

**SIMNETT NUTRITION**

# **EASY VEGAN** *Muscle Meals*

**31 Recipes To Build Up Your Health & Body**



**BY DEREK SIMNETT, CNP**

**2017**



**SIMNETT**NUTRITION

**EASY VEGAN**  
*Muscle Meals*

By **Derek Simnett, CNP**

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The Easy Vegan Muscle Meals is designed for generally healthy individuals. As with any nutritional program, you should consult your licensed healthcare practitioner before beginning.

Nothing in the Easy Vegan Muscle Meals should be misconstrued as medical treatment or advice. The participant understands that undertaking this program is the sole responsibility of themselves and not that of the provider of the recipes. Be advised that the recipes are not intended as a prescription for any illness or any disease. Not all foods are tolerated by everyone equally. If difficulties or discomfort arise due to your inability to digest, tolerate or utilize any foods suggested, discontinue use until the reason for the difficulty can be addressed - if necessary seek appropriate medical care.



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# INTRODUCTION

Thank you for purchasing this recipe ebook. I appreciate your support and hope that these meals bring you and those around you as much enjoyment and health as they have for me and my family.

My decision to make this ebook came after consistently being asked, “can I have the recipe for that?” after posting one of my delicious meals on Instagram or YouTube.

The recipes below are meals I have created from scratch that have evolved over time to become healthier and more delicious while staying simple and fairly easy to make. I encourage you to get creative with these and make them your own. Don't be afraid to experiment and customize these recipes with your own flair. Be sure to tag #simnettnutrition with your creations.

I hesitated to add the calories and macronutrient ratios to these recipes as I want you to be more concerned about the quality of the ingredients rather than the breakdown of macros. However, I realize that many people do track calories for both weight loss and weight gain and figured I could easily include macro's for those who are curious.

Keep in mind that since we are using whole foods, caloric and macro numbers will vary so these should just be considered an estimate.

## BIO

Derek is a Certified Nutritional Practitioner who loves inspiring others to live healthier lives. His simple and motivating approach to body movement and vegan nutrition have produced amazing results for him and his many supporters.

“Food is only the fuel, where will you let it take you?” is a quote that Derek often repeats. He wants his supporters to understand that while eating well is important for maximum vitality, it's how you serve the world and others around you that really matters. It all starts with what is on our plate.



**Derek Simnett**  
CNP & SN FOUNDER

# ***HOW TO COOK GRAINS, LEGUMES & STEAMED VEGETABLES***

**How To Prepare Rice:** Place dry uncooked rice (amount used in the recipe) into a pot with double the volume of water (eg. 1 cup dry rice into 2 cups water). Bring rice and water to a boil, then reduce heat to medium low. Simmer for 30-60 minutes, depending on your rice until it is tender and all liquid has been absorbed. Periodically check the rice while it is cooking, depending on the type of rice, it may need more water added during the cooking process.

**How To Prepare Quinoa:** Rinse quinoa well for 45-60 seconds. Place dry uncooked quinoa (amount used in the recipe) into a pot with double the volume of water (eg. 1 cup quinoa to 2 cups water). Bring quinoa and water to a boil, then reduce heat to medium low. Simmer for 30-60 minutes, depending on your quinoa, until it is tender and all liquid has been absorbed.

**How To Prepare Beans:** Soak the amount of dry beans called for in the recipe in triple their volume of water over night (eg. 1 cup dry black beans soaked in 2 ½ cups water.) Drain and rinse the beans after soaking. Place beans in a pot with triple their new volume of water (eg. ½ cup dry beans will become 1 cup of soaked beans - cook the 1 cup of soaked beans in 3 cups of water). Bring water and beans to a boil, then reduce heat to medium low. Cook for 1-3 hours, depending on the type of bean, until the beans are tender. Drain excess water.

**How To Prepare Lentils:** Place the volume of dry lentils called for in your recipe in double their volume of water (eg. 1 cup dry lentils into 2 cups of water.) Bring water and lentils to a boil, then reduce heat to medium low and simmer for 20-30 minutes, or until the lentils are tender and the liquid has been absorbed.

**How To Steam:** Steaming is best done with a steaming basket in your pot. Add 1-2 inches of water to a medium sized pot. Place steaming basket into pot and ensure that the water does not come up into the basket. Place your vegetables in the steaming basket and place the lid on top of them pot. Bring the water to a boil, then reduce heat to medium low. Steam for length of time indicated in your recipe, until vegetables are tender. Times will vary depending on the vegetables used.

# ***Turn Any Smoothie Into A Smoothie Bowl***

### ***FOLLOW THE STEPS BELOW:***

- 1.** Reduce liquid in the smoothie recipe by at least half.
- 2.** Blend on high until it is thick and smooth.
- 3.** Top with whatever you like. My favorites are sliced fresh fruit, granola, nuts, seeds, shredded coconut and/or nut butter.

