

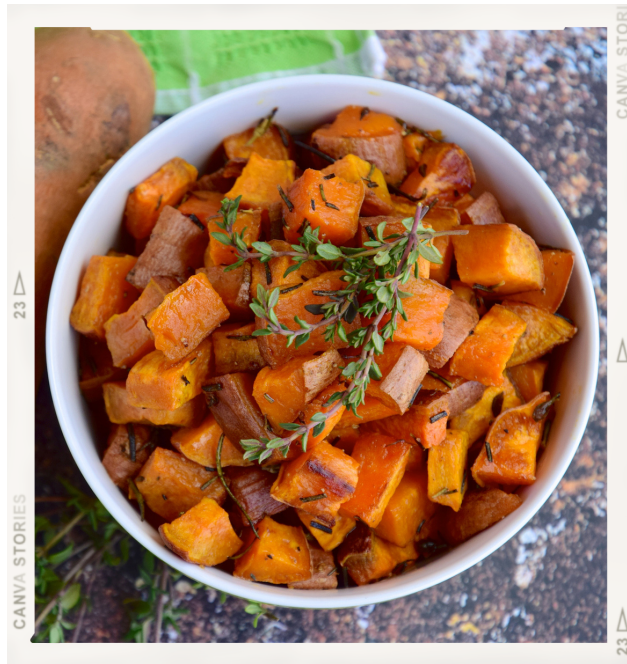
Vegan Recipe Book Level One - 1.25

6 Week Challenge



Breakfast Recipe #1

Sweet Potato & Red Potato Hash



Ingredients

- 2.25 oz tempeh
- 1/2 cup diced sweet potato
- 1/2 cup diced red potato
- 1 cup spinach
- salt and pepper to taste

Instructions

1. Spray skillet with Pam. Add tofu or tempeh, diced sweet potato and red potato to the skillet and cook over medium-high heat.
2. Cook, stirring occasionally, until the potatoes are golden brown and crispy.
3. Add in spinach.
4. Season with salt, pepper and any optional seasonings.



Breakfast Recipe #2

Bean Breakfast Bowl



Ingredients

- 1/4 cup of beans/legumes of choice
- 1/4 piece of fruit of choice (diced)
- 1/2 scoop of vegan protein powder of choice
- 1/2 cup vegan yogurt of choice
- 1 cup vegetable of choice

Instructions

1. In a bowl, mix vegan protein powder with vegan yogurt.
2. Top yogurt with cooked beans/legumes, and diced fruit.
3. Serve with a side of vegetables.



Breakfast Recipe #3

Oatmeal with Berries



Ingredients

- 1/2 cup dry rolled oats
- 1/4 cup berries of choice
- 1 scoop of vegan protein powder of choice
- 1 cup vegetable of choice

Instructions

1. Cook rolled oats according to package instructions.
2. Mix protein powder with cooked oats and top with berries.
3. Add a side of vegetable of choice.



Lunch Recipe #1

Red Potato & Lentil Stew



Ingredients

- 1/2 cup diced red potato
- 1/2 cup cooked lentils
- 1 cup vegetables of choice
- 3 cups of vegetable broth
- salt and pepper to taste

Instructions

1. Heat pot to medium heat and add diced red potato and mixed vegetables. Sauté until the vegetables are soft.
2. Add cooked lentils and enough vegetable broth to cover the vegetables.
3. Simmer until the potatoes are tender.
4. Season with salt and pepper.



Lunch Recipe #2

Quinoa & Bean Salad



Ingredients

- 1/2 cup cooked quinoa
- 1 cup beans/legumes of choice
- 1 cup vegetable of choice
- Pam cooking spray
- 1/3 tbsp lemon juice
- salt and pepper to taste

Instructions

1. Combine cooked quinoa, beans/legumes, and mixed vegetables in a bowl.
2. Dress with lemon juice, salt and pepper.



Lunch Recipe #3

Sweet Potato Sandwich



Ingredients

- 3/4 cup mashed sweet potato
- 1 1/2 slices of Ezekiel bread
- 1 cup of vegetable of choice
- salt and pepper to taste

Instructions

1. Toast the Ezekiel bread.
2. Spread mashed sweet potato on one slice of toast.
3. Add mixed vegetables and season with salt and pepper.
4. Sandwich the two pieces of toast together.



