can soak for 3 hours if time to plan*)
2 cloves roasted garlic
½ cup almond milk
2 tablespoon rice vinegar
2 teaspoons blended lemon
2 teaspoons savory spice blend (*alternative flavorings document*)
1 teaspoon miso paste
¾ teaspoon date syrup or maple syrup
1 tablespoon fresh or ½ tablespoon dried parsley

DIRECTIONS:

Blend dressing ingredients until smooth. Combine salad ingredients in a bowl and pour dressing over.

BLACK BEAN SALAD: MAKES 2-3 SERVINGS**INGREDIENTS:**SALAD

1 cup black beans
1 ripe tomato
1 red or orange pepper
1 cup chopped cucumber
¼ cup chopped red onion
1 clove garlic, minced
1 teaspoon minced jalapeno
5 cups greens
1 small avocado, chopped
Low sodium hot sauce (*optional*)

DRESSING

1 teaspoon white miso paste
2 teaspoons blended lemon/lime
1 tablespoon nutritional yeast
¼ teaspoon ground cumin

DIRECTIONS:

Combine dressing ingredients in bowl and whisk. In a large bowl combine beans, tomato, bell pepper, cucumber, onion, garlic, jalapeno. Pour dressing over and toss lightly. Can serve immediately or store in refrigerator. Add salad greens and avocado, toss & add hot sauce if desired.

BROCCOLI RAISIN SALAD: MAKES 2-3 SERVINGS**INGREDIENTS:**SALAD

6 cups broccoli, chopped into bite-size pieces
1 cup raw sunflower seeds
½ cup red onion, finely chopped
½ cup raisins

DRESSING

1 cup raw cashews
1/3 cup water
1 ½ tablespoon apple cider vinegar
1 tablespoon blended lemon
1 small shallot, chopped
½ teaspoon Dijon mustard

DIRECTIONS:

Mix together broccoli, raisins, red onion, raisins, and sunflower seeds. Make the dressing by combining all ingredients in a high-powered blender until smooth. Top with dressing and combine until all ingredients are covered. Serve immediately or chill.

PLANT PROTEIN ENTREES & OTHER OPTIONS

“CHEESY” CAULIFLOWER: MAKES 1-2 SERVINGS**INGREDIENTS:**

1 small yellow onion (or ½ large yellow onion), diced
1 head of cauliflower, chopped very finely or food processed
½ cup (approximately) chicken or vegetable broth
2 heaping tablespoons nutritional yeast
4 tablespoons raw almond butter
2 cups chopped baby spinach
Raw almond slices (*optional*)

DIRECTIONS:

Using either water or a small amount of broth sauté the onion in a large sauté pan over medium heat. After onion is soft, add the finely chopped/processed cauliflower and broth. Cover and simmer until broth is mostly absorbed and cauliflower is soft. Then add the nutritional yeast and almond butter and stir well. Finally, add the chopped spinach, stir, and let sit over low temperature for about two minutes, until spinach is wilted. Serve and top with sliced almonds if desired (and if you aren't watching your nut intake).

EASY BEAN “STEW” OVER RICE: MAKES 4 SERVINGS (TRANSITIONS 1 & 2 ONLY, UNLESS MADE WITHOUT RICE)**INGREDIENTS:**

1 Cup brown rice
3 cups chicken or vegetable broth
1 small (or ½ large) yellow onion, diced
2 cans black beans, drained
4-5 stalks celery, chopped
1-2 inches fresh ginger, peeled and grated
3 green onions, chopped (*optional*)
Lemon zest or 2 teaspoons lemon juice (*optional*)
1 Serrano pepper, deseeded and diced (*optional*)

DIRECTIONS:

Rinse the rice in a strainer and add to a saucepan. Pour in 2 cups of chicken or vegetable broth and cover. Bring to a boil and then reduce to a simmer. Let simmer until all liquid is absorbed, without stirring. In a sauté pan, sauté the diced onion in a small amount of water or broth over medium heat. When onion is soft add chopped celery, grated ginger, chopped Serrano pepper, and ½ cup of broth. Cover, reduce heat slightly, and let simmer until celery is soft. Add the two cans of beans, drained, and the other ½ cup of broth and continue to simmer a few minutes. Add chopped green onions, and more broth if you desire it more “soupy,” and let sit another minute or two. Serve over rice. Note: you can increase the amount of ginger as desired.

WHITE BEANS ON GREENS: MAKES 3-4 SERVINGS**INGREDIENTS:**

2 cans of white beans, drained
2 cloves of garlic, minced
½ small yellow onion, diced
3 green onions, chopped
Spring mix lettuce

DIRECTIONS:

Sauté the onion and garlic in a small amount of broth or water. Add the beans and heat thoroughly. Add the green onions, heat one more minute, and serve on a bed of spring mix. Add whichever salad veggies you like (cucumber, tomato, etc).

