



21 Day Plant-Powered Recharge

SIMPLE, SATISFYING PLANT-BASED
FOOD RECIPES

By: Plant-Based
Holistic Health Coach
Shelly Johnson

**Plant-Based, Gluten-Free, Dairy-Free
Recipes + Meal plan**

Recharge The Gut + Shed the Pounds For Good

"WE ARE EATING TOO MUCH OF THE WRONG THING, AND NOT ENOUGH OF THE RIGHT THING."

DAVID WOLFE

You deserve to eat food that makes you feel
amazing inside and out

Why should you have to sacrifice, go
extreme or even struggle to feel good in your
body?

Of course, you do have to put in some effort,
learn some new habits and beliefs.

And of course, you do have to stand up for
yourself and remember you are WORTH IT.

7.5 billion people currently share this spinning blue planet we call Earth. By 2050, that number will escalate to 9.7 billion. By 2100? 11 billion.

How can we possibly feed 11 billion people sustainably?

To answer that question we must turn our gaze to the industrialization of animal agriculture. On the surface, what we commonly call factory farming appears incredibly efficient, creating massive economies of scale to feed the maximum number of people possible.

But in actuality, this industry is incredibly inefficient and inarguably unsustainable long-term. It requires untold amounts of land, water and feed. It contributes more greenhouse gas emissions than the entire transportation combined.

It's depleting our soil. It's polluting our water table. It's acidifying our oceans.

It's making us sick. And it's driving the greatest mass species extinction in the history of mankind.

In fact, 60% of all animal species have been rendered extinct in just the last 50 years.

We can't continue down this path. We desperately need a better way.



what's inside

Note From Shelly

Guidelines for the 21 Day Plant-Powered Recharge

How to Eat Easy Flowing Plant-Based Food

Meal Planners & Shopping Lists

The Whole Food, Plant-Based Recipes for Easy Weight Loss & Vitality





NOTE FROM SHELLY

We all need to hit the restore button and what better time to do it now? If you notice your experiencing any type of health challenges, this is what you can do to restore your body of the accumulation of toxins. You can do this meal plan over and over until you feel comfortable coming up with your own recipes. Your body will love you back!

I eat these nourishing plant-based meals, even while breastfeeding throughout the years with my 4 children.

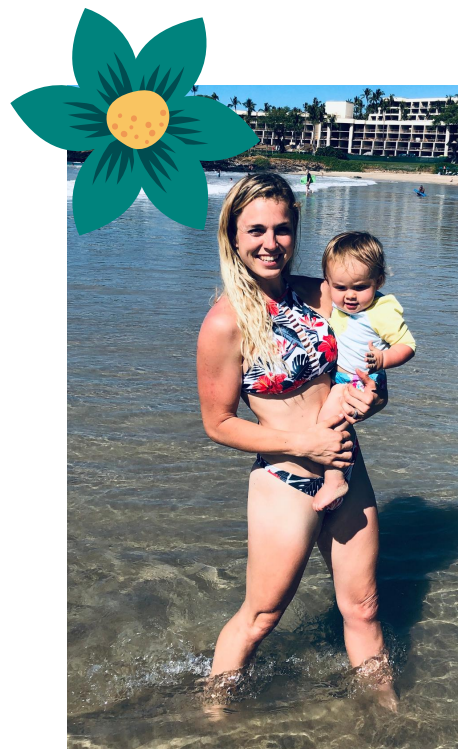
If you're interested in transitioning to a plant-based lifestyle, then doing a 21 day recharge, just like this one, is a great way to restore your palate and digestion. As soon as you get the hang of making these meals, this will become a lifestyle you and your family loves to keep you at optimal health.

Most people will start off by doing a 7-30 day challenge of raw plant-based meals. This includes smoothies and/or juice for breakfast and lunch, snacking on fruit and veggies throughout the day, and then chew basic salads with lots of raw greens at dinner.

Then, they transition to a healthy plant-based lifestyle of both raw and cooked meals.

Cheers to a new energized, happy, flowing YOU!

Shelly Johnson



A young child with blonde hair is looking down at a small black chick held in an adult's hands. The child is wearing a red and white striped shirt. The adult is wearing a grey long-sleeved shirt. The background is a green lawn. The text is overlaid in the center of the image.

LET'S ALL HAVE
AN IMPACT
NOT ONLY ON
OUR HEALTH,
BUT ON OUR
ENVIRONMENT
, OUR ANIMALS,
AND OUR NEXT
GENERATIONS.

GUIDELINES FOR THE 21 DAY RECHARGE

KEEP IT SIMPLE AND EASY
FLOWING

- Try to stay away from meat, dairy, wheat, eggs, processed sugar, coffee, or alcohol
- Eat plenty of fresh fruit, raw vegetables and drink fresh juice & smoothies
- Drink lots of water, freeze bananas ahead
- You can also drink warm tea and warm water with lemon in the morning first thing
- Be super gentle with yourself
- If you are still hungry, eat more fruit & veggies
- Prep meals on Sunday and Wednesday



Here are some tips to stay on track:

- Make sure to eat enough (eat in abundance of raw fruit and veggies)
- Take it one day at time
- Educate Yourself
- Avoid GMO foods
- Plan what you are going to eat for the whole day by taking a look at the planner in next pages
- Keep it simple (mono meals same fruit and veggie for snacks - best for digestion)
- Drink a lot of water with lemon (and apple cider for digestion healing)
- Get plenty of rest
- Take pictures and share your experiences on social media as this will help keep each other motivated...tag us @lavabosscommunity

EAT EASY HEALING PLANT FOOD

HEALTH IS WEALTH, AND WE SHOULD
START INVESTING IN WHAT WE PLACE
INSIDE OUR PANTRY.

Shelly has some benefits she would like to share with you of what a plant based lifestyle could do for you, but first she would like to take you on a little journey with her..

One evening she had a huge tri tip all to herself and could you believe she was 9 months pregnant with her second trying to finish up with her finals for college before her baby was going to join her family.