- High powered blenders like a Vitamix or a Blendtec are definitely best for this, but a regular blender or food processor can work. It might just take a little longer and you might have to add a bit more liquid so it won't be quite as thick

- If your blender is not strong enough, you can add more liquid along with 1/4 to 1/2 of a ripe avocado to help thicken it.



## ***The Big Green Smoothie***

This is my legendary go-to smoothie after a hard workout! This is great for those looking to increase their calories and replenish their muscles post workout!

- 3 frozen bananas, chopped
- 2 ripe bananas, chopped
- 3 dates, pitted and chopped
- 3 cups of chopped greens
- 1 handful herbs - parsley, cilantro (optional)
- 2 tsp turmeric
- A pinch of black pepper
- 2 tablespoon whole or ground flax seeds\*
- 1 scoop of vegan protein powder (I use Vanilla in this one)
- 1-1.5 cups water or your favourite non dairy milk

**Makes 1 large smoothie (or 2 smaller smoothies)**

**950 calories**

**Macros: 28g Protein / 200g**

**Carbohydrates/ 12.5g Fat**

**High in: Everything you need to recover well from a workout!**

### **METHOD**

1. Place all ingredients in a high powered blender.
2. Blend on high until smooth.
3. Pour into a glass or enjoy right from the smoothie jug!

\*If you do not have a high powered blender like a vitamix or blendtec, flax seeds can be ground beforehand separately and then added.

## ***Buckwheat Fruit bowl***

I always liked oatmeal and fruit, but once I switched from using oats to buckwheat I haven't looked back. I find they digest better and give me much better energy! Add whatever fruit you have on hand. The sky's the limit with this one!

- 3/4 cup raw buckwheat
- 1.5 cups water
- 1 banana, sliced
- 1 cup sliced strawberries, or other fruit
- ½ cup blueberries
- 1 tbsp shredded coconut
- 1 tsp cinnamon

**Makes 1 large serving**

**660 calories**

**Macros per serving: 18g Protein /  
145g Carbohydrates / 8g Fat**

### ***METHOD***

- 1.** Place buckwheat and water in a medium sized pot. Put on medium high heat and bring to a boil, stirring occasionally. Once it starts to boil, reduce to a simmer.
- 2.** While buckwheat is simmering, chop and prepare fruit of your choice to go on top. I enjoy having bananas, strawberries and berries, but you can choose the fruits you enjoy.
- 3.** buckwheat is done cooking when there is no water left in the pot and is soft. Take off heat and place in bowl. Add fruit, coconut flakes and cinnamon. Enjoy!



**BREAKFAST**

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## Tofu Scramble

A great breakfast on those lazy Sundays where you have a little extra time. Serve with some toast or leftover potatoes to bring it to another level.

- ¾ package (300 grams) firm tofu, crumbled
- 1/3 cup chopped red onion
- ½ cup chopped mushrooms
- ½ cup chopped red pepper

**Makes 1 large serving**  
**470 Calories**  
**Macros: 50g Protein / 19g**  
**Carbohydrates / 26g Fat**

### **SPICE BLEND**

- ¼ tsp chili powder
- ½ tsp cumin
- ½ tsp turmeric
- ½ tsp garlic powder
- 1 tbsp nutritional yeast

### **METHOD**

1. Crumble tofu into medium size mixing bowl and add spice blend, mix well.
2. Place chopped onion and mushrooms in large frying pan and saute on medium heat until tender, stirring often.
3. Add crumbled tofu and heat thoroughly, making sure to mix the tofu, onion and mushrooms together well.
4. When tofu is heated all the way through, remove frying pan from heat and serve the tofu scramble hot! Goes great with cubed baked potatoes, toast or greens!



## **Blueberry Oat Bars**

Delicious, satisfying, high in fiber and so easy to make!

### **TOPPING**

- 2 cups frozen blueberries\*
- ¼ tsp pure vanilla extract
- 2 tbsp date paste
- 2 tbsp ground flax seeds

\*Frozen strawberries, blackberries or other berries can also be used in place of blueberries

**Makes 6 bars**  
**260 Calories per bar**  
**Macros: 5g Protein / 52g**  
**Carbohydrates / 5g Fat**

### **OAT BAR**

- 2 ripe bananas
- 1 cup ground oats\*
- 1 cup rolled oats
- ¼ tsp vanilla
- ½ tsp ground cinnamon
- 1/3 cup date paste
- ¼ cup shredded coconut flakes
- Pinch of sea salt

\*Blend oats in blender or coffee grinder

### **HOMEMADE DATE PASTE**

(MAKES APPROX. ½ CUP)

- 6 medjool dates, pitted
- 5 ½ tbsp water





## **Blueberry Oat Bars**

Delicious, satisfying, high in fiber and so easy to make!

