

A vibrant collage of fresh ingredients arranged around a central bowl. The ingredients include: a peach, orange and red bell peppers, ginger, shiitake mushrooms, green edamame, leeks, asparagus, a red apple, cucumber, fennel, an avocado, a zucchini, walnuts, rice crackers, and a bowl of white cubes. The central bowl contains a mix of sliced fruits like orange, kiwi, blueberries, and strawberries. A semi-transparent white rectangle is overlaid on the center, containing the title text.

Wellness Boost Recipe Guide Week Three

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.

Foods 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!!

MY WEEKLY *Meal* PLAN

WEEK :

Shopping LIST

	BREAKFAST	LUNCH	DINNER
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

BREAKFAST, LUNCH, DINNER & SNACKS

You Choose

CHOOSE WHAT LOOKS GOOD TO YOU!



AVOCADO TOAST

INGREDIENTS: GLUTEN FREE BREAD OR BAKED SWEET POTATO SLICE, AVOCADO, KIWI, BANANA OR BERRIES, LEMON JUICE, HEMP SEEDS,



GOLDEN SMOOTHIE

INGREDIENTS: MANGO, ORANGE, CARROT, TURMERIC, COCONUT MILK



CHICKPEA SCRAMBLE

INGREDIENTS: CHICKPEA FLOUR, NUTRITIONAL YEAST, MUSHROOMS, TOMATOES, AVOCADO



BASIL LEMONADE

INGREDIENTS: LEMON, BASIL, DATES, BASIL



LOADED QUINOA BOWL

INGREDIENTS: QUINOA, FLAX, HEMP, ALMOND BUTTER, SUNFLOWER SEEDS, PUMPKIN SEEDS, WALNUTS, DATES, FRESH BERRIES



MILLET BREAD

INGREDIENTS: MILLET FLOUR, PSYLLIUM, SEEDS



BERRY KALE SALAD

INGREDIENTS: KALE, BERRIES, SEEDS, QUINOA, DRESSING



BROCCOLI SALAD

INGREDIENTS: BROCCOLI, CABBAGE, RED ONION, CELERY, SEEDS, SEED DRESSING

You Choose



CREAMY CAULIFLOWER SOUP

INGREDIENTS: BROTH, ONION, CELERY, PARSNIP, CELERY ROOT, CAULIFLOWER, CASHEWS



VEGETABLE POKE BOWL

INGREDIENTS: BROWN RICE, CARROTS, RADISH, RED CABBAGE, ZUCCHINI, PEAS, AVOCADO, COCONUT AMINOS, SESAME OIL, TUNA-OPTIONAL



RATATOUILLE

INGREDIENTS: ONION, GARLIC, EGGPLANT, ZUCCHINI, BELL PEPPERS, TOMATOES, THYME, BASIL



ROASTED VEGGIES AND WHITE BEANS

INGREDIENTS: ASPARAGUS OR BRUSSEL SPROUTS, MUSHROOMS, WHITE BEANS, BALSAMIC VINEGAR, PARSLEY, LEMON



LENTIL LOAF

INGREDIENTS: LENTIL, WALNUTS, OATS, CARROTS, CELERY, APPLE, ONION, TOMATO PASTE, BALSAMIC VINEGAR



AVOCADO LIME PUDDING

INGREDIENTS: AVOCADO, DATES, LEMON, LIME, PLANT MILK



CRISPY CHICKPEAS

INGREDIENTS: CHICKPEAS, LIME, CHILI, GINGER



CHOCOLATE BANANA SMOOTHIE

INGREDIENTS: BANANA, SPINACH, CACAO POWDER, ALMOND BUTTER, CHIA SEEDS, FLAX, PLANT MILK

Avocado Toast

1 piece Gluten free bread

1/2 avocado

lemon juice

pinch cayenne

Top with fruit of choice:

banana, kiwi, berries

Sprinkle with sesame or hemp seeds

Spread half avocado onto bread and sprinkle with lemon juice and cayenne. Top with fruit and seeds.

Golden Smoothie

1 orange, peeled

1 carrot

1 cup frozen mango

1 teaspoon turmeric

1/2 teaspoon vanilla

1/4 cup hemp seeds or walnuts

2 tablespoons shredded coconut

pinch black pepper

3/4 cup plant milk

Blend everything together until smooth. Add ice if you like it cold and thick.

Basil Lemonade

2 cups filtered water
2 lemons, zest then peel
4 leaves basil
4 dates

Add water, lemon zest and whole peeled lemons along with dates to a blender. Blend until smooth. Add basil leaves and blend just to finely chop the basil throughout. Add ice or heat for a warm drink.

Chickpea Scramble

1/4 cup chickpea flour
1T nutritional yeast
1/4 tsp each, turmeric and cumin
1/4 tsp paprika
1/8 tsp sea salt
6 T of water.

2 cups vegetables: onion, peppers, mushrooms...

Add flour, spices and water to a bowl and whisk until smooth.

Let sit while you prepare your veggies.

Chop your desired vegetables and sauté them to your liking, then remove from pan.

