



HOOKED ON PLANTS

#PLANTSFORAWEEK

NUTRITION + 1 WEEK OF MEALS + 30 RECIPES

WELCOME TO YOUR PLANT-BASED JUMPSTART

Congrats, you're here!

I'm so happy for you that you've come across HOP and this #PlantsForAWeek challenge!

It's a bold move going cold tofu and switching to the whole food, plant-based vegan lifestyle for a week.

It took me a full year to transition into a vegan lifestyle. Making small habit changes over time is what will stick. So, I encourage you to use this handbook as a guided introduction to a (mostly whole food) plant-based lifestyle. This is all about switching out the animals for plants as much as possible, forever.

Let's start with some clarity...

VEGAN:

A way of living that avoids the use of any animal products in food, make up, clothing, furniture...everything. But, french fries and oreos are vegan... so you can be an unhealthy vegan...but this world needs thriving vegans.

Focusing on diversity of plants, and eating WFPB (whole food plant-based) as much as possible is what's going to help you thrive for the long-term.

WHOLE FOOD PLANT-BASED:

A vegan lifestyle consisting of eating plant foods as close to their whole, unprocessed form as possible. We're talking vegetables, fruits, whole grains, tubers, legumes, nuts and seeds, without any animal products (meat, seafood, dairy, eggs). This is the most nutrient-dense, high vibe way you can eat!

There's still room for some treats and processed foods, but the majority of what goes into your bod' is WFPB (don't worry, your meals will be far from rabbit food).

**GIVE @HOOKEDONPLANTS A FOLLOW
TO HELP YOUR TRANSITION**

WHAT'S AHEAD:

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WHO IS JULES?



I'm Jules aka,
@HOOKEDONPLANTS

I've been vegan for 7 years now. Why? Well, at first, while I was becoming an RHN, it was the constant stream of info around eating plants for the anti-inflammatory benefits, disease prevention, longevity, easy weight management and the ability to eat in abundance that got me hooked. That inspired me to dive deep into as much research as I could get my hands on. I made the connection that the most powerful action I could do to reduce environmental destruction is to remove animal products from my life as much as I personally could. Then, I finally made the connection that the animal on my plate simply didn't choose to be there.

I needed an outlet to share this new-found info that I was immediately so passionate about, so Hooked on Plants was created to share the vegan message through good vibes and delicious food.

- Registered Holistic Nutritionist (**CSNN**) & Certified plant-based chef
- Social Media Manager for Complement & No Meat Athlete
- Olympian & TV host
- Coach at Complement Well App
- Certified Vegan Lifestyle Coach & Educator (**Main Street Vegan**)
- Named one of **Canada's Top Vegan Athletes** by Impact Mag



SIMPLE STEPS



- 1 Read through this E-Book & get inspired *bolded black text is clickable*
- 2 Get accountable! Tell me (@[hookedonplants](#)) and your friends that you're doing this challenge and get at least 1 person to join you. Tag @hookedonplants and #plantsforaweek on social
- 3 Stock your kitchen
- 4 Make simple, delicious recipes and experience the vegan eats
- 5 Check out [Complement](#) essentials, superfoods, and snacks to help you thrive (use 'hookedonplants10' for a discount)





BUT, WHY?



THIS WEEK WATCH:



COWSPIRACY (NETFLIX)

THE GAME CHANGERS

WHAT THE HEALTH (NETFLIX)

'THE BEST SPEECH EVER' BY GARY YOUROFSKY (YOUTUBE)

WHY VEGAN

For your health:

- more energy
- stronger immunity
- weight loss
- healthy skin, hair, bones & nails
- smoother digestion
- disease prevention
- lower cholesterol
- more diverse microbiome
- reverse aging**

For the environment:

Animal agriculture is the #1 leading cause of:

- rainforest deforestation
- ocean dead zones
- greenhouse gas emissions
- water use and water pollution
- top soil degradation

For the animals:

Over 56 billion farm land animals are killed each year for food (this doesn't count the trillions of sea creatures). These are sentient beings that have no desire to be on the plate and every desire to live a fulfilling, happy life

Bonus? Minimize world hunger! Lowering the demand for animal products allows the starving population to eat the grain and corn that they now grow and sell to be used to feed animals on factory farms.





NINJA MINDSET



WHAT TO SAY WHEN PEOPLE ASK YOU 'WHY VEGAN':

- FOR OPTIMAL HEALTH + LONGEVITY
- TO HAVE THE LEAST AMOUNT OF IMPACT ON THE ENVIRONMENT
- I SIMPLY DON'T SEE ANIMALS AS FOOD ANYMORE

HAVE AN OPEN MIND

Maybe: you've tried tofu before, but hated it.

Maybe: you want nothing to do with something called nutritional yeast because it sounds far from a cheesy, tasty topping and more like something you'd expect to hear in a doc's office.

Maybe: you're so *over* listening to the preachy vegan that it totally turns you off of this lifestyle.

Maybe: you think there's no way you can get enough protein, nutrients or energy from eating this way?

Maybe: you think it's restrictive, bland, strict & boring?

WELL I'M HERE TO TELL YOU...

- the tofu you had wasn't prepared the right way
- 'nooch' (nutritional yeast) will soon be your new best friend (along with Sriracha, coconut aminos, hummus & tempeh)
- most vegans (just like most people) are cool as a cucumber and excited to help out
- eating a whole food, plant based diet is nourishing, wholesome, delicious, exciting, and (research says) the healthiest lifestyle around
- it can be the simplest and cheapest way to eat (legumes, grains, and produce are the least expensive things you can buy at your market).