### **METHOD**

1. Preheat oven to 375°F. Line an 8"x 8" glass baking dish with parchment paper, set aside.

### **TO MAKE DATE PASTE**

1. Blend dates and water together in high powered blender to create date paste. Blend until smooth and thick. You should be able to scrape out the date paste with a spatula. Add more water if needed however you do not want the date paste to be too watery. Set aside. This mixture makes enough date paste for the topping and oat bar.

\*If you do not have soft dates or a blender powerful enough to make a paste, dates can be soaked overnight in ½ cup of water before blending.

### **TO MAKE TOPPING**

1. Place frozen blueberries in a sauce pan. Simmer until blueberries are soft (approx. 10 mins). After this time, add vanilla and date paste and stir to combine.

2. Remove blueberries from heat and stir in the ground flax seeds until well combined. Set aside.

### **TO MAKE OAT BAR**

1. Mash bananas until smooth in a large mixing bowl. Add the ground oats, whole oats, vanilla, cinnamon, remaining date paste and shredded coconut to banana mixture and stir to combine well.

2. Once combined, place oat bar mixture into the lined baking dish. Spread evenly.

3. Add the blueberry topping on top of the oat bar mixture making sure not to spread the blueberry mixture to the sides of the dish to prevent burning.

4. Bake for 30 minutes, checking halfway through. Bars are done when the sides of the oat bar are golden brown. Remove and enjoy! Bars keep well in the fridge for 3-4 days.

A glass jar filled with a thick, purple smoothie, topped with a swirl of red jam. In the background, a slice of toast is spread with the same red jam, sitting on a wooden cutting board. The overall scene is brightly lit, suggesting a clean, modern kitchen environment.

**BREAKFAST**

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## ***PB & J Smoothie***

High in antioxidants and the ultimate craving cure!

- 4 pitted medjool dates
- 2 ripe bananas (frozen)
- 1 tbsp natural peanut butter
- 1 tbsp flax seeds
- 1 cup frozen blueberries (or strawberries)
- 1.5 cups unsweetened almond milk or water

**Makes 1 smoothie**

**700 Calories**

**Macros: 11g Protein / 149g**

**Carbohydrates / 14g Fat (without protein powder)**

### ***OPTIONAL ADDITIONS:***

- 1 scoop berry protein powder
- 1 tsp vanilla extract

### ***METHOD***

**1.** Blend all ingredients together in high powered blender until smooth. Serve and enjoy!



## ***French Toast***

### **FRENCH TOAST WASH**

- 1/2 tbsp ground flax
- 1/2 tsp cinnamon
- 1 medjool date, pitted
- 2 tbsp chopped cashews
- 1/2 cup almond milk
- 2 slices of whole grain or gluten free bread

### **TOP WITH**

- 1/2 chopped apple
- 1/2 banana
- 1/4 Cup chopped walnuts
- 1 tsp shredded coconut
- 1 tbsp maple syrup

### **METHOD**

1. Blend together french toast wash ingredients in a high speed blender. The mixture will be thick.
2. Scoop mixture into small bowl or glass baking dish. Place your favourite whole grain or gluten free bread into the wash. Using the back of a fork lightly press the bread into the mixture to soak up the liquid.
3. Heat skillet to medium heat and place bread into skillet turning once after 3-4 minutes or when it starts to brown on the bottom.
4. Top with fruit, nuts, seeds, shredded coconut and maple syrup. Feel free to top with whatever you have on hand and enjoy immediately!

**Makes 1 serving**

**734 Calories (includes bread and all the toppings listed)**

**Macros: 22g Protein / 104g Carbohydrates / 30g Fat**

## ***Blueberry Blast***

This is probably the most delicious 6 ingredient smoothie you will ever taste.

- 2 cups frozen (or fresh) blueberries
- 3 pitted medjool dates
- 2 ripe bananas
- 2 tbsp hemp seeds
- 3/4 cup coconut water
- 1/2 cup filtered water

**Makes 1 smoothie**  
**700 Calories**  
**Macros: 11g Protein / 154g**  
**Carbohydrates / 10g Fat (without**  
**protein powder)**

### ***OPTIONAL ADDITIONS:***

- 1 scoop of Vanilla or Berry Protein powder goes great with this.

### ***METHOD***

1. Blend all ingredients together in high powered blender until smooth. Serve and enjoy!



## Mixed Bean Salad with Red Pepper dressing

- 3 cups cooked mixed beans (2 cans)
- 1 cup green peas
- 1/2 cup of grape or cherry tomatoes, chopped
- 1 red bell pepper, chopped
- ¼ head of red cabbage, thinly sliced
- ¼ cup of parsley, chopped
- ½ cucumber, chopped
- chopped green onion for garnish (1-2 stalks)

**Makes 1 large or 2 small servings**  
**517 calories per serving (without dressing)**

**Macros per serving: 30g Protein / 88g Carbohydrates / 5g Fat**

### SAUCE

Red pepper dressing (see Dressings & Sauces section)

### METHOD

**1.** Mix all ingredients together in large bowl and pour red pepper dressing (see dressing section for recipe) on top! Serve immediately.