What happened next is what happens to us all so often... she collapsed onto the couch in a meat sweat and didn't feel like moving for a couple hours. The body struggles to process red meat and fatigue sets in. This always happens after she eats burgers, steaks and other forms of meat, even chicken.

After she was a few months postpartum, she decided it was time to try something she had been putting off for months...as her husband kept whispering in her ear...remove all meat from our lifestyle. Rather than make a rash decision, she said she would try it for seven days and see if there were any good benefits...

They both started noticing their bodies feeling completely different after about 36 hours. She was slow to get out of bed in the morning, especially with a new baby. However suddenly she was bouncing up. She felt herself wanting more exercise and going on longer walks with her boys.

One of the main benefits of no meat is that you have to replace it with more fruit and vegetables to fill yourself up. All that goodness going into the body certainly had an effect. They both noticed things like their concentration levels dramatically improving and found themselves being able to handle more throughout the day.

Here is what they noticed in that first week....

It isn't really rocket science when you think about it, but they didn't expect everybody to go and do this tomorrow. The only thing they will say is that they were highly skeptical about the whole idea and didn't think they would last a full day. They did and it was very, very easy.

They also felt their waist getting thinner by the day. The weight was seriously dropping off them. They both lost about 12-17 pounds of inflammation in that first 6 weeks.

Give it a whirl. You won't know unless you try.

Bouncing out of bed in the morning with an energy they have not felt since their teens.

They absolutely love being able to be active straight after eating with no need for a rest.

Their sleep seemed to improve drastically and were able to get in very deep sleeps.

Less animals would die if they kept this up and effortless natural weight loss.

Who wouldn't want to give this plant thing a try?!!



Week 1

MONDAY

Breakfast: The Super Green Smoothie
Lunch: 1 Watermelon or other melon
Snack: Oatmeal Muffins
Dinner: Veggie Quinoa Coconut Stir Fry

TUESDAY

Breakfast: Coconut Berry Breeze Smoothie
Lunch: Rainbow Overnight Oats
Snack: Carrots and Apple Slices
Dinner: Red Flowing Avocado Toast

WEDNESDAY

Breakfast : Green Lean Goddess Smoothie
Lunch: Oatmeal Muffins
Snack: Fresh Fruit Bowl
Dinner: Loaded Baked Sweet Potato

THURSDAY

Breakfast: Lava Flower Bowl
Lunch: Rainbow Overnight Oats
Snack: Celery and apple slices with almond butter
Dinner: Red Flowing Avocado Toast

FRIDAY

Breakfast: Sweet Pink Energizer Bowl
Lunch: On the Go Banana Mash
Snack: Lean Mean Turmeric Latte
Dinner: Noodle Budha Bowl

SATURDAY

Breakfast: Dragon Flower Bowl
Snack: Lean Mean Turmeric
LatteLunch: The "Big Ole" Veg Burger
Snack: Fruit Bowl
Dinner: Cauliflower and Potato Curry

SUNDAY

Breakfast: Mango Lime Sorbet
Snack: Lean Mean Turmeric Latte
Lunch: Cauliflower and Potato Curry
Snack: Favorite Melon
Dinner: Noodle Budha Bowl



Week 2

MONDAY

Breakfast: Sweet Pink Energizer Bowl
Lunch: Chia Fruit Parfait + Lean Mean
Turmeric Latte
Snack: Oatmeal Muffins
Dinner: Veggie Quinoa Coconut Stir Fry

TUESDAY

Breakfast: Green Lean Goddess Smoothie
Lunch: Chia Fruit Parfait + Lean Mean
Turmeric Latte
Snack: Oatmeal muffins
Dinner: Veggie Quinoa Coconut Stir Fry

WEDNESDAY

Breakfast: Very Berry Happiness Smoothie
Lunch: So creamy Chocolate Avo Pudding
Snack: Cookie Dough Balls
Dinner: Loaded Baked Sweet Potato

THURSDAY

Breakfast: The Super Green Smoothie
Lunch: Rainbow Overnight Oats
Snack: Cookie Dough Balls
Dinner: Veggie Rainbow Rolls

FRIDAY

Breakfast: Aloha Celery Smoothie
Lunch: On the Go Banana Mango
Mash
Snack: Lean Mean Turmeric Latte
Dinner: The "Big Ole" Veg Burger

SATURDAY

Breakfast: Green Daylily Bowl
Lunch: So Creamy Chocolate Avo
Pudding
Snack: Very Berry Happiness
Smoothie
Dinner: Loaded Baked Sweet Potato

SUNDAY

Breakfast: Creamy Carrot Dreamsicle
Snack: Lean Mean Turmeric Latte
Lunch: Mango Lime Sorbet
Snack: Very Berry Happiness Smoothie
Dinner: Curried Chickpea Salad Sandwich



