



*Wellness Boost
Recipe Guide
Week Two*

BLAIR CULINARY WELLNESS

Food Preparation Tips

- Watch the video for meal prepping in a block of time. This helps if you're rushed during the week.
- Wash all your vegetables for the week so they are ready to use, saving time.
- Cut up enough veggies to last a few days, both for snacking and adding to recipes. Containers can be taken out for a 'salad bar'.
- Make a large salad or several salads in jars so you have lunch or side ready to go, pour and eat.
- Cook a large batch of quinoa, millet or rice. This way it is ready, and you just need to reheat as needed. Portions can be frozen.
- Use organic vegetables and fruit, if possible. Or refer to Dirty Dozen list to buy organic. Find list at www.ewg.org
- If using canned beans, or tomatoes, rinse the beans well to remove excess salt. Look for cans that are BPA free. Eden organic is a good brand.
- Double one of the smoothie recipes in the morning and have it as a snack in the afternoon, make several smoothie bags when you have a few minutes, so you can save time on rushed mornings.
- Make snacks ahead of time: hummus, veggie chips, protein bites so that when you need one, it's there for you to enjoy.
- Use herbs and spices liberally. Adding fresh rosemary, chopped cilantro, chives, or parsley helps enhance the flavor and immune boosting nutrients.
- Roast a bulb of garlic and use it like you would butter. Garlic is super for reducing inflammation.
- Use scallions, onions, ginger, garlic and lemongrass. They add flavor and beneficial anti-inflammatory nutrients.
- Use extra virgin olive oil, cider vinegar, Dijon and salt and pepper for dressings whenever possible.

Food to Include

- All vegetables except, white potato, iceberg and corn
- Fresh fruit, especially berries, primarily in the morning before noon.
- Plant milk - ideally homemade oat or coconut milk. (recipes provided) Unsweetened canned coconut has the least amount of added ingredients. If buying, watch for gums and added sugars.
- Add plenty of legumes, beans and lentils, but not peanuts.
- Healthy fats are important: avocados, olives, nuts & seeds, and olive oil in small amounts.
- Gluten free whole grains: quinoa, millet, buckwheat, brown rice are good options to add to meals.
- Use dates as primary sweetener with occasional honey or maple syrup in small amounts.
- This program is focused on plant-based nutrition, but if you feel like you can't do it without having some fish or chicken, then go ahead and add some, but in smaller than normal amounts. 4 oz. of organic chicken or wild caught fish are ok to add to a meal a couple times a week.
- If following recipes and planned meals add more stress, focus on eating simply with whole foods - fruit smoothie or porridge, big salad for lunch, steamed or roasted veggies, beans and grain bowl for dinner.
- Staying hydrated is important!!

BREAKFAST, LUNCH, DINNER & SNACKS

You Choose

CHOOSE WHAT LOOKS GOOD TO YOU!



SEEDY OVERNIGHT OATS

INGREDIENTS: OATS, TAHINI, CHIA SEEDS, PUMPKIN SEEDS, GOJI BERRIES, OAT OR COCONUT MILK



GOLDEN MILK BREAKFAST PUDDING

INGREDIENTS: CHIA SEEDS, PUMPKIN SEEDS, PLANT MILK, TURMERIC, CINNAMON, GINGER



GREEN GIANT SMOOTHIE

INGREDIENTS: COCONUT MILK, SPINACH, ZUCCHINI, PINEAPPLE, FLAXSEED, HEMP SEEDS, 1/2 BANANA.



PROTEIN HOT CACAO

INGREDIENTS: COCONUT MILK, HEMP SEEDS, ALMOND BUTTER, CACAO, TULSI TEA.



GUT BERRY SMOOTHIE

INGREDIENTS: BANANA, MIXED BERRIES, CHIA SEEDS, TAHINI, LEMON, CINNAMON, PLANT MILK



CAULIFLOWER STEAKS

INGREDIENTS: CAULIFLOWER, OREGANO, GARLIC, PEPPER, OLIVE OIL



POWER SALAD

INGREDIENTS: CHICKPEAS, ONION, ARTICHOKE, TOMATOES, SPINACH, ARUGULA, ZUCCHINI, GARLIC, OLIVE OIL, CIDER VINEGAR



SWEET POTATO TOASTS

INGREDIENTS: SWEET POTATO, HUMMUS, GUACAMOLE, HERBS, FRESH VEGGIES

You Choose



APPLE SQUASH SOUP

INGREDIENTS: BROTH,
ONION, CELERY, BUTTERNUT,
APPLES,



VEGETABLE CURRY

*INGREDIENTS: CAULIFLOWER,
CHICKPEAS, CARROTS, ONION,
GARLIC, GINGER, KALE,
COCONUT MILK*



LENTIL SOUP

INGREDIENTS: OLIVE OIL,
ONION, CARROTS, PARSNIP,
CELERY, GARLIC, CUMIN,
CORIANDER, SALT, PEPPER,
VEGETABLE BROTH, BROWN
LENTILS, KALE, LEMON.