NINJA MINDSET



THE BEST PART?
EATING WHOLE FOOD, PLANT BASED
ALLOWS YOU TO
EAT IN ABUNDANCE

This isn't a diet. This is about *freeing* yourself from diets. Get excited about what you get to *add*, not subtract from your life.

COUNT NUTRIENTS, NOT CALORIES

Plant-based foods are naturally higher in fibre, nutrients & water, yet lower in calories. This is the perfect equation for weight loss, satiation and the ability to eat until you're full. *The days of measuring out 1-inch cubes of food on your plate are over.*

FILL THAT BOWL TO THE BRIM, BABY!

WHAT YOU'LL GET TO ADD:

- more whole grains & legumes
- fruits & veggies you've never tried
- new ways (usually easier ways) of cooking
- the wonderful world of dairy-free cheese
- all the amazing new plant-based products popping up *everywhere*
- new restaurants (check out the **Happy Cow App**)

YOU CAN EAT MORE, BECAUSE IT'S THE GOOD STUFF.

Think of what you can *expand* on. You may not like brussel sprouts, but you love cauliflower. Don't force yourself to eat the brussels, but do make yourself cauliflower wings, roasted cauliflower, cauliflower rice, cheese sauce out of cauliflower... You don't have to love every plant food, but you can experience endless creativity with the ones that *you do love*.



STOCK YO' KITCHEN

Since you're going vegan for just a week, don't stress about going all-out if you don't want to. But, just know that the vegan kitchen is next-level awesome.

Keep it seasonal and organic as much as possible!

But don't let this stop you from gorging on fruits and veg.

STEP-BY-STEP:

1) KITCHEN CLEAN OUT

Get rid of the animal products in your kitchen. Either donate it, or pass it on to a friend. Meat, fish, eggs, dairy products & condiments with eggs, milk, or fish sauce.

* This E-book's focus is on the food part of veganism. Once you become comfortable with the food, then you can dive into the fashion & make up side of cruelty-free living. This might sound overwhelming at first, but it's actually really fun to purge your belongings, and discover amazing new vegan companies for fashion, decor and self care!

2) RE-STOCK WITH THESE MUST-HAVES

- Chickpeas (hummus, always), black beans, quinoa, brown rice, artichokes
- Pick up organic tempeh (great for sandwiches) and organic tofu (for scrambles, sauces, stir fries)
- Try out mock meats. Even though these are slightly processed, they are perfect for transitioning to the vegan lifestyle to replace that 'meat' on the plate you're used to. My favourite brands are Field Roast, Gusta, The Very Good Butchers, and Gardein.
- Cheese. The cheese/dairy addiction is real! More on that later. Get yourself on the vegan cheeze program. Miyokos Creamery, Kite Hill, Black Sheep Vegan Cheeze, Blue Heron, Culcherd, Chao, Violife, are all great options. Even Daiya.
- Hit up the bulk section for nuts, seeds, nutritional yeast, dates, dry legumes and grains. Store them in jars ready to use (or get cans of beans if you don't care to go the cheapest route of soaking, then cook them yourself).
- Condiments: coconut aminos, coconut milk (for coco whip and curries), miso paste (in everything), dijon, curry paste, tahini, tomato sauce/paste, veggie broth, bragg's liquid aminos (or tamari), veganaise, and Sriracha!
- Don't forget coconut or almond yogurt, and plant-based milk (almond, coconut, hemp, rice, pea, oat...so many options now!)

STOCK YO' KITCHEN

3) FILL YOUR BOWLS + SHELVES

Fill your bowls and produce drawers to the brim.

This makes it easier to stick with snacking on the go for those *hangry* times.

- **Bowl 1:** onions, garlic, sweet potatoes, potatoes, squash
- **Bowl 2:** tomatoes, pears, avocados, mangos, bananas, ripe persimmons
- **Fridge drawer 1:** romaine, kale, spinach, green onion, sprouts, arugula, zucchini, mushrooms, sprouts
- **Fridge drawer 2:** apples, oranges, berries, lemons, limes
- **Fridge shelf:** broccoli, cauliflower, snap peas, carrots, radishes, celery, cucumber

4) STOCK YOUR FREEZER

- **Ripe bananas** (with spots is the way they should be eaten for best digestion): peel, then break in half and store them in a big ziplock, ready for smoothies or banana ice cream
- **Berries:** You can never have too many frozen berries (stock up on organic ones in the summer or when they're on sale)
- **Frozen veggies:** most of the time they're fresher than the ones in the produce section because they are frozen at their ripest stage. Perfect for adding to a quick dinner.
- **Ice cream:** explore the amazing vegan options! Coconut Bliss, UmaLuma, Say Hello Sweets, Sorbatto)
- **Quick store-bought fixes:** veggie burgers, Gardein fish + chicken sticks, Yves balls

5) SNACKS

Keep it on the 'whole food' side to feel your best.

- straight up fast food: FRUIT
- hummus & veggies & crackers
- dried fruit (apricots, figs, pears)
- apples & nut butter or date caramel
- dates or date balls
- avo toast, or toast with tomato and veganaise
- rice crackers with banana + nut butter
- seaweed snacks & kale chips
- frozen grapes
- smoothies
- rawnola (recipe below)
- It's important to have fun exploring vegan treats too: vegan dark chocolate, baked chips, veggie chips, vegan cookies, vegan bars...