BAKED BEANS: MAKES 3-4 SERVINGS (OR 4-5 AS SIDES)

(TRANSITIONS 1, 2, & 3 ONLY, UNLESS TOMATO PASTE REMOVED)

INGREDIENTS:

2 Cans pinto beans, drained and rinsed
1 Yellow onion, diced
1 Red pepper, diced
1 Clove garlic, minced
2 Tablespoons maple syrup
1 Tablespoon chili paste
2 Tablespoons Dijon mustard
¼ Cup tomato paste
¼ Cup apple cider vinegar
2 Dashes smoked paprika
1 Teaspoon ground cumin
2 Teaspoons chili powder
2 Dashes garlic powder (*optional*)

DIRECTIONS:

Sauté the diced onion in a little water or broth in a saucepan. After onion is soft, add diced red pepper and minced garlic and let sit for a few minutes (about 3). Add pinto beans and stir. Add apple cider vinegar, maple syrup, chili paste, tomato paste, and mustard. Stir thoroughly. Add the spices, stir, and let flavors meld over low heat for approximately 20 minutes, stirring occasionally. Add additional water if necessary. Can eat right away, or it tastes even better after being refrigerated overnight and reheated the next day.

“WHATEVER YOU GOT” CHILI: MAKES 3-4 SERVINGS (TRANSITIONS 1, 2, & 3 ONLY)

This is a great option whenever you have veggies that are starting to blemish and need to be cooked up quick! Use whatever vegetables you have and some beans and you're good to go.

INGREDIENTS:

1 large yellow onion, diced
3 cloves of garlic, minced
3 carrots, chopped
Broccoli, chopped
Zucchini, chopped
Red/green/yellow pepper
2 cans of beans of your choice
2, 28oz cans of (BPA free) crushed tomatoes
1 Tablespoon chili powder (*can adjust to taste*)
Black pepper, to taste

DIRECTIONS:

Sauté the onion in water or a little bit of water or broth, then add whatever veggies you choose to use – start with the “hardest” veggies first. Let sweat for a few minutes and then add the beans and crushed tomatoes. Add the chili powder, black pepper, and any additional spices or herbs that you like, sometimes I add cumin. Let flavors meld for about 20 minutes, stirring occasionally.

SPICY LEMON RAINBOW CHARD: MAKES 1 SERVING

(also great with beet greens in place of chard)

INGREDIENTS:

1 bunch of rainbow chard, rinsed and chopped with stems separated
2-3 cloves of garlic, minced
1 tablespoon lemon juice
1 pinch (or more if desired) red pepper flakes

DIRECTIONS:

Sauté the minced garlic in a small amount of broth over medium heat until it begins to brown. Add the chard stems and sauté for 3-4 minutes until stems begin to soften. Add chard leaves (chopped), lemon juice, and red pepper flakes and reduce the heat. Allow to soften (about 5 minutes).

LAZY TOFU: MAKES 1 SERVING (TRANSITIONS 1, 2, & 3 ONLY)**INGREDIENTS:**

Extra firm tofu
Marinara sauce

DIRECTIONS:

Take the tofu out of its packaging and set on top of paper towels. Cover with more paper towels and place a heavy plat on top to press. Let sit for 20 or so minutes. Cut the Tofu into strips and place under the broiler. Broil until nicely browned, then add marinara sauce over the top and enjoy!

MUSHROOM RATATOUILLE: MAKES 2 SERVINGS (TRANSITIONS 1, 2, & 3 ONLY, UNLESS TOMATOES REMOVED)**INGREDIENTS:**

1 medium onion, thinly sliced
2 garlic cloves, chopped
2 large tomatoes, chopped OR 1 (15 ounce) can no-salt-added diced tomatoes
1 medium eggplant, cut into 1 inch dice
1 medium zucchini, sliced crosswise
10 ounces cremini or other mushrooms, sliced
1 medium red bell pepper, cut into 1 inch pieces
1 teaspoon dried oregano
1 teaspoon dried basil
Black pepper to taste

DIRECTIONS:

Heat 1/8 cup of no-salt-added vegetable broth in a large skillet. Water sauté the onion until softened, about 3 minutes. Add the garlic and cook for 1 minute, adding more water as necessary to keep from scorching. Reduce heat to moderately low and add the tomatoes, eggplant, zucchini, mushrooms, red pepper, and spices. Cover and cook, stirring occasionally until vegetables are very tender, about 1 hour. Serve warm or room temperature.