Week 3

MONDAY

Breakfast: The Super Green Smoothie

Lunch: Chia Fruit Parfait

Snack: Oatmeal Muffins

Dinner: Red Flowing Avocado Toast

TUESDAY

Breakfast: Coconut Berry Breeze Smoothie

Lunch: So Creamy Chocolate Avo Pudding

Snack: Oatmeal Muffins

Dinner: Veggie Quinoa Coconut Stir Fry

WEDNESDAY

Breakfast: Mango Flower Bowl

Lunch: So Creamy Chocolate Avo Pudding

Snack: Lean Mean Turmeric Latte

Dinner: Curried Chickpea Salad Sandwich

THURSDAY

Breakfast: Very Berry Happiness Smoothie

Lunch: Rainbow Overnight Oats

Snack: Celery and apple slices with almond butter

Dinner: Curried Chickpea Salad Sandwich Leftovers

FRIDAY

Breakfast: Aloha Celery Smoothie

Lunch: On The Go Banana Mash

Snack: Lean Mean Turmeric Latte

Dinner: The "BIG OLE" Veg Burger

SATURDAY

Breakfast: Full Heart Bowl

Lunch: The "BIG OLE" Veg Burger

Snack: Fresh Fruit Bowl

Dinner: Noodle Buddha Bowl

SUNDAY

Breakfast: The Green Lean Goddess Smoothie

Lunch: Mango Lime Sorbet

Snack: Fresh Fruit Bowl

Dinner: Noodle Buddha Bowl



Week 1 Shopping List

PRODUCE

1 persimmon (Optional)
2 kiwi
1 cup blueberries
19 bananas
2 beets
3-4 dates pitted
2 heads kale, or spinach
1 handful sprouts
3 strawberries
6 figs (optional)
blackberry (optional)
2 mangos
2 limes
1 watermelon
1 onion
1 red bell pepper
bungle of carrots
1 head celery
1 head broccoli
16 cloves of garlic
extra fresh fruit for toppings
1 large lemon
3 avocados
3 small onions
3 sweet potatoes
cilantro
tomato
1 cup fresh berries
2 cups cremini mushrooms
ginger
¼ medium cauliflower
2 medium potatoes
1 can tomatoes or a couple fresh
½ cup curry leaves
parsley or basil

Note: Add extra fresh fruit & veggies for snack

FROZEN FRUIT

mango
3 cups berries
1 cup strawberry
frozen dragon fruit or frozen
strawberries

DRY FOOD

chia or hemp seeds coconut sugar or maple syrup
spirulina powder
Optional: Plant protein powder
Optional: moringa powder
pumpkin seeds
activated charcoal
shredded coconut
1 1/2 cups oat flour
1 tbsp baking powder
3 cups quinoa
cayenne pepper
ground ginger
sesame seeds
cinnamon
2 cups gluten free rolled oats
granola
sea salt
black pepper
nutritional yeast
Loaf of gluten free bread
1 cup quinoa
taco seasoning
turmeric
1 lb buckwheat soba noodles
chili flakes
garam masala
1/2 cup cashews
sun-dried tomatoes
cumin
turmeric
gluten free buns

LIQUID

14 cups coconut milk or fresh almond milk
vanilla
1 can coconut milk
2 tbsp coconut mana, or coconut oil
coconut aminos
almond butter or peanut butter
2 cans cooked chickpeas
tahini
1/2 cup vegetable broth
coconut vinegar
mustard and ketchup



Week 2 Shopping List

PRODUCE

1/2 beet
23 bananas
12 dates
fresh blueberries
2 heads kale, or spinach,
2 cup spinach
sprouts
1 head celery
1 pineapple
parsley
mint
1 mango
blackberries or other berries
1 kiwi
blueberries
3 cups carrots
4 cups berries, mango, or pineapple
6 avocados
1 lime
5 onions
2 red bell peppers
1 head broccoli
10 cloves of garlic
cilantro
4 tomatos
1 head romaine lettuce
1 cucumber
1 cup thinly sliced purple cabbage
fresh mint
3/4 cup vegan mayo or avocado
Note: Add extra fresh fruit & veggies for snack
1/2 cup sun-dried tomatoes
mustard
organic ketchup or homemade ketchup

FROZEN FRUIT

4 cups strawberry
3 1/2 cups blueberries
5 cups mango

DRY FOOD

chia or hemp seeds
coconut sugar or maple syrup
spirulina powder
Optional: Plant protein powder
Optional: moringa powder
shredded coconut
Optional: cacao nibs
1/4 cup walnuts
cinnamon
vanilla
chia seeds
carob or cacao powder
1 1/2 cups of gluten free oats
gluten free granola
turmeric
1 1/2 cups oat flour
baking powder
1 1/2 cups almond flour
sea salt
vegan chocolate chips
quinoa
ground ginger
cayenne powder
taco seasoning
nutritional yeast
sesame seeds
rice paper spring roll wrappers
or nori
raw honey
1/2 cup raw almonds
curry, paprika, coriander
black pepper
gluten free bread

LIQUID

21 cups fresh coconut milk, or fresh
plant milk
1 cup fresh orange juice or 2 fresh
oranges
5 drops hemp CBD oil, optional
boost (message Shelly to try her
high quality Aloha Hemp CBD
almond butter, tahini
coconut mana or coconut oil
coconut aminos
1/cup vegetable broth
basalmic
2 cans chickpeas



Week 3 Shopping List

PRODUCE

3 heads kale
1 head celery
parsley
mint
20 bananas
2 beets
1 fig, optional
strawberries
1 plum, optional
1-2 blueberries
1 kiwi
6 dates
1/2 pineapple
sprouts
4 cups fresh fruit of
choice
5 avocados
parsley or basil (basil for
sweetness, parsley for
bitterness)
2 onions
9 cloves garlic
1/2 cup sun-dried
tomatoes
2 limes
1 tomato
1 lemon
1 carrot
1 head broccoli
1 large sweet potato
2 cups cremini
mushrooms
cilantro
fresh ginger
chili flakes
apple

**Note: Add extra fresh
fruit & veggies for snack**

FROZEN FRUIT

6 cups mango
2 cups berries
2 cups strawberry
1 cup pineapple
12 cups blueberries

DRY FOOD

coconut sugar
spirulina powder
Optional: plant protein powder,
(sun warrior our favorite)
chia seeds or hemp seeds
shredded coconut
blue spirulina
vanilla
carob or cacao
1 1/2 cups oat flour
granola
2 cups gluten free oats
gluten free buns
nutritional yeast
quinoa
1 lb buckwheat soba noodles

LIQUID

17 cups plant milk
1 cup fresh orange juice, or 2
fresh oranges
2 cans chickpeas
mustard
ketchup
coconut aminos
coconut vinegar



THE PLANT- BASED RECIPES

To nourish your body, mind,
and spirit

This 21 days of plant-based food will give you a little pep in your step to energize that beautiful body of yours. From breakfast, to lunch and dinner plus options for snacks and treats, you will never be hungry!

Letting your body restore and reset with a smoothie in the morning will let your body naturally do its thing with releasing toxins throughout the morning. Feel free to eat an abundance of raw fruit and veggies as well as some yummy snack options Shelly has suggested for you in the following pages.