THE 80/20 RULE

EAT WHOLE PLANTS 80-90% OF THE TIME, THEN GIVE YOURSELF SOME TREATS TO TOP IT OFF
(MOCK MEATS, VEGAN COOKIES + ICE CREAM!)

THIS IS LIFE, AFTER ALL.



NUTRITION GURU YO'SELF



DIGESTION:

- When you switch to eating a plant-based diet, or simply add more plants into your life than you're used to, you might notice bloating, gas, indigestion, AT FIRST. This is because your body isn't used to the amount of fibre you're now feeding it.
- Fibre is gold! We all need more of it. It helps detoxify your body, fuel your healthy gut microbiome, shed those extra pounds, smooth out digestion, and prevent heart disease and diabetes.
- Start slowly. Rather than eating a whole cup of beans, start with half a cup. Soak your legumes and grains in water for a minimum of an hour or overnight, then rinse, then cook. This process will start the sprouting process and get rid of the phytic acid that is hard for some to digest.

MIROBIOME (IN A NUTSHELL):

10 to 1: the ratio of bacterial to human cells in our body! The 100 trillion bacteria mostly live in our intestinal flora. Having a healthy microbiome leads to smooth digestion, easy weight maintenance, strong immunity, gene manipulation/disease prevention, and even more energy and a better mood. The best way to create a healthy gut microbiome? Eat a variety of whole plant foods (including fermented foods) packed with FIBRE, manage your stress, exercise often and avoid animal products.

Eat in a calm state:

Your body cannot digest food when you're in the state of fight or flight. The adrenal system and the digestive system physically cannot work at the same time! Being stressed or in a rush when you're eating is the worst combination your body can be in. Take a moment before your first bite to sit down and breathe deeply. Be grateful for your food.

Chew your food!

Simple right? Most of us eat way too fast. Next time you're eating, count your chews, then add 10 more. You want your food to be nearly liquid by the time it heads down your throat.

WHY? The digestive enzyme that starts the breakdown of carbohydrates, salivary amylase, is created by saliva in your mouth. If you bypass this process by swallowing big chunks of food, your stomach will have to break down the carbohydrates in those chunks, but it's not nearly as effective as the work salivary amylase does.

Avoid drinking liquids after your meal, and if you need to during, just a few sips.

Drink your bebies 15 minutes before you eat.

WHY? Adding liquid to the digestive process will thin out the digestive enzymes and HCL acid in your stomach, which will hinder the breakdown and assimilation of nutrients in your food.





NUTRITION GURU YO'SELF



MAKE FRIENDS WITH CARBS (THE RIGHT ONES)

- Refined carbohydrates are the culprit for giving carbohydrates a bad reputation.
- **Avoid:** processed, refined carbs (examples: cookies, chips, fried fries, white breads, white rice, white pastries) as much as possible.
- **Eat in abundance:** whole, plant carbohydrates
- Whole Plant Carbohydrates are what our bodies thrive on: Fruits, Veggies, Whole grains, Legumes, Tubers (taters) are the base of the whole food plant based lifestyle. Then top it off with some whole plant food fat sources like nuts, olives, seeds, avocado.
- These foods are high in fibre, water, vitamins, minerals and nutrients, yet low in saturated fat & cholesterol, plus have more than enough protein for any type of person!
- The sheer bulk and volume of these foods will allow you to feel full and satisfied without over eating calories.

COUNT YO' NUTRIENTS

- Avoiding empty calories and understanding nutrient density will allow you to eat more (in volume), and still lose weight!
- Look at a food and think "How many nutrients for the amount of calories am I getting from this?"
- What are nutrient-dense foods? (Eat MORE of)
Whole, plant foods
- What are calorically-dense and nutrient-lacking foods? (Eat LESS of)
Animal products & refined fats (oils) and carbohydrates (white rice, bread, cookies...)

BUT, I COULD NEVER GIVE UP CHEESE!

Watch this Neal Barnard video explaining cheese

Cheese is usually the last to go.

Why?

The *cheese addiction* is real. Cheese is the fat left over from the cow's milk, made into condensed blocks with pus, salt, estrogens and sometimes antibiotics. It also has something called casomorphins (which acts as an opioid). Casomorphins are in the Mama cow's milk to ensure the calf keeps coming back for it's bovine growth fluid to become a 400-pound cow. It's simply not meant for human consumption, yet humans are the only species on earth that drink another species milk. Condense this into a block, and you have a highly addictive cheese plate!

Once people give up cheese, they also often say goodbye to congestion, acne, sinus issues and a lot of the time, excess weight. New vegan cheeses are popping up everywhere now, and their textures and tastes are ridiculously amazing. Give them a try.



NUTRITION GURU YO'SELF



WHERE DO YOU GET YOUR PROTEIN ?

PROTEIN COMES FROM PLANTS FIRST.
 MOST PEOPLE ARE GETTING TOO MUCH PROTEIN.
 ALL PLANTS HAVE ALL AMINO ACIDS.