BLACK BEAN LETTUCE WRAPS: 4 SERVINGS (TRANSITIONS 1, 2, & 3 ONLY, UNLESS SALSA REMOVED)**INGREDIENTS:**

2 cups cooked black beans OR canned no-salt-added black beans, drained
½ large ripe avocado, peeled, pitted and mashed
½ medium bell pepper, seeded and chopped
3 green onions
1/3 cup chopped fresh parsley or cilantro
1/3 cup mild, no-salt-added salsa
2 tablespoons fresh lime juice
1 clove garlic, minced
1 teaspoon ground cumin
8 large romaine lettuce leaves

DIRECTIONS:

In a bowl, mash the beans and avocado together with a fork until well blended and only slightly chunky. Add all the remaining ingredients except the lettuce and mix.
Place ¼ cup of mixture in the center of each lettuce leaf and roll up like a burrito. 2 leaves and approximately ½ cup of mixture = one serving.

VEGETABLE TANGINE: MAKES 4 SERVINGS (TRANSITIONS 1, 2, & 3 ONLY, UNLESS TOMATOES REMOVED)

(REMOVE DRIED FRUIT DURING DETOX)

INGREDIENTS:

½ cup water
1 large onion, chopped
2 carrots, chopped
1 red bell pepper, chopped
1 zucchini, chopped
1 clove garlic, minced
½ teaspoon cinnamon
½ teaspoon curry
½ teaspoon turmeric
1 ½ cups diced tomatoes or 1 (15 oz) can no-salt-added diced tomatoes
2 cups no-salt-added or low sodium vegetable stock
½ cup dried unsulfured apricots, soaked 20 minutes in ½ cup hot water
½ cup raisins
1 tablespoon lemon juice
1 ½ cups cooked chickpeas or 1 (15 oz) can no-salt-added chickpeas, drained
2 tablespoons fresh minced parsley or cilantro

DIRECTIONS:

Heat 1/8 cup of no-salt-added vegetable broth in a large skillet. Water sauté the onion until softened, about 3 minutes. Add the garlic and cook for 1 minute, adding more water as necessary to keep from scorching. Reduce heat to moderately low and add the tomatoes, eggplant, zucchini, mushrooms, red pepper, and spices. Cover and cook, stirring occasionally until vegetables are very tender, about 1 hour. Serve warm or room temperature.

EGGPLANT DIP: MAKES 4 SERVINGS (TRANSITIONS 1, 2, & 3 ONLY)**INGREDIENTS:**

1 medium eggplant
1 large tomato, diced
1 bell pepper, diced
1 large onion, diced
1 teaspoon Savory Spice Blend (*see Alternative Flavorings document*)
¼ cup dried currants

DIRECTIONS:

Preheat oven to 350 degrees. Pierce the eggplant with a fork to prevent it from bursting while cooking. Roast in oven for 45-60 minutes, turning once, until eggplant is very tender when poked with a fork. Cooking time will vary depending on the size of the eggplant. Heat 1/8 cup of water or no-salt-added vegetable broth in a skillet and sauté tomato, pepper and onion until soft. Scoop out or peel the eggplant and blend it with the tomato mixture and seasoning. Stir in currents.

DIJON VINAIGRETTE ASPARAGUS: MAKES 4 SERVINGS (REMOVE RAISINS DURING DETOX)**INGREDIENTS:**

2 pounds asparagus, tough ends removed
½ cup water
¼ cup balsamic vinegar
¼ cup walnuts
½ cup raisins
1 teaspoon Dijon mustard
2 cloves garlic, minced
2 tablespoons chopped red onion
2 tablespoons pine nuts

DIRECTIONS:

Place asparagus in a large skillet, add ½ inch of water. Bring to a boil, reduce heat; cover and simmer for 3-5 minutes until crisp-tender. Drain and submerge in cold water to halt cooking. Remove and place in shallow dish. Combine water, vinegar, walnuts, raisins, mustard and garlic in a food processor or blender and process/blend. Stir in red onion and pour over asparagus. Let stand at room temperature ½ hours before serving. Sprinkle pine nuts on top.

SPINACH STUFFED MUSHROOMS: MAKES 3 SERVINGS**INGREDIENTS:**

1 small onion, chopped
12 large mushrooms, stems removed and chopped
1 clove garlic, minced
½ teaspoon dried thyme
¼ cup no-salt-added vegetable broth
5 ounces fresh spinach
2 tablespoons raw almond butter
1 tablespoon nutritional yeast
¼ teaspoon black pepper

DIRECTIONS:

Preheat oven to 350 degrees. In a large pan, heat 2-3 tablespoons of water or broth and sauté chopped onion for 2 minutes, add mushroom stems, garlic and thyme and continue to sauté until onions and mushrooms are tender, about 3 minutes. Add mushroom caps to pan, along with vegetable broth, bring to a simmer and cook for 5 minutes. Remove mushroom caps from pan and place on a lightly oiled baking sheet. Add spinach to onion mixture remaining in pan and heat until wilted. Remove from heat and stir in almond butter, nutritional yeast, and black pepper. Fill mushroom caps with spinach/onion mixture and bake for 15-20 minutes or until golden brown.