This mixed bean salad with keep for 3-4 days in the fridge when stored in an airtight container.

## Mango Quinoa Salad

This salad is great served cold or put in a wrap! I started bringing this salad to family dinners and now it's requested with every invite I receive.

- 1 cup dry quinoa (3 cups cooked)
- 1 cup green peas
- 1 mango, diced
- ½ cup red cabbage, chopped
- ½ cup red bell pepper, chopped
- ½ cup zucchini, chopped
- ½ cup red onion, chopped

**Makes 2 servings**

**514 Calories per serving (without dressing)**

**Macros per serving: 18g Protein / 100g Carbohydrates / 6g Fat**

### SAUCE OPTIONS

- Strawberry dressing (see Dressing & Sauces section)
- Red pepper dressing (see Dressing & Sauces section)

### METHOD

1. Cook quinoa (refer to 'How to cook grains and legumes' section).
2. Mix all ingredients in large bowl and pour dressing of choice on top.
3. Mix thoroughly and enjoy over a green salad or as a side dish!

Mango Quinoa salad will keep for 3 days in the fridge when stored in airtight container.



## **Smoky Baked Black Beans**

I am getting back to my English roots on this one. If you don't want it with toast, try it on top of some mashed potatoes.

### **BLACK BEAN MIX**

- 2 cans black beans
- 2 cloves garlic, finely chopped
- $\frac{3}{4}$  cup red bell pepper, finely chopped
- $\frac{1}{2}$  cup white onion, finely chopped
- 1 large tomato, chopped

**Makes 1 large serving or 2 smaller portions**

**625 Calories (1 large serving)**

**Macros: 34g Protein / 120g**

**Carbohydrates / 4g Fat**

### **SAUCE**

- 1 large tomato
- $\frac{1}{4}$  cup chopped red pepper
- 2 tsp molasses
- 1 clove garlic
- 1 tsp apple cider vinegar
- $\frac{1}{2}$  tsp cumin
- $\frac{1}{4}$  tsp salt
- Dash of liquid smoke OR 1 tsp smoked paprika

### **METHOD**

1. Preheat oven to 375°F.
2. Mix black beans, garlic, chopped red bell pepper, chopped onion and chopped tomato together in a mixing bowl.
3. Blend the sauce ingredients together in a blender. Add to bean mixture and mix.
4. Once thoroughly mixed, place bean mixture in 8"x8" glass baking dish.
5. Bake for 40 minutes and serve hot on toast or with mashed potatoes!



## ***Chickpea Smash Sandwich***

No bread? No worries! Enjoy as a stand alone meal, in a lettuce wrap or as a side.

- 1.5 cups cooked chickpeas (1 can)
- 1/4 avocado
- 3 tbsp green onion, chopped
- 2 tbsp celery, diced
- 1 tsp lemon
- 1 tsp mustard
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp dill
- 1/4 tsp celery seed Optional
- 2 pieces of whole wheat or gluten free bread

**693 calories (including some good whole wheat bread)**

**Macro: 35g Protein / 109g**

**Carbohydrates / 13g Fat**

### ***METHOD***

1. Mash chickpeas, avocado, spices and chopped green onion together in a small bowl.
2. Spread mashed mixture on top of toast or wrap and enjoy!



## Cajun Black Bean Bowl

This is my version of the classic 'buddha bowl'!

- 1 can black beans
- ¼ cup diced onion
- 1/3 cup corn

### SEASONING MIX

- ¼ cup salsa
- 2 garlic cloves
- 1 tsp cajun seasoning
- ¼ tsp cumin
- ¼ tsp garlic powder

### BUILD YOUR BOWL (optional)

- 1 cup greens of your choice (arugula, spinach, kale)
- ½ cup brown rice (1 cup cooked)
- ½ avocado tossed with fresh cut parsley
- ¼ cup salsa
- ¼ cup red cabbage, sliced
- ¼ cup tomato, chopped
- ¼ cup red bell pepper, chopped

**Makes 1 serving**  
**Calories for Black Bean mix ONLY: 470 cals**  
**Macros: 25g Protein / 88g Carbohydrates / 2g Fat**

### METHOD

1. On medium heat, saute onion until tender. Add small amount of water if onion sticks to pan.
2. Add black beans and corn and saute until cooked through. (3-5 minutes)
3. Mix together seasonings and salsa in a small bowl. Add seasoning mix to black beans, onion and corn. Mix together and remove from heat.
4. Build your bowl! Enjoy the seasoned black beans with all or a few of the optional ingredients listed at the end of the recipe. I enjoy it with all of them, but have fun and add more veggies or switch them for your favourites!