SHREDDED ROOT SALAD

INGREDIENTS: BEET, SWEET
POTATO, TURNIP, CARROT,
RADISH, ONION, BROCCOLI
STEM, COCONUT, LIME,
GARLIC



SHAWARMA VEGGIES

INGREDIENTS: SWEET
POTATOES, BROCCOLI,
PEPPERS, ONION,
MUSHROOMS, QUINOA,
TAHINI, SPICES,



BLACK BEAN LETTUCE WRAPS

INGREDIENTS: BEANS,
CARROT, CELERY, LIME, SPICES,
GARLIC, CILANTRO, LETTUCE,
TOMATOES



VEGGIE CHIPS

INGREDIENTS: SWEET
POTATOES, RED POTATOES,
PURPLE POTATOES, BEETS,
TURNIPS, CARROTS, AVOCADO
OIL, SPICES



BERRY BLISS BITES

INGREDIENTS: BERRIES,
DATES, SEEDS, COCONUT

Seedy Overnight Oats

1 cup unsweetened almond milk or milk of choice

1/2 teaspoon vanilla extract

1 tablespoon tahini, optional

3 tablespoons chia seeds

2 tablespoons pumpkin seeds

1/2 cup gluten-free rolled oats

1/2 teaspoon ground cinnamon

Pinch of salt

Dried fruit and /or fresh berries

In a pint jar or glass container, combine the milk, vanilla, chia and tahini. Stir well, then add, pumpkin seeds, oats, cinnamon, salt and dried fruit and stir again.

Add berries if eating within 24 hours.

Refrigerate at least 3 hours or overnight

Without adding berries, oats will stay good for several days.

Green Giant Smoothie

3/4 cup Coconut milk
1 cup spinach
1/2 cup zucchini
1 cup pineapple
1 tablespoon ground flaxseed
1 tablespoon hemp seeds
1/2 banana, frozen if you like it cold

Combine everything in a blender and blend until smooth and creamy.

Enjoy.

Can be poured into a bowl and topped with fresh fruit, more seeds and nuts or granola for a smoothie bowl.

Gut Berry Smoothie

1/2 frozen banana
1/2 cup frozen mixed berries
1 tablespoon chia seeds
1 tablespoon tahini
1 teaspoon lemon zest and juice
1 teaspoon cinnamon
3/4 cup coconut or oat milk.

Combine everything in a blender and blend until smooth and creamy. Enjoy!

Protein Hot Cacao

- 1 cup hot tulsi tea, steeped for 5-10 minutes
- 1/2 cup warmed Coconut milk or other plant milk
- 1 Tablespoon cacao powder
- 1 tablespoon hemp seeds
- 1 tablespoon of almond butter
- 4 pitted dates or 1/2 tablespoon of maple syrup

Blend everything together until smooth.

Warm gently if desired. Enjoy!

Golden Milk Breakfast Pudding

- 2 cups non-dairy milk
- 1 tsp turmeric, or 2 tsp fresh, grated
- 2 tsp cinnamon
- 1/2 tsp ginger, or 1 tsp fresh, grated
- 5 dates or 1/4 cup date syrup
- 3/4 cup chia seeds
- 2 tablespoons ground flax seed
- 1/4 cup hemp seeds

Blend the first 5 ingredients together until the dates are smooth.

Add the remaining ingredients and just pulse to combine. Pour into a jar or container with lid and let thicken 30 minutes or overnight.

Cauliflower Steaks

1 head cauliflower
1 teaspoon dried oregano
1 teaspoon minced garlic
1/2 teaspoon black pepper
red pepper flakes, optional
olive oil

Preheat oven to 435 and line a baking sheet with parchment paper.

Trim the greens off the cauliflower and slice the head into 1-inch thick steaks. Lay onto baking sheet.

Brush or spray steaks with olive oil and sprinkle half the seasonings on the steaks.