- Skip the middle man (the animal), and get your protein straight from the source (plants).
- The largest, strongest animals on the planet are herbivores (elephants...gorillas).
- High animal protein diets can lead to diabetes, heart disease, weight gain & kidney issues.
- The only way you can be low in protein on a plant-based diet is if you simply aren't eating enough calories.
- You don't need as much protein as you think (10% of your diet, or 0.8g/kg of body weight as a typical person, a bit more as an athlete). Getting protein from plants provides you with all you need, but not too much, just as nature intended.

PROTEIN MYTH:

You must eat a full spectrum of all amino acids in one meal to get all essential amino acids (a complete protein) from plants.

MYTH BUSTED:

As long as you're eating a variety of plant foods and enough calories, your body will pool the extra amino acids that you ate a couple days ago, and pair them with the new amino acids you consume to create a complete protein! Smart body :)

Plants have all the amino acids you need to create a complete protein in your body.

<p>PLANT PROTEIN PACKAGE</p> 	VS.	<p>ANIMAL PROTEIN PACKAGE</p> 	
<p>COMES WITH</p> <ul style="list-style-type: none"> FIBRE LOTS OF ANTIOXIDANTS ALKALINE-FORMING ELEMENTS LOTS OF PHYTONUTRIENTS WATER CONTENT <p>COMES WITHOUT</p> <ul style="list-style-type: none"> HORMONES ANTIBIOTICS CHOLESTEROL GROWTH FACTORS ANIMAL SUFFERING 	VS.	<p>COMES WITH</p> <ul style="list-style-type: none"> SATURATED FAT CONTAMINANTS ANTIBIOTICS HORMONES CHOLESTEROL ARACHIDONIC ACID ANIMAL SUFFERING ACID-FORMING ELEMENTS CANCER-PROMOTING GROWTH FACTORS <p>COMES WITHOUT</p> <ul style="list-style-type: none"> FIBRE WATER CONTENT 	



SUPPLEMENTS



Eating a diverse whole food, plant-based diet will provide you with an abundance of easy-to-assimilate nutrients, vitamins, minerals, phytonutrients, and antioxidants.

But, for your best health, there are just a handful of nutrients of importance that everyone should should *complement* your diet with to ensure thriving for the longterm.

B12

What's it good for?

Nerve and blood cell health, nervous system regulation, depression reduction, helps make DNA, converts carbohydrates into glucose in the body, digestive support, skin & hair renewal.

What you should know:

B12 comes from the microorganisms in the soil. The reason meat is a source of B12 is because these animals are eating plants with dirt on them. Rather than getting it from animal meat, we can by-pass the middle man and go straight to the source.

Food sources:

Nutritional yeast (nooch), fortified cereals, and fortified soy, soil on organics.

Recommendations:

~Methylcobalamin and adenosylcobalamin for best absorption.

VITAMIN D

What's it good for?

Healthy bones & teeth, depression prevention, strong immunity, insulin regulation, cancer prevention.

What to know:

Vitamin D is synthesized in your body by sunlight exposure. If you get 10 minutes of sunlight to the bare skin (arms, legs and face) daily, you should be good. But, for most of us that's simply not possible. Taking a Vitamin D supplement is a must a must to ensure your levels are optimal.

Food Sources:

Mushrooms, fortified plant milks.

Recommendations:

Vegan D3 by Vitashine sourced from lichen is the most absorbable.
2000IU daily.



SUPPLEMENTS



MICRO ALGAE EPA/DHA OIL

What's it good for?

Polyunsaturated (long-chain) Omega 3 Fatty acids EPA/DHA are important for brain, eyes and nervous system, healthy cognitive function, preventing brain shrinkage, and helping cardiovascular health

What to know:

Rather than getting it from fish oil, which comes with harmful toxins, pollutants, mercury (because all of this is stored in the fish's fat), let's go straight to the source! Micro-algae is the most beneficial and potent way of getting in your EPA/DHA.

Food Sources:

Flaxseed, pumpkin, hemp seed, walnuts provide ALA omegas which our bodies convert to usable EPA/DHA. The problem? Most bodies are inefficient at this conversion.

Recommendations:

Ensure the micro-algae is sustainable, pure and grown under controlled conditions.
300mg of DHA, 150mg of EPA/day

OTHERS TO ADD: K2, ZINC, MAGNESIUM, SELENIUM IODINE

K2: the only plant source is 'natto' (which doesn't taste very good, and isn't consistent in the western diet). It's important for heart health and bone health within the body. 50mcg / day is recommended.

Zinc is in legumes and grains, but since this is such an important nutrient for immunity and overall health, adding a daily dose is recommended.

Magnesium: soil depletion is a major source of magnesium deficiency for vegans and non-vegans. It's important for energy, metabolism support and heart health.

Selenium helps your brain, mood and works with iodine to support thyroid health. Brazil nuts contain this mineral and antioxidant, but our soil health doesn't produce the same nutrient density as it used to so it's important to add this nutrient to your day.

Iodine can be found in seaweed and iodized salt, but if not eaten consistently, iodine deficiency comes easily (deficiency is the leading preventable cause of intellectual and developmental disabilities and thyroid health and metabolism issues). It's important to get 15mcg/day sourced from kelp.

COMPLEMENT VEGAN ESSENTIALS
JUST THE 8 IMPORTANT NUTRIENTS
USE CODE: 'HOOKEDONPLANTS10'

TIRED?