Lunch Recipe #4

Lentil & Vegetable Soup



Ingredients

- 1/2 cup cooked lentils
- 1 cup vegetables of choice
- 3 cups vegetable broth
- salt and pepper to taste

Instructions

1. Spray Pam or nonfat cooking spray in a pot over medium heat.
2. Add mixed vegetables to the pot and sauté until soft.
3. Add cooked lentils and vegetable broth to the pot and simmer until the vegetables are cooked to your desired level of tenderness.
4. Season with salt and pepper to taste.



Lunch Recipe #5

Rice & Bean Bowl



Ingredients

- 1/2 cup cooked rice
- 1/2 cup cooked beans/legumes of choice
- 1 cup of vegetables of choice
- salsa (optional)

Instructions

1. Cook rice according to directions on package.
2. Add cooked rice, beans/legumes and mixed vegetables in a bowl.
3. Top with salsa (optional).



Lunch Recipe #6

Spicy Bean & Rice Bowl



Ingredients

- 1/2 cup cooked rice
- 1 cup cooked beans/legumes of choice
- 1 cup vegetables of choice
- Pam cooking spray
- salt and pepper to taste
- hot sauce of choice (optional)

Instructions

1. Heat pan over medium heat and spray with Pam.
2. Add mixed vegetables to the pan and sauté until soft.
3. Add cooked beans/legumes and hot sauce to the pan.
4. Sauté until heated through.
5. Season with salt and pepper.
6. Serve the beans and vegetables over cooked rice.



Dinner Recipe #1

Greek Salad



Ingredients

- 4.5 oz tofu
- 1 cup of vegetables of choice
- 1/4 of a medium avocado
- 1/4 tbsp olive oil
- 1/3 tbsp lemon juice
- salt and pepper to taste

Instructions

1. Combine mixed vegetables, diced avocado, and tofu in a bowl.
2. Dress with olive oil, lemon juice, salt, and pepper.



Dinner Recipe #2

Vegan Shepherd's Pie



Ingredients

- 1/2 cup mashed sweet potato
- 1 cup vegetables of choice
- 1/2 cup cooked lentils
- 1 tbsp olive oil
- 1 cup vegetable broth
- salt and pepper to taste

Instructions

1. Preheat oven to 375°F.
2. Heat olive oil in a pot over medium heat.
3. Add mixed vegetables to the pot and sauté until soft.
4. Add cooked lentils and vegetable broth to the pot.
5. Simmer until the vegetables are cooked to your desired level of tenderness.
6. Season with salt and pepper. Add the lentil and vegetable mixture to a baking dish.
7. Top with mashed sweet potato.
8. Bake for 20-25 minutes or until the sweet potato is golden brown.



Snack Recipe #1

Guacamole with Vegetables



Ingredients

- 1/4 of a medium avocado
- 1/2 cup carrots
- 1/2 cup bell pepper slices
- 1/4 cup celery slices

Instructions

1. Mash the avocado in a bowl.
2. Slice the carrots and red pepper into sticks.
3. Dip the sticks into the guacamole.



Snack Recipe #2

Roasted Sweet Potato Chips



Ingredients

- 1/2 cup sweet potato (sliced thin)
- Pam cooking spray
- salt and pepper to taste

Instructions

1. Preheat oven to 375°F.
2. Toss the sweet potato slices with cooking oil, salt, and pepper.
3. Place the slices in a single layer on a baking sheet.
4. Bake for 20-25 minutes or until the edges are crispy.



Snack Recipe #3

Almond Butter & Apple Slices



Ingredients

- 1 tbsp almond butter
- 1/2 of an apple (sliced)

Instructions

1. Spread almond butter on the fruit slices.



Snack Recipe #4

Berry & Oat Bars



Ingredients

- 1/4 cup dry rolled oats
- 1/2 cup berries of choice
- 1/8 cup nuts of choice
- 1 scoop of vegan protein powder of choice

Instructions

1. Preheat oven to 350°F.
2. In a bowl, mix the oats, berries, nuts, butter, and protein powder (if using).
3. Spread the mixture out evenly on a baking sheet.
4. Bake for 20-25 minutes or until the edges are golden brown.
5. Cut into bars.



Snack Recipe #5

Green Smoothie



Ingredients

- 1 cup fresh kale
- 1/4 piece of fruit of choice (diced)
- 1/2 cup 0% plain Greek yogurt
- 1 scoop of vegan protein powder of choice

Instructions

1. Blend all ingredients together until smooth.