Make sure to prep your almond milk for your smoothies the night before if you choose and make enough for a few days.

Also freeze the banana's you need for the week or a few days worth. Note: Make sure they are spotted for maximum digestion.

Disclaimer: Shelly is NOT a doctor nor does she pretend to be. She simply creates delicious food that happens to be plant based. You should always consult your doctor before making any major diet changes. Happy eating!



Lava Flower Smoothie Bowl

BREAKFAST

This bowl isn't just pretty it's a detox too! The black lava color is from activated charcoal to help rid the body of toxins.

Ingredients:

- 1 Ea Organic persimmon, Topping
- 1 Ea Organic kiwi, Topping
- 1 Handful Organic blueberries, Topping
- 1 Pinch Pumpkin seeds, Topping
- 1 Pinch Chia seeds, Topping
- 3 Ea Frozen bananas
- 1 Tsp Activated charcoal
- 1 Cup almond or coconut milk

Directions:

1. Slice persimmon and cut with heart-shaped cookie cutter into large hearts. Use a small star-shaped cookie cutter for small stars.
2. Slice kiwi in a wedge pattern and pull apart in half, and cut a few round slices from one side. Build your flower on the cutting board.
3. Blend bananas, milk, and charcoal into a thick ice cream texture. Scoop into a bowl. Add your flower on top and sprinkle with seeds. Enjoy!



Mango Flower Smoothie Bowl

BREAKFAST

This delicious smoothie bowl will fill you with tropical sweetness! It has a sweet mango fruit taste and a beautiful yellow color.

Ingredients:

- 1 Tsp Organic turmeric
- 2 Ea Frozen bananas
- 1 Cup Frozen mango
- 1 Ea Organic fig, For topping
- 3 Ea Organic strawberries, For topping
- 1 Handful Chia seeds, For topping
- 1 Ea Organic plum, For topping
- 1 handful Organic blueberries, For topping
- 1 Cup Coconut milk

Directions:

1. Blend turmeric, mango, bananas, and coconut milk to a thick ice cream texture. Pour into bowl.
2. Slice the strawberries and plum into 1/4-1/2 inch slices. Use a cookie cutter to make the small flowers out of the plum slices.
3. Slice the fig around in a zig-zag pattern and discard the top. Place all toppings in shape of flowers and sprinkle with chia seeds. Enjoy!



Green Daylily Smoothie Bowl

BREAKFAST

This delicious smoothie bowl is a great way to get your greens! It has a sweet taste and a beautiful green color.

Ingredients:

- 1 Tbl Organic maple syrup
- 3 Ea Frozen bananas
- 2 Cup Organic spinach
- 1 Ea Organic mango, For topping
- 4 Ea Organic blackberries, For topping
- 1 Handful Cacao nibs, For topping
- 1 Pinch Organic coconut shred, For topping
- 1 Ea Organic kiwi
- 1 Handful Organic blueberries
- 1 Cup Coconut milk

Directions:

1. Blend maple syrup, spinach, bananas, and coconut milk to a thick ice cream texture. Pour into bowl. Slice the kiwi and mango into 1/4 -1/2 inch slices.
2. Use a cookie cutter to make big and small flowers out of mango. Place all toppings in shape of flowers and sprinkle with cacao nibs and coconut shred. Enjoy!



Full Heart Smoothie Bowl

BREAKFAST

This delicious smoothie bowl will fill your tummy with love! It has a sweet pineapple taste and a beautiful blue color from blue Spirulina.

Ingredients:

- 1 Scoop Blue Majik spirulina
- 1 Cup Frozen organic pineapple
- 2 Ea Frozen bananas
- 1 Cup Organic coconut milk
- 1 Ea Ripe organic banana, For topping
- 1 Ea Organic kiwi, For topping
- 1 Handful Organic blueberries, For topping
- 1 Handful Organic coconut shred, For topping

Directions:

1. Blend Spirulina, pineapple, bananas, and coconut milk to a thick ice cream texture. Pour into bowl.
2. Slice the ripe banana into 1/4-1/2 inch chunks and use a heart-shaped cookie cutter to make heart shapes. Slice kiwi and place in the center of the bowl.
3. Place banana hearts and blueberries around it and sprinkle with coconut shred. Enjoy!



Dragon Flower Smoothie Bowl

BREAKFAST

This delicious smoothie bowl will fill you with sweetness! It has a sweet dragon fruit taste and a beautiful pink color.

Ingredients:

- 3 Ea Organic strawberries
- 3 Ea Frozen bananas
- 1 Pkg Frozen dragon fruit
- 6 Ea Organic figs, For topping
- 1 Ea Organic kiwi, For topping
- 1 Handful Chia seeds, For topping
- 1 Ea Organic blackberry, For topping
- 1 Cup Coconut milk

Directions:

1. Blend strawberries, dragon fruit, bananas, and coconut milk to a thick ice cream texture. Pour into bowl.
2. Slice the kiwi and 4 figs into 1/4-1/2 inch slices.
3. Slice 2 figs in wedges. Place all toppings in shape of flowers and sprinkle with chia seeds. Enjoy!



Sweet Pink Energizer Bowl

BREAKFAST AND LUNCH

A yummy cleansing and refreshing drink for breakfast, lunch or even dinner. It has a smooth coconut banana taste that will give your body lots of protein, iron, and minerals from the spinach.

Ingredients:

- 1 cup frozen strawberry
- 1/2 beet, chopped
- 1 frozen banana
- 1 cup fresh coconut milk, or fresh plant milk

Toppings:

- 1 T chia, or hemp seeds
- 1 banana chopped
- 2 T coconut shredded

Directions:

1. Blend all ingredients (except for coconut flakes) together in a high-speed blender until nice and creamy.
2. Pour in a mason jar and top with coconut flakes and/or your favorite toppings. Enjoy!



Coconut Berry Breeze

BREAKFAST AND LUNCH

This smoothie is packed with antioxidants to help fight free radical damage, oxygenates and detoxifies the blood with the beet and is packed with a great source of protein & iron.