SIMPLY EAT MORE WHOLE PLANT FOODS AND FOCUS ON DIVERSITY!
THIS LIFESTYLE IS NATURALLY LOWER IN CALORIES YET HIGHER IN VOLUME
SO YOU NEED TO EAT MORE!





1 WEEK OF MEALS



BREAKFAST

LUNCH

SNACK

DINNER/DESSERT

MONDAY

Overnight Buckwheat Oats + banana + berries + plant yogurt

Daily smoothie

TLT - Tempeh, Lettuce, Tomato sandwich

Apple & medjool dates

Leftover Smoothie

Easy veggie curry
Choice of grain
Mega salad

Banana ice cream

TUESDAY

Quinoa Oatmeal + Coconut yogurt + Fruit

Daily smoothie

Leftover veggie curry

Whole grain sourdough/rye/or sprouted toast + vegan butter or cheese

Hummus and raw veggies

Smoothie

Glory Bowl

Carrot cake balls

WEDNESDAY

Rawnola + Fruit

Daily smoothie

Leftover Glory Bowl ingredients in a wrap with hummus, greens+ saurkraut

Smoothie

Date balls

Avocado Pasta + Vegan parm Salad

Sweet potato brownies

THURSDAY

Left over quinoa Oatmeal or Buckwheat Oats

Daily Smoothie

Chickpea Tuna Salad wrap

Smoothie

Fruit

Roasted cauliflower
Choice of grain
Salad

Carrot cake balls

FRIDAY

Avocado Tomato Toast

Daily smoothie

Roasted cauliflower (leftover) wrap with greens, hummus, cucumber, quinoa/rice.

Smoothie

Rawnola

Fully Loaded Sweet potatoes

Sweet potato brownies

SATURDAY

Vegan Omelette with hollandaise on toast

Daily smoothie

Sweet potato toasts with toppings of choice (avocado & nooch, banana & almond butter)

Smoothie

Crackers & cheese (cheese log recipe, or Miyokos/Violife/Tree of Life)

Mexican Bowl (make extra brown rice for tomorrow's dinner)

Popcorn

SUNDAY

Banana Pancakes + maple syrup + lotsa fruit!

Mexican Burrito with left overs

Smoothie

Butternut Mac & Peas

Dark Chocolate





'MEAL PLAN' NOTES



- This 'meal plan' is just a good example of a week of simple healthy vegan recipes. It's not strict by any means, so feel free to switch in your favourite plant-based recipes. This is meant to be a week of inspiration!
- There are repeats, to show you that you don't have to spend hours in the kitchen. At the end of the week you should still have some delicious leftovers!
- Simplify it by skipping a few recipes, and making more volume of the ones you do make!
- Eating this way means you don't have to worry about eating too much. The nutrient density of these high-fibre meals will leave you satiated, making it difficult to over-eat.
- Everyone needs a different amount of food, so go ahead and eat until you're satisfied!
- Load up on the fruit toppings and consume salads twice as big as you're used to. If you're looking for more variety, check out www.hookedonplants.ca for recipes.
- Drink a smoothie a day! Making a big green smoothie every morning not only gives you a burst of nutrients to start your day, but the left over smoothie in the fridge allows you to have an easy and nutritious beverage to sip on when you have that junk food craving or feel low energy.
- Keep the ball rolling after this week! Eat as plant-based as possible for a couple weeks (that's how long it takes for taste buds to change), or try slowly transitioning by cutting out meat the first month, then dairy, then fish, then eggs... You know yourself best; take it one step at a time, or go 'cold tofu'.
- Drink your favourite beverages throughout the whole week with some changes. Substitute the honey for maple syrup in your coffee or tea. Substitute cream for vegan creamer or your homemade plant-based milk! Substitute pop for kombucha.

- Fill ziplocks with smoothie ingredients in the fridge (then just add frozen fruit and powders in the AM)
- Soak your buckwheat oats
- Peel, halve and freeze ripe smoothie bananas in a big ziplock
- Wash your greens
- Soak 2 + 3/4 cups of raw cashews in a jar in the fridge (for carrot cake, hollandaise and cheeze log recipes)

GET PREPPY

- Grain + Bean of choice
- Quinoa oatmeal
- Roasted veggies
- Date balls
- Go-To Lemony Nooch dressing
- Glory Bowl dressing
- Hummus
- Curry Tahini sauce
- Smokey Cashew Parm
- Make almond or hemp milk (if you don't buy it)

MAKE AHEAD



BREAKFAST RECIPES



OVERNIGHT BUCKWHEAT OATS

Make a batch for the week

- 2 cups oats
- 1 cup buckwheat
- Add ins: raisins, cinnamon, chia seeds, hemp seeds, matcha powder, cacao powder...
- 1 cup plant milk
- 1/4 cup coconut yogurt
- 1 banana
- 1/2 cup-1 cup berries

Directions:

- 1) Add 1 cup dry mix + 1 cup plant milk into a tupperware
- 2) Let soak overnight (or 30 minutes) in the fridge
- 3) In the AM, top with coconut yogurt and fresh fruit of your choice



HEMP MILK

- 1 cup shelled hemp seeds or hemp hearts (same thing)
- 1.5 tbsp maple syrup
- 1 tbsp cinnamon
- 4 cups water

Directions:

- 1) Blend all ingredients in a high-speed blender for 45 seconds to 1 minute (store for up to a week in the fridge)



