

Week 1 Lunch/Dinner Recipes

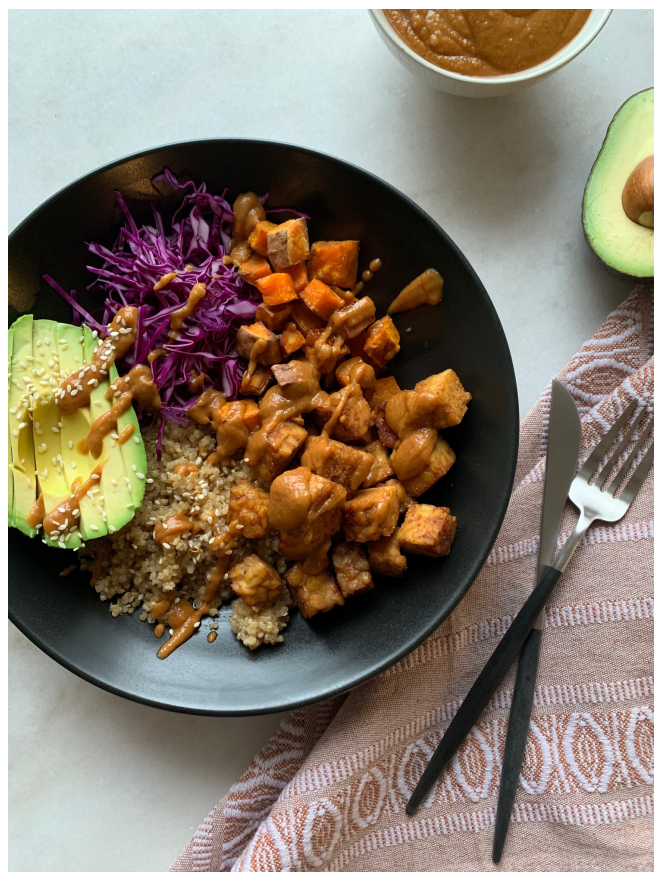
Buddha Bowl with Peanut Sauce

Ingredients

- 1 C quinoa + 1.5 C water or broth
- 1 tbsp white miso
- 2 tsp grated fresh ginger
- 1 tsp + 2 tbsp tamari
- 2 1/2 tbsp coconut oil, divided
- 2 sweet potatoes, cubed
- 4 C shredded cabbage (green or red)
- 2 avocados
- 12-16 oz protein of choice

For Peanut Sauce

- 1/2 C peanut butter
- 2 tbsp tamari
- 1 tbsp maple syrup
- pinch of ground cayenne (or more if desired)
- juice of 1 lime (2-3 tbsp)
- 1/4 C water



Directions

sweet potatoes: preheat oven to 425, arrange sweet potatoes in single layer on baking sheet and coat (using hands) with 1 tbsp coconut oil and a big pinch of salt, bake for 20-30 min until fork tender and golden brown, shaking pan every 10 min to prevent sticking

quinoa: Cook quinoa according to package directions, while warm stir in miso, ginger, 1 tsp tamari, 1/2 tbsp coconut oil

protein: saute protein choice in 1 tbsp coconut oil and 2 tbsp tamari until cooked through

peanut sauce: whisk together peanut sauce ingredients until combined

serve with cabbage and half a sliced avocado

Week 1 Lunch/Dinner Recipes

Pasta Bolognese

I love making this with tempeh, it has a very "meaty" texture and crumbles perfectly. If you want to use meat, you can use ground beef or turkey. If you've never tried tempeh before, this would be a great one to try!

Ingredients

- 1 onion, diced
- 3 stalks celery, diced
- 2-3 large carrots, diced
- 2 tbsp olive or avocado oil
- 1/2 tsp salt, divided
- 4 cloves garlic, minced
- 1 tsp each oregano, thyme, rosemary, cumin
- 1/2 tsp paprika
- 3 tbsp tomato paste
- 1, 15 oz can diced tomatoes
- 3 C veg broth
- 8 oz package tempeh, crumbled
- 1, 15 oz can beans of choice (black, pinto, etc.)
- 1/2 C full fat coconut milk
- 2 tbsp nutritional yeast
- juice of half a lemon
- pasta of choice - I like brown rice pasta or chickpea pasta



Directions

- heat olive oil in large pot on medium heat, add in chopped onion, celery, and carrot, cook for 5 min until softened
- add in garlic and cook for 1 min until fragrant
- if using meat, add in now and break up with spoon, cook until no longer pink
- add in spices, tomato paste and crumbled tempeh if using, stir everything to coat, cook for 2-3 more minutes
- add in diced tomatoes, veg broth, coconut milk, and beans, bring to boil then reduce heat, partially cover and cook ~ 15 minutes until veggies are soft, cook pasta while it simmers
- stir in nutritional yeast and lemon juice, cook 2-3 minutes, spoon onto pasta and serve