**DINNER**

## Mac N' Cheeze N' Peas

- 2 servings dried macaroni pasta or pasta of choice
- 1 cup frozen peas
- Cheeze Sauce (see Dressings & Sauces section)

**Makes 1 large or 2 smaller servings**

**842 Calories for full recipe including sauce**

**Macros: 27g Protein / 134g Carbohydrates / 22g Fat**

### **METHOD**

1. Prepare pasta using directions on package
2. Blend ingredients for cheeze sauce together in high speed blender until smooth
3. Add peas to pasta water when pasta is close to being done cooking. Drain pasta and peas and add cheeze sauce. Enjoy immediately!



## ***Black Bean & Yam Mix up***

- 2-3 large yams or sweet potatoes, cubed
- 2 cups chopped kale
- 1 can black beans
- 1 cup corn
- 1 red pepper, diced
- ½ cup green peas
- ½ cup diced onion
- 1 garlic clove, diced

### **SPICE MIX**

- ¼ cup water
- 2 tbsp nutritional yeast
- 1 tsp hot sauce
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ½ tsp cajun spice

### **METHOD**

- 1.** Cube and steam yams/sweet potatoes for 20-30 minutes, or until soft and easy to pierce with a fork.
- 2.** In a separate pan saute onions, garlic and corn together with the spice mix for 3-5 minutes on medium high heat.
- 3.** Add the rest of the ingredients including the yams and saute for approx. 10 minutes on medium heat. Serve hot with a green salad or other veggies

**Makes 1 large serving or 2 smaller servings**

**836 Calories for 1 large serving.**

**Macros: 37g Protein / 163g Carbohydrates / 4g Fat**



## One Pot Red Lentil Curry

This is not a traditional curry, but a delicious curry inspired lentil dish. This recipe works great for meal prepping and you can add in any vegetables you have on hand!

- 1 package (450g) of split red lentils, rinsed and drained (no soaking needed)
- 1 tbsp red curry paste
- 1/2 diced onion
- 4 large carrots, chopped
- 1/2 head of cauliflower, chopped
- 1-2 cups frozen peas
- 1 red bell pepper, chopped
- Chopped cilantro (optional)

**Makes 3 large servings**  
**721 Calories per serving**  
**Macros: 44g Protein / 125g Carbohydrates / 5g Fat**  
**This meal is low in fat and high in vitamins and minerals!**

### METHOD

1. Place lentils in a large pot and add red curry paste, chopped carrots and cauliflower. Add water to cover and place on medium high heat.
2. Allow to boil and reduce to medium heat. Cook for approx 10-15 minutes. Periodically check and stir pot to make sure everything is cooking evenly. The lentils are cooked when soft.
3. Reduce heat to simmer and add the frozen peas, chopped bell pepper and cilantro. Turn off heat when there is no water left in the pot and serve! You can also add in other vegetables or substitute in other vegetables you have on hand (for example: mushrooms, broccoli, zucchini, frozen corn). Leftovers are best kept in fridge in an airtight container for 4-5 days.



## ***The Ultimate Chickpea Bake***

High in protein, healthy fats, B vitamins and Iron. This delicious dish will definitely have you coming back for seconds!

- 3 cups (2 cans) Chickpeas
- ½ cup chopped onion
- ½ cup sunflower seeds
- ½ cup pumpkin seeds
- ¼ cup hemp seeds
- ¼ cup fortified nutritional yeast
- 1-2 tsp black pepper
- ¼ tsp garlic powder & onion powder

**Makes 3 servings**  
**592 Calories per serving**  
**Macros: 27g Protein / 51g**  
**Carbohydrates / 31g Fat**

### **METHOD**

- 1.** Preheat oven to 350°F
- 2.** Mix all ingredients thoroughly together in a large bowl and spread on lined baking sheet.
- 3.** Bake for 25-30 mins. Take out of oven just before it starts to brown and let cool. Place on a bed of greens or serve with mixed steamed vegetables! Leftovers can be stored in the fridge for up to three days.



**DINNER**

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## **Shepherd's Pie**

Great for meal preps, low in fat and very rich in nutrients. Healthy comfort food can be this delicious!