CACAO RAWNOLA

Serves 1-2

- 1/2 cup raw oats (gluten-free if needed)
- 1/2 cup shredded coconut
- 7-10 pitted dates
- 1 tbsp cacao

Directions:

- 1) Add oats, coconut, cacao and 3-4 dates to a food processor or high-speed blender. Pulse until dates are evenly mixed.
- 2) Continue to add the dates until your desired texture is reached. You may need all of them, you may not... this depends on the gooeyness of your dates
- 3) Sprinkle generously on your Banana Soft Serve, smoothie bowl, or Jules Fuel, or just pour some Vanilla Date Almond Milk over it in your favourite bowl and call it a really really good morning;)



*PRESS THE RAWNOLA INTO BARS FOR ADVENTURE SNACKS



BREAKFAST RECIPES



DAILY SMOOTHIE / SMOOTHIE BOWL

Serves 1-2

QUINOA SUPERFOOD OATMEAL

Serves 4-6

- 3-4 kale leaves, de-stemmed
- 1 cup spinach
- 1 inch thumb of ginger root
- 2 frozen bananas
- 2 medjool dates
- 1-2 cups frozen berries (your choice)
- 1 tsp spirulina
- 1½ cups almond milk, or hemp milk

Optional add-ins:

- More greens if you can handle it! Spinach, cucumber, celery, romaine...
- 1-inch thumb turmeric root
- Water (if you want a drinkable smoothie instead)
- Your favourite vegan greens powder
- Carrot
- Cauliflower
- Apple
- Beet

Toppings (for smoothie bowl):

- Raw cacao nibs
- Coconut shreds
- Jules Fuel Buckwheat Oats
- Banana/Berries/Mango
- Hemp seeds

Directions:

- 1) Layer it in your blender like this: greens, ginger, powders, bananas, frozen fruit. Add liquid and blend.
- 2) Add water if you want a drinkable smoothie instead of a spoonable one

- 1 bag of Jules Fuel Quinoa Oatmeal (quinoa, oats, goji berries, chia seeds, flax seeds, sunflower seeds, pumpkin seeds, raisins)
- 2 cups water
- Coconut yogurt
- Berries of your choice

Directions:

- 1) Pour contents of the bag of Jules Fuel into a pot, add 2 cups of water
- 2) With lid on, bring to a boil, then stir.
- 3) Put lid back on and let simmer for 10 minutes
- 4) Serve 1/2 -3/4 cup into a bowl and top with your fave toppings like coconut yogurt, almond butter, maple syrup, jam, lotsa fruit

~ Store in the fridge for up to a week ~



*Morning reminder:
Oats with a side of Complement essentials.



BREAKFAST RECIPES



OMELETTE + HOLLANDAISE

Serves 2

Omelette:

- 1½ cups (350g) firm tofu, patted with tea towel to remove excess liquid
- ⅓ cup chickpea flour
- ½ cup milk
- 2 tbsp tapioca flour
- 1tsp garlic/onion
- ½ tsp turmeric
- ½ tsp black salt
- ¼ cup nutritional yeast

Omelette Filling:

- 2 cloves garlic
- 1 tsp coconut oil
- Choice of veggies, diced (mushrooms, peppers, spinach, red onion)
- Vegan cheese Chao, Black Sheep, Gusta are all good options
- Avocado
- Dash of Pepper

Scroll to 'sauces' for Hollandaise Sauce

Directions:

- 1) Sauté garlic and veggies (with a bit of water)
- 2) Blend all omelette ingredients in your blender until smooth.
- 3) Heat a non-stick pan to medium heat, add oil, pour half of the mixture onto the oiled pan and set timer for 2 minutes 30 seconds. DO NOT TOUCH.
- 4) When the timer goes off the omelette should be darkening on the top, with a few bubble holes. Cover half of the omelette with half of the fillings. Fold one side over to create your vegan omelette!
- 5) Place lid on the pan and let cook for a minute to melt that cheese. Serve with avocado slices and a mega-drizzle of hollandaise sauce.

~Helloooooo Brunch~



BANANA BLUEBERRY PANCAKES

Serves 2-3

- 2 cups oats (gluten free if needed)
- 3 bananas, spotty and ripe
- 1 tsp cinnamon
- 1 tsp vanilla
- 1 cup blueberries
- 1/2-3/4 cup almond milk

Directions:

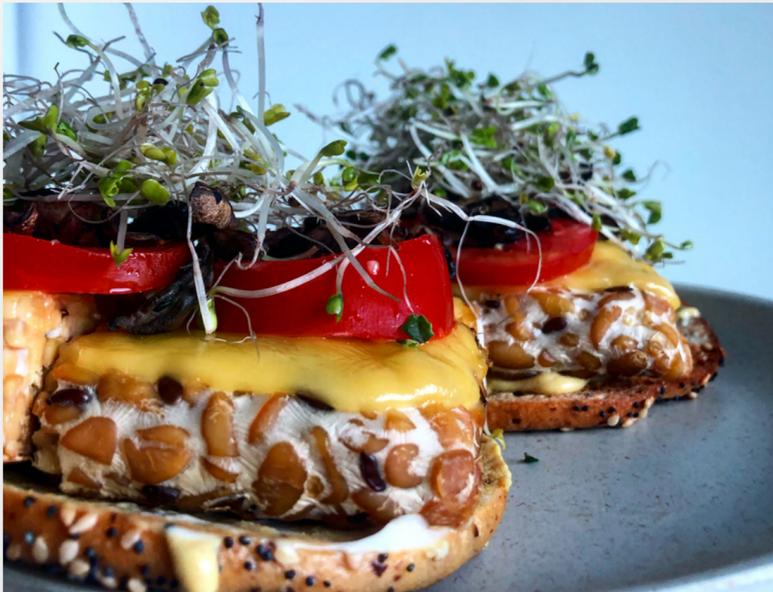
- 1) Add oats to blender. Blend into a flour
- 2) Add the rest of the ingredients, except blueberries, blend until smooth
- 3) Mix blueberries into batter
- 4) Heat pan on low heat
- 5) Spoon pancakes into pan and cook for 3-4 minutes (until you see little bubbles appearing)
- 6) Flip, then cook for another 2 minutes
- 7) Drizzle with maple syrup and top with fruit