Ingredients:

2 cups of frozen berries
2 frozen bananas
1/4 beet, chopped
3 T coconut sugar
2 cups plant milk, or filtered water
1 t spirulina powder
Optional: plant protein powder, (sun warrior our favorite)

Directions:

1. Blend all ingredients in high-speed blender for about 15-30 seconds until creamy.
2. Pour into 1 large mason jar if drinking by yourself or 2 smaller 32oz mason jars.



The Super Green Smoothie

BREAKFAST AND LUNCH

Powerful detox shake. The celery and parsley help rinse toxins from your system. Kale and mango are superfoods bursting with nutrition that support your cleanse.

Ingredients:

2 large handfuls chopped kale.
2 cups frozen mango
2 medium celery ribs, chopped
1 cup fresh orange juice, or 2 fresh oranges
handful parsley
handful mint

Directions:

1. Blend all ingredients in high-speed blender for about 15-30 seconds until creamy.
2. Pour into 1 large mason jar if drinking by yourself or 2 smaller 32oz mason jars. Add any toppings if you choose.



Very Berry Happiness Smoothie

BREAKFAST AND LUNCH

Are you craving some divine ginger happiness?? Well, get on over to your kitchen and whip together some happiness! The ginger will let your tummy for so good.

Ingredients:

1 cup frozen blueberries
1 cup frozen strawberries
1 cup coconut milk
3 dates
1 T hemp seeds

Optional: 1 scoop vegan protein powder,
top with fresh blueberries

Directions:

1. Blend all ingredients in high-speed blender for about 15-30 seconds until creamy.
2. Pour into 1 large mason jar if drinking by yourself or 2 smaller 32oz mason jars. Add any toppings if you choose.



Green Lean Goddess

BREAKFAST AND LUNCH

Moringa powder is rich in vitamin and minerals to give your cells fuel! Just a tablespoon of this powder found at a local Whole Foods or on Amazon, you will find so much extra energy and vitality throughout your day.

Ingredients:

- 2 fresh spotted bananas
- 4 frozen bananas
- 3-4 dates pitted
- 5-6 leaves kale, or spinach, 1 cup
- 1 handful sprouts
- 1 T moringa powder, or spirulina powder
- 2 cups water, or fresh plant milk
- Optional: plant-based protein powder

Directions:

1. Blend all ingredients in high-speed blender for about 15-30 seconds until creamy.
2. Pour into a mason jar and devour every bit!



Mango Lime Sorbet

BREAKFAST OR SNACK

When it comes to scrumptious desserts, there aren't many (if any) healthier choices than a sorbet. This Mango Sorbet is made with fresh fruit and without an artificial sugar or dairy.

Ingredients:

3 cups frozen mango
1 tsp. freshly squeezed lime juice
1/4 cup warm water, as needed
2 T coconut sugar

Directions:

1. Place the frozen mango into a food processor or heavy duty blender, along with freshly squeezed lime juice and coconut sugar. Blend until smooth. You may need to add a little warm water and press down with a spatula to help the process along.
2. Eat immediately for a softer texture, or transfer into a freezer-safe container and freeze for 3-4 hours or until firm.



Aloha Celery Smoothie

BREAKFAST AND LUNCH

Celery contains vitamin C, beta carotene, and flavonoids, but there are at least 12 additional kinds of antioxidant nutrients found in a single stalk. It's also a wonderful source of phytonutrients, which have been shown to reduce inflammation.

Ingredients:

- 1/2 head celery, chopped
- 1/2 head kale
- 1/2 pineapple, chopped
- 1 cup ice and coconut milk
- 1 handful coconut shred, optional for topping

Directions:

1. Wash the celery and kale.
2. Strip stems off the kale.
3. Juice these two items (if you have a juicer) and pour into a blender.
4. Remove skin and chop pineapple.
5. Put in blender and blend all ingredients.
6. Pour in a mason jar and top with coconut.



Creamy Carrot Dreamsicle

BREAKFAST AND LUNCH

Carrots are a good source of Beta-carotene, which is a powerful antioxidant that can help you to prevent cancer. They also help you to improve your circulation and prevent premature aging effects caused by free radicals.

Ingredients:

- 1 cup carrots
- 1 banana
- 1 frozen banana
- 1/4 cup walnuts
- 1/2 tsp ground cinnamon
- 2 T raw coconut sugar
- 1 tsp vanilla extract or one 2-inch piece vanilla bean
- 2 cups water or almond milk
- 1 cup ice, optional
- 5 drops hemp CBD oil, optional boost

Directions:

1. Wash and peel the outside of the carrots.
2. Place all ingredients in a blender. Blend on high until creamy. Pour in a mason jar.



Lean Mean Turmeric Latte

SNACK

This turmeric latte is perfect for those of you that want a healthy alternative to coffee. I adore turmeric latte, it tastes amazing, is super healthy, creamy and quite inexpensive. Turmeric has an intense flavor, so add it gently if you're not used to this incredible spice

Ingredients:

- 2 cups coconut milk or almond milk
- 1 tsp turmeric powder
- 1 tsp vanilla
- 1/2 tsp ground cinnamon
- 2 tbsp maple or agave syrup

Directions:

Pour the milk into a saucepan and cook over high heat until it's hot, but don't bring it to a boil. Remove from the heat and add the rest of the ingredients. Stir and try the milk, add more milk, turmeric, cinnamon or syrup if needed. We used a milk frother to get a better texture, but it's optional. You can also blend the hot milk with the rest of the ingredients in a blender if you want.



On The Go Banana Mash

LUNCH

This turmeric latte is perfect for those of you that want a healthy alternative to coffee. I adore turmeric latte, it tastes amazing, is super healthy, creamy and quite inexpensive. Turmeric has an intense flavor, so add it gently if you're not used to this incredible spice

Ingredients:

- 1/2 Cup Banana
- 1 Cup Rolled oats
- 3/4 Cup Homemade Almond, or hemp milk
- 1/2 Tsp Cinnamon
- 1 Tsp Vanilla
- 1 Tsp Raw coconut sugar
- 1/2 Cup Fresh organic berries

Directions:

1. Mash the banana in a medium bowl.
2. Chop the mango or fruit of choice.
3. Add the rest of the ingredients to the medium bowl except the fruit and stir.
4. Add all to the to go glass bowl and top with mango or fruit of choice.
5. Place lid on top and store overnight or for at least 30 minutes until ready to devour.