- 2 cups dry french lentils, soaked overnight (makes approx. 6 cups cooked lentils)
- 1.5 cups low sodium vegetable broth
- 8 - 10 small - medium sized yams or sweet potatoes, cubed
- 1 cup chopped white onion
- 1 cup chopped carrot (approx. 2 large carrots)
- 1 tbsp chopped garlic (2-3 cloves)
- 1 cup chopped red bell pepper
- 1 cup frozen peas

### **SPICE BLEND**

- 1 tbsp dried thyme
- 1 tsp rosemary
- ½ tbsp molasses
- ½ tbsp apple cider vinegar
- 2 tbsp vegetable broth
- 1 tbsp ground flax

**Makes 4 large servings, 6 smaller servings**

**691 Calories per serving (based on 4 large servings)**

**Macros per serving: 35g Protein / 131g Carbohydrates / 3g Fat**





**DINNER**

**SN**

## ***Shepherd's Pie***

Great for meal preps, low in fat and very rich in nutrients. Healthy comfort food can be this delicious!

### **METHOD**

- 1.** Preheat oven to 375°F
- 2.** Drain soaked lentils and place in a large pot with the vegetable broth. Bring to boil and then reduce heat to a simmer. Allow to simmer until there is no more liquid and lentils are cooked through (soft). This will take approx. 15 mins. Take off heat and put to side when done cooking.
- 3.** Cube yams/sweet potatoes and steam in a large pot until soft. Mash yams in a large pot or mixing bowl. Set to the side.
- 4.** Saute onion, carrot, garlic, red bell pepper and peas together on medium heat until soft and cooked through. Add cooked lentils to saute pan with vegetables. Add spice blend ingredients and stir well. Take off heat.
- 5.** Scoop lentil and vegetable mixture into large casserole or glass baking dish.
- 6.** Spread mashed yams on top of lentil mixture and bake for 45 minutes or until yams start to brown on top. Enjoy with a green salad or on it's own. This is a great meal for those who meal prep their lunch or dinners for the week.





## Easy Baked Tofu

- 1 block organic extra firm tofu

### MARINADE

- 1 tbsp ground mustard
- 1 tbsp tahini
- 2 tsp bragg's liquid aminos (or tamari)
- ½ tsp onion powder
- ½ tsp hot sauce (optional)

**Makes 1 large serving or 2 smaller servings**  
**553 calories (1 large serving)**  
**Macros: 47g Protein / 17g Carbohydrates / 33g Fat**

### METHOD

1. Gently press tofu to release as much water as possible. It's your choice if you want to slice the tofu into strips.
2. Toss the tofu in the marinade, coating it evenly. Tofu can be cooked right away, or if you want the marinade to really soak in, place in the fridge for up to 24 hours. Perforating the tofu with a fork is a good way to quickly infuse the flavours.
3. Bake on a baking sheet at 350°F for 30 minutes.

**Tip:** The more liquid you can press out of the tofu the better the finished results. Wrapping the tofu in a clean cloth and setting something heavy on it (like a cast iron skillet) for 20 minutes will do the trick.

## Miso baked Potatoes with Peas

Pair this with my Easy Baked Tofu recipe and you will have one amazing meal!

- 8-10 medium yellow or red potatoes, cubed
- 1 ½ cups frozen peas

### MISO SAUCE

- ½ cup water
- ¼ red onion
- 2 tbsp miso paste
- 2 tbsp whole flax seeds
- 1 tbsp stone ground mustard
- 1 tbsp apple cider vinegar
- 1-2 garlic cloves

**Makes 2 large servings**  
**826 Calories per large serving**  
**Macros: 26g Protein / 167g**  
**Carbohydrates / 6g Fat**

### METHOD

1. Preheat oven to 375°F
2. Blend together miso sauce ingredients in high speed blender until smooth
3. Pour miso sauce ingredients over cubed potatoes in mixing bowl. Mix together, making sure to coat potatoes evenly.
4. Place potatoes in large glass baking dish and bake for 30 minutes. Check on potatoes and mix potatoes around and bake for another 20 minutes. After 20 minutes, add frozen peas. Mix together well and bake for a final 10 minutes or until peas are soft and cooked through. Serve immediately.



**DINNER**

**SN**

## **Mashed Yam and Cauliflower w/ Sauteed Veggies and Lentils**

### **MASHED YAMS & CAULIFLOWER**

- 4 Medium Yams
- ½ head cauliflower, broken into florets
- ½ avocado
- ½ cup nutritional yeast
- 1 tsp garlic powder
- salt & pepper to taste

### **LENTIL SAUTE**

- 2 cups lentils, cooked
- 1 cup kale, chopped
- 1 cup onion, chopped
- 1 cup carrot, grated
- ½ cup red pepper chopped
- 1 tsp cajun spice
- ½ tsp garlic powder

**Makes 2 servings**

**677 calories (1 serving)**

**Macros: 33g Protein / 125g Carbohydrates / 8g Fat**

### **METHOD**

- 1.** Chop yams into large pieces and steam for approx. 10-15 mins on medium high heat. Add cauliflower florets and steam another 15 mins or until yams and cauliflower are soft.
- 2.** While yams and cauliflower are steaming, in a preheated skillet, saute onion, carrot and red pepper for 5-10 minutes on medium heat. Add lentils, kale and spices and saute another 10 minutes.
- 3.** Remove yams and cauliflower from heat and mash together with avocado, nutritional yeast and garlic powder. Add salt and pepper to taste.
- 4.** Serve the mashed yams and cauliflower together with the lentils and enjoy hot!