CRUCIFEROUS VEGGIE SOUP: MAKES 10 SERVINGS (TRANSITIONS 1, 2, & 3 ONLY, UNLESS TOMATOES REMOVED)**INGREDIENTS:**

4 cups water
2 ½ cups carrot juice, bottled OR fresh (*2 ½ pounds of carrots, juiced*)
½ cup dried split peas
½ cup dried lentils
½ cup adzuki beans, soaked overnight
1 bunch kale, tough stems removed and leaves coarsely chopped
1 bunch collard greens, tough stems and center ribs removed and leaves coarsely chopped
1 head broccoli, cut into florets
8 ounces shiitake mushrooms, cut in half
3 celery stalks, cut into 1-inch pieces
3 leeks, coarsely chopped
3 carrots, cut into 1-inch pieces
3 parsnips, cut into 1-inch pieces
3 medium onions, chopped
4 medium zucchini, cubed
4 cloves garlic, minced
1 (28oz can) chopped tomatoes, no-salt added
¼ cup Savory Spice Blend (*see Alternative Flavorings document*)
¼ cup chopped fresh parsley
1 cup broccoli sprouts

DIRECTIONS:

Place all ingredients except parsley and sprouts in a very large soup pot. Cover and bring to a simmer, cooking until the adzuki beans are tender, approximately 1 ½ hours. In a food processor or high powered blender, blend ¼ of the soup until smooth. Return to the soup pot and stir in the parsley and broccoli sprouts.

CASHEW CHEESE SAUCE**INGREDIENTS:**

2 cups raw or roasted cashews
1 ¼ cup water or chicken broth
¼ cup lemon juice (*the juice from 1 lemon*)
¼ cup nutritional yeast
2 teaspoons minced garlic, fresh
1 teaspoon sea salt

DIRECTIONS:

Blend or food process all ingredients until smooth. Can consume right away, cold. Can store in fridge for up to 3 days. Can heat before serving, just be sure to stir constantly if you do this as it will thicken!!

Use: pour over steamed veggies, use as a dipping sauce, use as a cheese substitute to most recipes

AVOCADO DIP/SAUCE**INGREDIENTS:**

Makes 1 bowl of dip or equivalent of 4-6 servings of sauce for steamed vegetables

1 avocado

juice of ½ lemon

¼ cup raw cashews

1 TBS vinegar (*rice vinegar or apple cider vinegar*)

1 TBS nutritional yeast

¼ tsp sea salt

heavy dash of black pepper

1 cup of water

DIRECTIONS:

Blend and serve immediately, or chill and use for later. Will keep for 24 hours in fridge

Use: pour over steamed veggies, use as a "ranch-like" salad dressing (I recommend mixing with chopped lettuce before serving like you would a Caesar salad), use as a dip for veggies

VEGETABLE BEAN SOUP: MAKES 8 SERVINGS**INGREDIENTS:**

4 cups vegetable broth, no-salt-added

2 cups frozen broccoli florets

2 cups frozen chopped spinach

2 cups carrot juice, bottled OR fresh (2 ½ pounds of carrots, juiced)

1 cup chopped onions

4 ½ cups cooked cannellini beans OR 3 (15oz) cans no-salt-added cannellini beans

3 fresh tomatoes, chopped

1 bunch fresh basil, chopped

4 tablespoons Savory Spice Blend (*see Alternative Flavorings document*)

2 cloves garlic, minced

½ teaspoon dried basil

½ teaspoon dried oregano

½ cup raw cashew nuts OR ¼ cup raw cashew butter

¼ cup pine nuts

DIRECTIONS:

In a soup pot, combine all ingredients except pine nuts and cashews. Cover and simmer for 30-40 minutes. In a high powered blender blend ¼ soup with cashews or cashew butter. Add back to soup pot. Serve with pine nuts sprinkled on top.

SOME ADDITIONAL TIPS:

- Use Cajun seasoning for tofu and beans or pre-made meat seasoning that have been vetted for sugar content.
- Combine some oats, chia seeds, a little cinnamon, dates, full fat coconut milk, and almond milk. Shake and let sit. Makes a delicious snack (or breakfast).