Rainbow Overnight Oats

LUNCH

Not a banana fan? Try swapping the mashed banana for 1/4-1/2 cup of your favorite vegan yogurt. This is such a quick, easy, and oh so yummy breakfast or lunch you can take anywhere.

Ingredients:

- 1 large ripe/spotty banana, mashed
- 2 tablespoons chia seeds
- 1/4 teaspoon cinnamon
- 1/2 cup gluten-free rolled oats
- 3/4 cup almond milk
- 1/4 teaspoon pure vanilla extract

Toppings:

- Granola
- Fresh fruit
- Coconut flakes

Directions:

1. In a small bowl, mash the banana until almost smooth. Stir in the chia seeds and cinnamon.
 2. Stir in the oats, almond milk, and vanilla.. Cover and refrigerate overnight, or a minimum of 2 hours.
- In the morning, stir the oat mixture to combine. Add your desired toppings and enjoy!



So Creamy Chocolate Avo Pudding

SNACK

Pudding is a sumptuous yet simple dessert you may know and love, but being vegan means, it's not as easy to find in the grocery store. Make your own with this dairy-free, egg-free and delicious chocolate pudding recipe that is not only rich but also satisfying and healthier than traditional puddings that are usually made with milk and egg yolks.

Ingredients:

2 avocados
2-3 bananas or use coconut meat
1/4 carob or cacao powder
1/4 cup raw coconut sugar or maple syrup
1 tsp vanilla

Toppings: 1 cup of your favorite Fruit

Optional: CBD oil for added boost and a splash of plant milk

Directions:

- 1.. Place all ingredients in a blender. Blend on high until creamy. Scoop in a bowl or a container to save for later.
2. Enjoy with 1 cup of your favorite fruit.



Chia Parfait

SNACK

Pudding is a sumptuous yet simple dessert you may know and love, but being vegan means, it's not as easy to find in the grocery store. Make your own with this dairy-free, egg-free and delicious chocolate pudding recipe that is not only rich but also satisfying and healthier than traditional puddings that are usually made with milk and egg yolks.

Ingredients:

1 1/2 cups dairy-free milk (coconut is our favorite)
1/2 cup chia seeds
1-2 Tbsp maple syrup or coconut sugar
1 tsp vanilla extract
1/2-1 cup berries, mango, or banana

Directions:

To a mixing bowl add dairy free milk, chia seeds, maple syrup (to taste), and vanilla. Whisk to combine.

Cover and refrigerate overnight (or at least 6 hours). The chia pudding should be thick and creamy. If not, add more chia seeds, stir, and refrigerate for another hour or so.

Enjoy as is, or layer with compote or fresh fruit! Will keep covered in the refrigerator up to 5 days.



Vegan Cookie Dough Balls

SNACK

They taste just like real cookie dough, except they're raw, vegan, gluten-free and healthy. They freeze wonderfully so consider making a double batch! You can devour all these babes and not feel yucky and bloated!

Ingredients:

- 1 1/2 cups almond flour
- 1 banana, mashed
- 2 T almond butter
- 1 tsp vanilla
- 3 T maple syrup or raw coconut sugar
- 1/4 tsp sea salt, (optional)
- 3 T vegan chocolate chips

Directions:

1. In a large mixing bowl, mash up one spotted banana. Add in the except the chocolate chips. Stir well.
2. Add the chocolate chips. Stir well.
3. Form into balls. Place in a container with coconut oil. Freeze for 1-2 hours.



Oatmeal Blueberry Muffins

SNACK

They are tender with no oil. They have a perfect crumb with no gluten. They are high carb low fat, but you can't tell by tasting. I keep making batches of them with the excuse that I really need to use up the blueberries in my fridge.

Ingredients:

1 1/2 cups oat flour
1/2 cup coconut sugar
1 ripe banana
3/4 cup non-dairy milk
1 tbsp baking powder
1 tsp vanilla
1/2 cup frozen blueberries
Additional coconut sugar and oats for sprinkling on top

Directions:

1. Preheat the oven to 350F.
2. Blend the banana, non-dairy milk, vanilla, and coconut sugar in a blender on high.
3. In a large mixing bowl, stir together the flour and baking powder.
4. Add the wet mixture to the dry and stir to combine. Gently fold in the blueberries. Spoon into a muffin pan lined with paper liners or lightly oiled.
5. Sprinkle the tops with coconut sugar and oats.
6. Bake for 22-24 minutes at 350F and let cool.



Homemade Almond Milk

SNACK

This recipe allows you to control the amount of sweetness and infuse flavors as well as play around with the thickness. It's our go-to when we craving homemade dairy-free milk and it's filled with brain power and protein.

Ingredients:

- 1 Cup Almonds, raw, soaked
- 4 Cups Filtered Water
- 2 T organic maple syrup
- 2 T Raw coconut sugar or 2 dates (optional)

Directions:

1. Place the almonds in a large bowl and cover with water. Soak at least 4 hours, up to 2 days. Overnight is ideal.
2. Drain the almonds and place them in a blender with the remaining ingredients. Use new filtered water for blending.
3. Use a cheesecloth to strain the almond milk. Pour in jars and store for 3-4 days.



The "BIG OLE" Veg Burger

DINNER OR LUNCH

This salad is great to make for family dinners or parties. Just add some avocado and it's a complete meal. The vegan walnut meat gives it a taco meat look and taste.