Bake for 10 minutes, Flip and sprinkle with remaining seasonings. Bake another 10-15 minutes.

Power Salad

2 Zucchini

1 can artichokes in water

cherry tomatoes

1 1/2 cups chickpeas

1/2 cup Kalamata olives

1/3 cup red onion, diced

Use a Spiral cutter or jullienne peeler to make noodles with the Zucchini. Zucchini noodles can often be found in the produce section of grocery stores.

Drain the artichokes and roughly chop them.

Cut the tomatoes in half.

Drain the chickpeas and rinse well.

Slice the olives in half and dice the onion.

Toss everything in a mixing bowl. Add the dressing and toss well to coat. Serve and enjoy!

Dressing:

- 2 Tbs tahini (sesame butter)
- 2 cloves garlic
- 1/2 tsp onion powder
- 1/4 cup lemon juice
- 1 tsp coconut aminos
- 1/4 cup water, plus more if needed
- 1/8 tsp sea salt & black pepper

Whisk dressing ingredients together in a bowl until smooth and creamy. Pour over salad.

Sweet Potato Toasts

1 sweet potato
olive oil

Topping options:

guacamole

hummus

almond butter

Fresh herbs

Fresh veggies, chopped

Preheat oven to 400 degrees.

Slice the sweet potato length-wise, or into rounds. I like to use a mandolin to do this.

Drizzle olive oil over slices and bake for 30 minutes.

Top the 'toasts' with desired toppings or let cool and refrigerate until ready to use.

For Mediterranean: hummus, red onion, tomato and oregano.

For Mexican: guacamole, black beans, tomatoes, red pepper and cilantro.

For Sweet: almond butter, bananas and sliced strawberries, cinnamon.

For Savory: almond butter, chopped celery, cucumber, bell pepper.

Apple Squash Soup

3-4 cups vegetable broth
1 yellow onion, diced
2 celery stalks, sliced
6 cups butternut squash or squash mixture, chopped
2 T coconut oil
3 cups tart apples, peeled, cored, sliced
½ cup apple juice

Add one tablespoon of coconut oil to a soup pot over medium high heat. Add onions and celery, sauté until soft. Add the chopped squash and 1 apple with enough broth to just cover the squash. You may not use all the broth. Bring to a simmer, cover and cook for 30 minutes until squash is soft. Puree the soup in batches using a blender. Add more broth while blending to reach your desired thickness.

Return to the pot.

While the soup is cooking, in a sauté pan cook the remaining apple slices over medium high heat with the remaining tablespoon of coconut oil. Stir to coat the apples with oil, cooking to brown them, about 15 minutes.

Add ½ cup apple juice, cover the pan and let cook until the apples are soft. Uncover the pan and cook to reduce the liquid. Roughly mash the apples so you have a chunky texture. Remove from heat.

Add apples to the blended soup and stir. Serve and enjoy the natural sweetness.

Vegetable Curry

2 tablespoons coconut oil
1 onion, peeled and diced
1/2 teaspoon cumin
1/2 teaspoon coriander
1/2 teaspoon ginger
1/8 teaspoon cinnamon
2 carrots, peeled and diced
1 medium cauliflower, cut into florets
2 medium sweet potatoes, diced
2 cup green beans
1 can chickpeas
1 15oz can of unsweetened coconut milk
4 cups vegetable broth
1 bunch of kale
Salt and pepper to taste
Fresh basil strips for garnish

In a large pot heat coconut oil and sauté onions and spices until the onions are soft and spices fragrant. Add the vegetables, beans, and coconut milk. Bring to simmer and then add the vegetable broth. Simmer until the sweet potatoes are tender (about 15 minutes). Add the greens, then season with salt and pepper. Cook another 5 minutes until greens are tender.

Serve with brown rice or quinoa. Garnish with basil.

Lentil Soup

2 tbsp olive oil
1 onion, diced
2 carrots, diced
2 celery stalks sliced
1 parsnip, chopped
3-4 cloves of garlic minced
2 tsp each of cumin and coriander
1 tbsp italian seasoning
salt and pepper to taste
4 cups vegetable broth + 2 cups water
1 cup green or brown lentils, rinsed
3 large kale or collard leaves, stemmed and sliced
1 lemon juiced

Heat the oil in a large pot until it shimmers. Add the onion, celery, carrot and parsnip, stir for 5 minutes, or until the onion becomes translucent.

Add minced garlic, dried spices, salt and pepper. Stir and toast the spices for 2 minutes.