## ***Lentil 'Meet' Sauce***

- ½ cup white or red onion, diced
- 1 cup grated carrot
- ½ cup chopped red bell pepper
- 2 cups cooked french (or green) Lentils (approx. 1 cup dried)
- 2 cups chopped kale

### **SAUCE**

- 2 large garlic cloves
- ½ cup diced onion
- 2 Tbsp fresh basil, chopped (or 2 tsp dried)
- 2 Tbsp fresh parsley, chopped\*
- 2 cups low sodium tomato sauce

**Makes 1 large or 2 small servings**  
**787 Calories (full recipe)**  
**Macros: 48.5g Protein / 144g Carbohydrates / 3g Fat**

\*Always use fresh Parsley as dried parsley doesn't retain much flavour.

### **METHOD**

- 1.** Cook lentils according to "How to cook legumes" section or use pre cooked lentils from a can or package.
- 2.** Saute onion, carrot and red bell pepper on medium high heat for 3-5 minutes.
- 3.** Add lentils, chopped kale, garlic, basil, tomato sauce and simmer together for 10 minutes on medium heat.
- 4.** Stir in fresh parsley just before serving. Serve hot!

Serve over your favourite pasta or zucchini noodles!

# ***Chocolate Chip Oatmeal Cookies***

Bet you can't eat just one!

- 1.5 cups rolled oats, ground up into oat flour
- 1 cup rolled oats (not ground)
- 3 ripe bananas, mashed
- 1/4 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 2/3 cup unsweetened shredded coconut
- 2/3 - 1/2 cup raisins
- 1/2 cup vegan chocolate chips (optional but suggested!)
- 1 flax 'egg' (2 tbsp. ground flax seeds mixed with 3 tbsp water)
- 2 tsp baking soda
- Juice of 1 lemon (add just before baking)

**Makes 12 cookies**  
**183 Calories per cookie**  
**Macros: 5g Protein / 25g**  
**Carbohydrates / 7g Fat**

## **METHOD**

1. Preheat oven to 350°F.
2. Prepare flax 'egg' and let sit for a few minutes in small bowl.
3. Mix all ingredients together in a large bowl except the lemon juice
4. When all the ingredients are mixed together, add lemon juice and gently mix. Spoon mixture out onto a lined baking sheet and bake for 15 - 20 mins depending on cookie size. Store cookies in fridge for 3-4 days in an airtight container.



## Energy Bars

These are so easy and affordable to make. Add in different seeds or nuts and have fun experimenting with this recipe. Anything goes!

- ½ cup rolled oats, ground up into oat flour
- 10 medjool dates, pitted and chopped finely
- ½ cup shredded unsweetened coconut
- 1/3 cup hemp seeds
- 1 tsp blackstrap molasses
- 2 tbsp natural peanut butter (any nut or seed butter will work)
- 1 tbsp tahini
- ½ tsp vanilla extract
- ½ tsp cinnamon
- ¼ cup vegan chocolate chips (optional)

**Makes 6 bars**

**292 Calories per bar**

**Macros: 6g Protein / 40g**

**Carbohydrates / 12g Fat**

**These are a great on the go snack!**

### METHOD

1. Grind rolled oats into flour and pour into a large mixing bowl. Mix in chopped dates.
  2. Add all other ingredients and incorporate together using your hands.
  3. Press dough into shallow dish and cut into bars or roll into balls.
- Can be kept in the fridge or frozen!



## ***Banana Lettuce wraps***

- 2 bananas
- 2 romaine lettuce leaves
- ½ cup sprouts
- ¼ cup of walnuts OR nuts/seeds of choice
- 2 medjool dates, pitted and halved (optional)

**520 calories per two wraps**  
**Macros: 9g Protein / 95g**  
**Carbohydrates / 17g Fat**

### **METHOD**

1. Place peeled banana in each lettuce leaf
2. Add dates and walnuts OR nuts/seeds of choice to bottom of lettuce leaf. Walnuts, hemp seeds, sunflower seeds, cashews & pecans all work great, but you can use your favourite nuts and/or seeds.
3. Divide the sprouts evenly between both wraps and put on top of the banana. Enjoy!