Ingredients:

- 1 1/2 cup dry (uncooked) chickpeas
- 1 cup packed fresh chopped parsley or basil (basil for sweetness, parsley for bitterness)
- 1/2 cup chopped white or yellow onion
- 6 cloves garlic (6 cloves yield ~2 Tbsp)
- 1/2 cup sun-dried tomatoes (chopped)
- 1 1/2 Tbsp ground cumin
- 1/2 tsp turmeric
- 1 1/4 - 1 1/2 tsp each sea salt and black pepper (or sub a pinch of cayenne)
- 1-3 Tbsp tahini (ground sesame seeds)
- Olive, grape seed or coconut oil for cooking

Toppings:

- Whole-grain or gluten-free buns
- Fresh parsley or basil
- Diced red onion
- mustard
- tomato
- avocado
- organic ketchup or homemade ketchup

Directions on next page...



The "BIG OLE" Veg Burger

DINNER OR LUNCH

This salad is great to make for family dinners or parties. Just add some avocado and it's a complete meal. The vegan walnut meat gives it a taco meat look and taste.

Directions:

1. Rinse chickpeas in water.
2. Add basil, onion, garlic, and sun-dried tomatoes to a food processor (you can also pulse in a high speed blender). Mix until well processed. Set aside.
3. Add half the chickpeas to the food processor, along with cumin, turmeric, salt, pepper and tahini. Mix thoroughly, scraping down sides. Now add the rest of the chickpeas and blend until you have a dough that's close to a paste in consistency. Add more tahini or a bit of water if the mixture is looking too crumbly or dry.
4. Now cover and set in the refrigerator for 30 minutes - 1 hour to get more firm.
5. Remove from refrigerator and divide into 4-6 even patties. If the burgers aren't holding together the mixture may need to be blended more thoroughly, or blended with a bit more tahini.

To cook, heat pan over medium/ medium-high heat (or cook on the grill!). Once hot, add enough water to create a thin layer on the bottom of the pan. Then place only as many burgers as will fit comfortably in the pan and cook 2-3 minutes on each side. Once the bottom side is evenly browned, flip gently, as they can be fragile. Put all your desired toppings on the burger!



Cauliflower and Potato Curry

DINNER

All the herbs and spices used in many of them provide a range of health benefits, and they all help to boost your immunity. In this one, in particular, the garlic, ginger and turmeric are all great for fighting the colds and are anti-inflammatory. I love it when the ingredients I use in my cooking have a multitude of health benefits!

Ingredients:

- 2 cups quinoa
- 1 ½ tbsp coconut aminos
- 1 brown onion, chopped
- ¼ medium cauliflower head, cut into florets
- 2 medium potatoes, cut into 8 pieces
- 1 can tomatoes or a couple fresh
- 1 can coconut milk
- 1 inch of ginger, minced
- 3 garlic cloves
- ⅓ cup curry leaves
- 1 tbsp garam masala
- ½ tsp turmeric powder
- ½ cup cashews
- 1/8 tsp hot chilli powder
- Salt to taste
- Coriander for garnish (optional)

Directions:

1. Cook the quinoa following instructions.
 2. Place the coconut aminos in a large saucepan on medium heat. Add the onion and sauté for around 2 minutes.
 3. Add in the cauliflower and potatoes and cook for another 5 minutes stirring, add a splash of water as need.
 4. In a high speed blender, combine tomatoes, coconut mil, ginger, curry leaves, garlic, garam masala, turmeric, cashews, hot chili powder and salt. Blend until you reach a smooth and thick consistency then add to the saucepan.
- Cook for around 25-30 minutes stirring. Serve with quinoa and garnish with coriander.



Red Flowing Avocado Toast

DINNER OR SNACK

Super creamy beet hummus featuring a whole beet, lemon, and plenty of garlic flavor. Perfect with chips, veggies, or as a sandwich spread.

Ingredients:

- 1 small beet
- 1 15-oz. can cooked chickpeas, mostly drained
- 1 large lemon, zested
- 1/2 large lemon (juiced)
- 1 pinch sea salt and black pepper
- 2 large cloves garlic, minced
- 3 Tbsp nutritional yeast
- 2 Tbsp tahini
- 1 avocado
- 3 T coconut aminos

Directions:

1. Steam the beet in a small pot or instant pot. Once your beet is cooled and peeled, quarter it and place it in your food processor. Blend until only small bits remain.
2. Add remaining ingredients except the coconut aminos and blend until smooth.
3. Drizzle in coconut aminos as the hummus is mixing.
4. Taste and adjust seasonings as needed, adding more salt, lemon juice, or coconut aminos if needed. If it's too thick, add a bit of water. Will keep in the fridge for up to a week.



Curry Chickpea Salad Sandwich

DINNER OR SNACK

Super creamy beet hummus featuring a whole beet, lemon, and plenty of garlic flavor. Perfect with chips, veggies, or as a sandwich spread.

Ingredients:

- 1/2 cups almonds
- 2 celery stalks
- 1/4 onion
- 1 can chickpeas
- 3/4 cup vegan mayo
- 2 T coconut aminos
- 1/2 t sea salt
- 1 t curry
- 1/2 t tumeric
- 1 t coriander
- 1/2 t paprika
- 1/2 t black pepper

Sandwich Toppings:

- Gluten free bread
- Sprouts
- Lettuce
- Tomato
- Hot sauce if you like it with a kick

Directions on next page.



Curry Chickpea Salad Sandwich

DINNER OR SNACK

Super creamy beet hummus featuring a whole beet, lemon, and plenty of garlic flavor. Perfect with chips, veggies, or as a sandwich spread.

Directions:

1. Steam the beet in a small pot or instant pot.
1. Pulse chickpeas in a food processor or blender, leave some chunks. Add to large bowl.
2. Add the chopped onion and celery and almonds to a food processor or blender. Pulse finely. Add to chickpeas in large bowl. Stir together.
3. Add the coconut aminos, mayo and spices. Stir well.
4. Add to bread with the toppings and enjoy for lunch or dinner!
2. Add remaining ingredients except the coconut aminos and blend until smooth.
3. Drizzle in coconut aminos as the hummus is mixing.
4. Taste and adjust seasonings as needed, adding more salt, lemon juice, or coconut aminos if needed. If it's too thick, add a bit of water. Will keep in the fridge for up to a week.