**Drool-worthy tip: add cacao powder to your maple syrup!*





LUNCH RECIPES



EVERYDAY ' TLT ' SANNY

- 1/2 tomato
- 4 leaves of romaine
- 6 slices of tempeh (can be found pre-marinated and pre-sliced in most grocery stores!), heated in a non-stick pan
- Fave bread (rye sourdough, mmm)
- 1 tbsp vegan mayo (Hellman's or Veganaise)
- 1 tbsp dijon mustard

Directions:

- 1) Toast yo' bread
- 2) Sandwich it up with all the ingredients!



CHICKPEA NO-TUNA WRAP

Serves 3

- 1 can of chickpeas, rinsed
- 1-2 celery stalks, minced
- 1 green onion, minced
- 2 tbsp capers
- 1/4 cup nutritional yeast
- 1 tbsp tamari
- 1/3 cup mixed seaweed flakes or dulse flakes (or 1 nori sheet either minced or ground with a coffee/spice grinder)
- 1 tbsp dijon mustard
- juice of 1/2 lemon
- 1-2 pinches cayenne pepper
- 1/8 tsp black pepper
- 1 clove garlic, minced or pressed
- 1/2 avocado

Directions:

- 1) In a big bowl, mash the chickpeas and avocado with a potato masher, fork, or pulse them in a food processor
- 2) Mix in the rest of the ingredients
- 3) Serve it up with tomatoes and lettuce in a tortilla wrap, a romaine boat, a collard green wrap, in a sandwich, on a salad, or on an open-faced toast with melted vegan cheese!



IN A RUSH 'AVOTATO' TOAST

Serves 1

- 1/2 avocado
- 1/2 tomato, sliced
- 2 tbsp nutritional yeast
- 1 tsp garlic powder
- 1 tsp lime juice
- 2-4 slices of whole grain toast

Directions:

- 1) Mash avocado with lime + garlic powder
- 2) Toast your bread, and spread the avo
- 3) Top with tomato + nutritional yeast

VEGAN 'DELI-MEAT' SUBS:

SEITAN
 TEMPEH
 SMOKED TOFU
 JACKFRUIT



LUNCH RECIPES



SWEET POTATO TOASTS

Serves 1-2

- 1 sweet potato, sliced in ¼ inch discs

Choice of toppings:

- Peanut or almond butter
- Berries & bananas
- Avocado
- Nutritional yeast
- Sauerkraut
- Basil
- Sprouts
- Hemp seeds
- Chia seeds
- Fresh herbs

Directions:

- 1) Toast your sweet potato 2-4 times depending on the heat your toaster or toaster oven brings! When it's browning, you're ready to go to the next step
- 2) Top it! Get creative and make art in the form of potato toast!



SIMPLE VEGGIE CURRY

Serves 4

- 1 large sweet onion, diced
- 4 cloves garlic, crushed
- 2cm ginger thumb, minced
- 2 heads of broccoli, chopped
- 2 red peppers, chopped
- 1 can coconut milk
- 1 jar green curry paste (112 grams)
- 3-4 potatoes, cubed (or 2 cups brown rice, cooked)
- 1 cup green peas
- sprouts of choice for topping
- cilantro, chopped, for topping
- cashews, chopped, for topping (optional)

Directions:

- 1) Steam potatoes until your fork can pierce through them (about 15 minutes). Or, cook up some rice if you like rice more!
- 2) Oil-free sauté: Heat up a large pan to medium (sprinkle pan with water, and if a ball of water forms, it's hot enough). Add onions to the heated pan. Stir frequently, until the pan is browned (about 5 minutes). Add enough water to de-glaze the pan (the onions should look brown and caramelized).
- 3) Add garlic and ginger. Sauté 1 minute.
- 4) Add peppers and broccoli. Sauté 1 minute.
- 5) Add half of the coconut milk with the whole jar of green curry paste. Mix these liquids together with the veggies until the curry is all mixed in. Add the rest of the coconut milk.
- 6) Let simmer 5-10 minutes. Add the potatoes and green peas for the last 2 minutes.
- 7) Serve it with sprouts, cilantro & cashews.