Add a drizzle of olive oil to the pan and the chickpea mixture and cook on medium heat until the edges look a little dry. Flip and separate into bite size pieces. Stir until the dough is dry.

Add in the veggies and serve with pepper and hot sauce if desired.

Loaded Quinoa Breakfast Bowl

2 cups water
1 cup gluten free oats
1 cup almond or oat milk
1 banana
1 teaspoon cinnamon
1 tablespoon chia seeds
1 tablespoon flax meal
1 tablespoons sunflower seeds
1 tablespoon hemp seeds
2 tablespoons pumpkin seeds
2 tablespoons chopped walnuts
4 chopped dates
fresh berries

In a saucepan, bring water to a simmer and add the quinoa, mashed banana, cinnamon and chia seeds. Simmer on med-low heat for 10 minutes, stirring occasionally. Add the milk and stir, cook another 5 minutes until porridge like. Remove and stir in the flax seed meal, desired seeds and nuts, dates and berries.

Divide between 2 bowls or store half for another day.

Millet Bread

2 ½ cups millet flour

2 tsp baking powder

¾ tsp sea salt

½ tsp baking soda

2 ½ cups water

1 T cider vinegar

1/3 cup psyllium husks (not powder) – you find these at health food store or in supplement section.

1 cup sunflower or pumpkin seeds (optional)

Preheat the oven to 325 degrees.

Grease a 9x5 bread pan with coconut oil.

In a large mixing bowl, whisk the flour, baking powder, baking soda and salt until combined.

In another bowl, whisk the water, vinegar, and psyllium until blended. Let stand and thicken for about 5 minutes.

Add the wet mixture to the flour mix and add seeds, if using. Use a rubber spatula and completely combine into dough.

Shape the dough into the loaf pan and smooth the top with wet spatula. Sprinkle with seeds if desired.

Bake in preheated oven for 90 minutes until the surface is pale golden brown, dry and crusty. The bread will sound hollow when tapped.

Cool for 15 minutes then remove loaf from the pan and allow to cool completely. Store in an airtight container at room temp for 2 days or refrigerate for a week.

Berry Kale Salad

2 tablespoons lime juice
2 tablespoons rice or cider vinegar
2 teaspoons date syrup or maple
1/4 teaspoon sea salt
1 tablespoon chia seeds

3 cups baby kale
1 cup blueberries
1 cup raspberries
1 cup blackberries
2 tablespoons pumpkin seeds
2 tablespoons slivered almonds

1 cup quinoa, optional

If using, cook quinoa in a saucepan with two cups of water. Bring to boil, cover and reduce heat to low and simmer for 15 minutes or until liquid is absorbed. Let cool.

Combine dressing ingredients in a jar and shake well.

Add kale, seeds and almonds to a bowl along with quinoa, if using. Add some dressing and toss. Serve topped with berries and more dressing to drizzle.

Creamy Broccoli Salad

3 cups broccoli florets
1 cup finely chopped cabbage
1 cup celery, chopped
1/4 cup red onion, diced
1/4 cup sunflower seeds
1/4 cup pumpkin seeds
1/4 cup sesame seeds
1/4 cup hemp seeds

Dressing:

1/3 cup water
1/4 cup lemon juice
2 tablespoons olive oil
1 tablespoon tahini
1/4 cup hemp or sunflower seeds
1 tablespoon dijon mustard
1 teaspoon cider vinegar
1/2 teaspoon salt

In a blender, blend the dressing ingredients until smooth and creamy.

Toss the salad ingredients in a large bowl, add the dressing and mix well to coat. Season with salt and pepper if desired.

Creamy Cauliflower Soup

2 tablespoons olive oil
1 medium onion, chopped
2 cloves of garlic, minced
1 small head of cauliflower, chopped
1 small celery root, peeled and cubed
2 parsnips, peeled and cubed
4-6 cups of vegetable broth (or 2-4 cups broth + 2 cups water) 1/4
cup freshly chopped parsley
1/4 cup freshly chopped chives
fresh horseradish, to taste
Cashew Cream (optional, recipe to follow)
Salt & pepper

Add the olive oil to a soup pot over medium heat and add the onion and garlic with a little salt. Once the mixture starts to soften, add the cauliflower, celery root and parsnips and sauté for 3-5 minutes. Add the vegetable broth and lower the heat. Simmer 25 - 30 minutes. Puree mixture or mash it up with a potato masher for a thicker soup. Season to taste with salt, pepper horseradish and herbs. When serving, top each bowl of soup with a dollop of cashew cream (optional).

Cashew Cream

1/2 cup raw cashews, soaked overnight
1/2 - 3/4 cup water

Drain and rinse cashews. Place in a blender with just enough water to cover the top of the cashews. Puree until smooth. Add more water if needed to create the consistency of heavy cream.