Veggie Quinoa Coconut Stir Fry

LUNCH OR DINNER

This is a simple, quick dish you can make ahead of time to meal prep for a few days ahead. Make sure to double or triple the recipe.

Ingredients:

- 1 cup cooked quinoa
- 1/2 onion, chopped
- 1/2 red bell pepper, chopped
- 1 carrot, chopped finely
- 1/2 head broccoli, chopped, discard the stem
- 2 tbsp coconut mana, or coconut oil
- 4 sliced cloves of garlic
- 1/4 tsp cayenne powder
- 1/2 tsp ground ginger
- 2 tbsp coconut aminos
- 1 tbsp coconut sugar, or maple syrup
- Sesame seeds

Directions:

1. Cook the quinoa according to package directions.
2. Boil or steam the veggies for about 2 minutes. You want crunchy vegetables. Drain and set aside.
2. Heat the oil in a frying pan or instant pot and cook the garlic over medium-high heat for about a couple of minutes.
3. Add the cayenne powder and the veggies and cook for another 2 minutes, stirring frequently.
4. Add the quinoa and the rest of the ingredients (except the sesame seeds) and cook for 2 minutes more.

Serve with some sesame seeds on top.

Store in a sealed container in the fridge for about 5 days.



Veggie Rainbow Rolls

DINNER

For a party, or just for meal prep for the week, you've got to try making fresh spring rolls at home! Whatever you do, make your own peanut sauce for dipping. It takes five minutes to stir together and tastes amazing.

Ingredients:

- 1 package rice paper spring roll wrappers
- 1 head romaine lettuce, chopped
- 1 red bell pepper, cut into strips
- 1 cucumber, sliced
- 1 avocado, peeled and sliced
- 1 cup shredded carrots
- 1 cup thinly sliced purple cabbage
- fresh mint

Peanut Sauce:

- 2 T peanut or almond butter
- 2 T raw honey
- 2 T coconut aminos
- 2 T Basaltic

Directions:

1. Fill a wide bowl with at least an inch of warm water. Dip one rice paper wrap in the water and let soften 5 to 10 seconds. Remove from the water and lay on your work surface.
2. Place a handful of the greens toward one end of the soaked wrap. Top with the other veggies and herbs.
Pick up the end of the rice paper closest to your mound of veggies and tightly wrap it over the veggies. Grab each end and fold over like a burrito. Continue wrapping the roll until sealed. Store the rolls covered in the refrigerator until ready to eat, then cut in half.
3. Stir the ingredients for the sauce and enjoy!



Baked Sweet Potato

DINNER

Old school stuffed potatoes aren't exactly the healthiest meal, but we still loved it. Now, that we are vegan, we come up with replacements for certain things that we used to love.

Ingredients:

- 1 tablespoon coconut aminos, or coconut oil
- 1 small onion, diced
- 1 cup cooked quinoa, or protein of choice
- 1/2 cup vegetable broth
- 2 tablespoon taco seasoning of choice
- 2 tablespoon nutritional yeast
- 2 baked sweet potatoes

Toppings: Chopped cilantro, tomato slices , avocado slices, drizzle coconut aminos

Directions:

1. Add oil or aminos to a skillet or instant pot and when warm, add diced onion. Cook onion until soft. Add quinoa, vegetable broth, nutritional yeast, and taco seasoning. Stir occasionally
2. Divide quinoa evenly among baked sweet potatoes. Top with cilantro, chopped tomatoes, avocado slices, and drizzle coconut aminos on top.

*Cooked Quinoa: Measure 1/2 cup quinoa. with 1 cup of water. Bring to a boil. Reduce heat and let simmer.

**Baked Sweet Potatoes: Preheat oven to 425°F. Wash sweet potatoes and place on baking sheet. Pierce sweet potatoes all over with a fork or knife. Bake for 45 - 50 minutes or until tender.



Noodle Budha Bowl

DINNER

Old school stuffed potatoes aren't exactly the healthiest meal, but we still loved it. Now, that we are vegan, we come up with replacements for certain things that we used to love.

Ingredients:

- 1 lb buckwheat soba noodles
- 1 large sweet potato, peeled and sliced into thin strips
- 2 cups cremini mushrooms, sliced
- 2 cups stemmed, shredded kale
- 1 cup chopped fresh cilantro
- 1 Tbsp black or white sesame seeds
- 4 Tbsp coconut aminos
- 2 Tbsp unseasoned coconut vinegar
- 1 Tbsp pure maple syrup
- zest of 1 lime
- 2 Tbsp lime juice
- 1-inch piece fresh ginger, grated
- 1 clove garlic, finely minced
- ¼ tsp chili flakes

Directions on next page...



Noodle Budha Bowl

DINNER

This cold noodle bowl comes together quickly, featuring gently steamed vegetables and bright, rich sesame dressing. Nourishing and ideal for a packed lunch or light dinner.

Directions:

1. For the noodles and steamed vegetables, in a large pot of boiling water, cook the noodles according to package directions. Drain, rinse with cold water, and drain again. Transfer to a large bowl.
2. Using a steamer basket, steam sweet potatoes for 8 to 10 minutes or until tender but still firm enough to hold their shape; set aside. Next, steam asparagus for 3 to 4 minutes, or until tender and bright-green; set aside. Next, steam mushrooms for 3 to 4 minutes until tender; set aside. Finally, steam kale for 1 to 2 minutes, until bright green and wilted; set aside. To serve chilled, make the vegetables ahead of time, cover, and chill for up to 3 days.
4. For the dressing, whisk all dressing ingredients together in a bowl. Toss two-thirds of the dressing with the noodles and the cilantro. Arrange vegetables on top of the noodle mixture. Drizzle with the remaining dressing, garnish with sesame seeds, and serve. Or toss noodles, vegetables, dressing, cilantro, and sesame seeds all together, and serve. Enjoy!