# Cheeze Sauce

- 2 cups steamed cauliflower
- 1/4 cup raw cashews (soaked for two hours and drained)
- 1/2 cup nutritional yeast
- 1/2 tsp garlic powder
- 1/2 pitted medjool date
- 1/4 tsp salt
- 1/4 tsp turmeric
- 1 tbsp apple cider vinegar
- 1/4 tsp dried thyme
- 1/2 cup water

**Makes 1 large or 2 small servings**

**455 Calories for full recipe**

**Macros: 36g Protein / 48g Carbs / 17g Fat**

### OPTIONAL

- 1/2 tsp dried thyme mixed into blended sauce (delicious!)

### METHOD

1. Blend all ingredients together in high speed blender until smooth.





### Strawberry dressing

- 8 large strawberries
- Zest of half a lemon
- 1 tbsp freshly squeezed lemon juice (1 whole lemon)
- 2 dates
- ¼ avocado
- ½ tsp stone ground mustard
- 2 tsp apple cider vinegar

**Makes 4 Servings**

**61 Cals per serving**

**Macros for full recipe: 2.5g Protein /  
52g Carbohydrates / 5g Fat**

#### **METHOD**

1. Blend ingredients together in a high speed blender until smooth.

# Ranch Dressing

- 1 cup raw cashews, soaked
- 1 large garlic clove
- 1.5 tsp onion powder
- ½ tsp dried dill
- 2 tsp freshly chopped parsley
- 1 tbsp apple cider vinegar
- 1 medjool date, pitted
- ½ tsp dijon mustard
- ½ cup water

**Makes 4 servings**

**196 calories per serving**

**Macros for full recipe: 25g Protein /  
57g Carbohydrates / 56g Fat**

### METHOD

1. Soak cashews in 2-3 cups of hot water for 15 minutes. Drain cashews and discard the water.
2. Blend all ingredients together in a high speed blender until creamy. Use as a dip or on salads. Will keep in refrigerator for up to 4 days.



# Creamy Peanut Sauce

This peanut sauce goes great with any of my lunch and dinner recipes! You can try using almond butter or sunflower seed butter instead of peanut butter too!

- 2.5 cups warm water
- 2 tbsp peanut butter
- 2 medjool dates, pitted
- 2 tbsp coconut mana \*
- 2 tbsp apple cider vinegar
- 1/2 tsp onion and garlic powder
- 2 tsp braggs or tamari sauce

**Makes 4 servings**

**510 Calories - 127 calories per serving**

**Macros for full recipe: 12g Protein / 45g Carbohydrates / 34g Fat**

### THICKENER

- 3 tbsp Arrowroot powder
- 3 tbsp Cold water

### METHOD

1. Place all ingredients except arrowroot powder and cold water in a high speed blender and blend on high until smooth.
2. Mix the cold water and arrowroot powder together and set aside.
3. Pour the blended sauce into a small pot and place on stove on medium heat, stirring occasionally.
4. Once sauce starts to boil, re-stir the arrowroot and water mixture and slowly whisk into the sauce, adding small amounts at a time.
5. Once the arrowroot and water mixture is added stir until sauce begins to thicken. Remove from heat and serve immediately!

\* Instead of using coconut manna, you can use 1 can of coconut milk. If doing this, reduce water used in recipe to 1 cup.

Recipe can also be doubled and stored in the fridge for up to three days

# Tofu, Tempeh or Vegetable Marinade

- 1 tbsp tahini
- ½ tbsp stone ground mustard
- ½ tbsp braggs liquid aminos (or tamari/soy sauce)
- ½ tsp garlic powder
- ½ tbsp hot sauce

**127 calories**

**Macros for full recipe: 4g Protein / 7g Carbohydrates / 8g Fat**

### METHOD

**1.** Mix ingredients together in a shallow baking dish. Place tofu, tempeh (crumbled or in strips) or chopped vegetables in dish and coat evenly. Place dish in fridge and marinade for up to 4 hours. Cook or bake immediately.





### Salsa

Salsa is a great condiment that can be used generously as it is very low in sodium, calories and fat.

- 3 large tomatoes, diced finely
- ½ cup chopped cilantro
- ¼ large red onion, chopped
- 1 garlic clove, grated or chopped finely
- lemon juice from ½ lemon
- ¼ tsp cumin
- 1/3 tsp paprika

#### **METHOD**

1. Put all ingredients into medium size bowl and mix together. Enjoy!

### Red Pepper Dressing

- 2 red bell peppers (seeds removed)
- 1/3 cup water
- 2 tbsp tahini
- 2 cloves of garlic
- 1 tsp onion powder
- 1 tbsp apple cider vinegar
- 1 medjool date, pitted
- 1 tsp cumin
- salt/pepper to taste

**Makes 4 servings**

**82.5 calories per serving**

**Macros (entire batch) 8g Protein / 41g**

**Carbohydrates / 16g Fat**

#### **METHOD**

1. Blend all ingredients together in a high speed blender until smooth