Veggie Poke Bowl

2 cups cooked brown rice

2 cups spinach or mixed greens

1 tsp sesame seeds

1 tsp fresh grated ginger

1 garlic clove, minced

2 tbsp coconut aminos

1 tbsp toasted sesame oil

1/4 cup minced cilantro

1 tsp garlic chili paste if you like spicy

1 Avocado, sliced

1 cup shredded red cabbage

fresh mango, chopped

zucchini, ribbons

jicama, julienne

radish, thinly sliced

snow peas or asparagus

carrot, julienne

cucumber, sliced

(Optional-8 oz ahi tuna, cut into small cubes)

Prepare rice according to directions. Combine ginger, garlic, aminos, sesame oil, sesame seeds, cilantro and chili paste, if using, in a bowl and whisk to combine.

Prepare toppings of choice. To serve, place a handful of greens and a scoop of rice in each bowl. Arrange the toppings around the bowl, spoon sauce over everything.

Ratatouille

1 medium onion, chopped
3 garlic cloves, minced
1 eggplant, cubed
1 zucchini cubed
1 yellow squash, cubed
2 red peppers, cubed
4 large tomatoes, diced
1 teaspoon dried thyme
1/3 cup chopped fresh basil

In a Dutch oven, sauté onions until soft, about 5 minutes.

Add garlic and stir until fragrant, about 1 minute.

Stir in vegetables and season with salt and pepper.

Add 1/2 cup water and thyme, cover and simmer on medium-low for 25 minutes.

Remove from heat and stir in fresh basil.

Serve with quinoa or cooked chickpeas.

Roasted Veggies with White Beans

1 pound asparagus or Brussel sprouts

8 oz. crimini mushrooms, cut in half

1 red pepper

1 tablespoon olive oil

1 tablespoon balsamic vinegar

salt and pepper

1 can white beans, navy or cannellini, rinsed and drained

1 teaspoon minced garlic

1 lemon, zest and 1 teaspoon juice

2 tablespoons parsley, chopped

1 tablespoon olive oil

Preheat oven to 425 degrees.

If using Brussel sprouts, cut in half. Remove hard ends from asparagus and cut into thirds. Place in a bowl with halved mushrooms.

Whisk vinegar, oil, salt and pepper together and pour over veggies. Place onto a baking sheet and bake for 10 minutes. Stir and bake for another 5-10 minutes until tender.

While the vegetables are roasting, Combine the beans and remaining ingredients, toss to coat evenly.

When the vegetables are finished roasting, transfer to serving plate and top with the beans.

Lentil Loaf

1 cup lentils	1 cup walnuts
2 teaspoons olive oil	1 cup sweet onion chopped
3 garlic cloves minced	1 cup celery, minced
1 cup carrot (2-3) minced	1/3 cup apple shredded
1 teaspoon thyme	1 teaspoon oregano
3 tablespoons ground flax seed	1 cup oats
Pinch of cayenne optional	1/2 teaspoon salt and pepper
2 tablespoons balsamic vinegar	1/4 cup tomato paste

Lightly oil or line a 5X9 loaf pan with parchment. Preheat oven to 350. Add lentils to a pot and cover with water. Cook at a simmer for 25 minutes. Drain any remaining water and place in a large bowl, mash them with a fork into a chunky paste.

While the lentils are cooking, warm oil in a skillet over medium -low, add onion, celery, carrot and garlic. Cook and stir to prevent garlic from burning. Cook until onion and celery are tender, about 5 minutes, then stir in shredded apple and herbs, stir for a couple minutes and remove from the heat.

In a food processor or blender, pulse the oats into a coarse flour, then add the walnuts and pulse on and off to break them into small bits.

Transfer the walnuts and oats to the bowl with lentils and add ground flax. Mix to combine.

Stir in the skillet mixture and season to taste. If the mixture seems dry, add 2 tablespoons of water and mix well.

Transfer mixture to prepared loaf pan and press firmly to form a loaf.

In a small bowl combine tomato paste and balsamic vinegar, mix well and spoon over the top of the loaf.

Bake uncovered at 350 degrees for 50-60 minutes, until edges are brown and its firm to the touch. Serve by the slice or crumble over salad.

Lime Avocado Pudding

1/4 cup dates, soaked to soften

1/4 cup lime juice and zest

1/4 cup lemon juice

2 bananas

2 avocados

Add dates, lemon and lime juice to a blender and blend until smooth.

Add the bananas and avocados and blend until creamy.

Chill for three hours.

Crispy Chickpeas

1 1/2 cups cooked chickpeas

1 tablespoon olive oil

1/4 teaspoon chili powder

zest of a lime

1/2 teaspoon grated ginger

1/4 teaspoon salt

Preheat oven to 400. Drain chickpeas and lay on paper towels and dry them.

Stir together the oil and spices, toss with the chickpeas to coat and spread onto a parchment lined baking sheet.

Bake until lightly brown and crisped, about 25-35 minutes.

Chocolate Banana Smoothie

2 cups unsweetened plant milk
1 cup swiss chard or spinach
1/4 cup cacao or carob powder
1 tablespoon chia seeds
1 tablespoon flax meal
1 teaspoon vanilla extract
2 medium frozen bananas, sliced
1 cup ice

In a blender combine everything and blend on high until smooth and creamy.