Add the broth, water and lentils and stir together. Bring that to a boil, then reduce the heat to low, partially cover with a lid, and simmer for 25-30 minutes. You can keep the soup chunky or use an immersion blender to create a more creamy texture, by blending 1/2 for just a few seconds.

Stir in the kale and lemon juice, and simmer for an additional minute or two to soften the kale. Taste the soup, and add any additional lemon juice, salt, or pepper before serving.

Shredded Root Salad

This salad will last for about a week, roots are very stable once cut or shredded.

- 4 cups shredded roots of your liking: Beet, sweet potato, turnip, carrot, radish, kohlrabi or parsnip
- Broccoli stem, peeled and shredded
- 3 scallions or ¼ cup yellow onion, chopped
- ¼ c shredded coconut (optional)

Combine shredded vegetables, broccoli stem, onion and coconut if using, in a mixing bowl. Make the dressing:

- 2 T Lime juice
- 1/4 c water
- 1 tsp maple syrup
- Pinch of sea salt
- Garlic clove, grated

In a small bowl or jar, whisk or shake dressing ingredients, pour over shredded vegetables and store covered in the refrigerator.

This is great as a stand-alone salad, but also nice added to wraps or sandwiches. Try it mixed in with cooked quinoa.

*This mixture of root vegetables will make a nice skillet hash, just add a little broth or water to a pan over medium heat, stir until softened and season with fresh or dried herbs, salt and pepper.

Shawarma Veggies

6 tablespoons lemon juice

2 tablespoons maple syrup

2 cloves garlic

1 1/2 teaspoons paprika

1 teaspoon cumin

1/2 teaspoon each of cinnamon, turmeric, and coriander

1/2 teaspoon salt and pepper

3 cups sweet potatoes, cubed

1/2 head cauliflower, cut into bite size pieces

1 cup red peppers, chopped

1 red onion, chopped

2 cups mushrooms, halved

1 cup quinoa

Preheat oven to 400 degrees.

Stir together the lemon juice, maple syrup, garlic and spices in a large mixing bowl.

Add the prepared vegetables, mixing well to coat with the sauce. Pour onto two parchment lined sheet pans. Bake for 30 minutes.

While baking, bring quinoa and two cups of water to a boil. Cover and turn down to low and simmer for 10 minutes.

Black Bean Lettuce Wraps

1 1/2 cups cooked or canned black beans
1/4 cup carrot, small diced
1/4 cup celery, small dice
1 lime, zest plus 3 tablespoons juice
2 tablespoons white wine or rice vinegar
1 garlic clove
2 pinches cayenne
1/4 cup olive oil
2 tablespoons cilantro
jalapenos, optional
Romain or Bib lettuce leaves

Whisk together the lime zest and juice, vinegar, garlic and cayenne while drizzling in the olive oil.

Drain and rinse the beans.

In a skillet, add a tablespoon of the dressing and sauté the carrot and celery for a couple minutes to soften.

Add the beans and remaining dressing, tossing to warm through.

Scoop into lettuce leaves, top with cilantro and jalapenos and serve.

Veggie Chips

Sweet Potato

Beet

Zucchini

Turnip

Purple Potato

Red Potato

avocado oil

salt and pepper

onion & garlic powder, optional

Thinly slice vegetables, trying to get them 1/8 in thick. A mandolin makes this much easier, but if you don't have one, take your time and use a sharp knife to make slicing easier.

Place in a large bowl and drizzle with 1 tablespoon of oil. Sprinkle with salt and pepper and optional spices. Toss well to coat.

Spread evenly, barely touching each other onto a baking sheet. Or if using an air fryer, lay in the basket in a single layer.

Bake at 350 for 10 minutes, flip and bake 5 minutes more.

*Variation: make fries by cutting into finger size cuts, toss with oil and seasoning and bake.

Berry Bliss Bites

2 cups coconut shreds

1/2 cup pumpkin seeds

3 dates, pitted and soaked 5 minutes to soften

1 cup blueberries or frozen mixed berries

2 tablespoons of raw cacao powder, optional

1 scoop of protein powder, optional

(1/4 cup gluten free oats or hemp seeds if you don't use cacao and protein)

Place coconut and seeds in a food processor and blend to break down the seeds into meal.

Add the dates and pulse to chop. Add the berries and remaining ingredients and mix well until a dough forms.

If it's too wet add more coconut or oats. Roll into balls and then if desired, coat by rolling in more coconut or cacao powder.