I WANT TO SEE YOUR
RECIPES!
TAG @HOOKEDONPLANTS
#PLANTSFORAWEEK





DINNER RECIPES



GLORY BOWL

Serves 2-4

- 2 cups of your favourite grain (brown rice, wild rice, quinoa, wheat berries...)
- 2 cups red or green lentils, rinsed
- 3 sweet potatoes (get different colours if you can find them!), sliced into 1/4 inch rounds
- 1 tsp each of salt and pepper
- 4 cups (or more) arugula or spinach
- raw veggies of choice, grated or spiralized (I use carrots, beets, zucchini, or red cabbage)
- 1 cup green peas, cooked from frozen according to package
- avocado slices (optional)

Miso Tahini Sauce:

- 1/4 cup tahini
- 1/4 cup miso paste
- 1/4 cup nutritional yeast
- 1 tbsp apple cider vinegar
- 1 tsp tamari
- 1 tbsp maple syrup
- 1/2 cup of water (or more depending on the consistency you like)

Directions:

- 1) Preheat oven to 415 F
- 2) Cook your grain of choice
- 3) Cook the lentils in a separate pot
- 3) Bake sweet potatoes: lay out rounds on parchment covered baking pan, sprinkle with salt and pepper. Bake for 30 minutes, flipping once half-way through
- 4) Grate or spiralize your raw veggies of choice
- 5) In food processor or blender, blend the Miso Tahini Dressing ingredients until smooth
- 6) Pack your bowl with each ingredient, then drizzle the dressing all over!



AVO PASTA + SMOKED PARM

Serves 4

- 2 yams or zucchini, spiralized or 1 package brown rice spaghetti
- 2 ripe avocados
- 2-3 cloves garlic
- ¼ cup nutritional yeast
- Lemon zest from 2 lemons (do this before you juice the lemons)
- Juice of 2 lemons
- 1 red pepper, diced
- ½ cup black beans, rinsed

Directions:

- 1) If using pasta instead of yams, boil water in a large pot and cook pasta according to directions
- 2) Meanwhile make the sauce: add avocado, lemon juice, garlic, nutritional yeast to food processor and blend until smooth.
- 3) Strain pasta and pour it back into the large pot. Add the sauce and mix into pasta thoroughly
- 4) Top it off with beans, red pepper, lemon zest and smokey vegam parm! (See sprinkle section below).



Try these Sweet Potato Pierogies! (on the blog)



DINNER RECIPES



ROASTED CAULI + CURRY TAHINI SAUCE

Serves 2-4

- 1 head cauliflower
- 1 cup spinach
- 1 cup quinoa, cooked

Curry Sauce:

- ½ cup tahini
- 3 tbsp maple syrup
- 1½ tbsp curry powder
- ¼ tsp sea salt
- 3 tbsp apple cider vinegar
- 1 tbsp dijon mustard
- ½ cup water
- ½ cup plain, unsweetened almond milk (or any other plain, unsweetened plant-milk)

Directions:

- 1) Pre-Heat oven to 400°F
- 2) Meanwhile, make the sauce: blend all sauce ingredients together EXCEPT for the almond milk.
- 3) Place cauliflower head, stem-side down, in an oven safe baking dish.
- 4) Pour half of the sauce over the cauliflower and spread evenly with your hands over the whole head of cauliflower.
- 5) Place cauliflower back in the dish, and fill the dish with ½ inch of water.
- 6) Bake for 50 minutes
- 7) When you take the cauliflower out, heat up the rest of the sauce in a small pot with the leftover ½ cup of almond milk.
- 8) Serve the cauliflower with a good drizzle of the the warm sauce, on top off a bed of spinach and quinoa.



FULLY LOADED SWEET POTATOES

Serves 2-4

Base:

- 4 Sweet Potatoes
- 1 cup rice
- 1 can black beans, drained + rinsed

Guacamole:

- 1 avocado
- Juice of 1/2 a lime
- 1tsp garlic powder

Salsa:

- 5 roma tomatoes
- 1/2 cup cilantro
- 1/2 red onion
- 2 garlic cloves

Cheezy Sauce:

- 1/2 cup cashews, soaked at least one hour in water
- 1/4 cup nutritional yeast
- 1 tsp garlic powder
- 1/2-1 cup water
- 1 tsp apple cider vinegar

Directions:

- 1) Preheat oven to 400 F.
- 2) Cook rice according to directions.
- 3) Bake potatoes: Poke holes in potatoes with fork, place on parchment paper-covered pan. Bake 45 mins.
- 4) Blend all Cheezy Sauce ingredients in blender.
- 5) Make Salsa: Pulse all ingredients food processor.
- 6) Make Guacamole: Mash all ingredients in a bowl.
- 7) Assemble: Layer your ingredients starting with your potato ! Sweet potato-rice-beans-guac-salsa-cheeze sauce and VOILA!



DINNER RECIPES



BUTTERNUT MAC + PEAS

Serves 8-10

- 1 bag (350g) of whole grain pasta noodles (go for brown rice or quinoa pasta)
- 1 head of broccoli, chopped
- 1 cup green peas, frozen
- 4 sprigs parsley or sage

Butternut Cheeze Sauce:

- 1 - 1 1/2 cups almond milk (unsweetened, plain)
- 1 yellow onion, chopped
- 4 cloves garlic, minced
- 1 large butternut squash, halved lengthwise, seeds scooped out
- 1/4 cup vegetable broth, or 1 tbsp better than boullian paste or powder
- 3/4 cup nutritional yeast

Directions:

- 1) Pre-heat oven to 400°F
- 2) Bake butternut squash: place face-down on parchment paper or reusable cooking sheet-covered pan. Bake for 30 minutes.
- 3) Meanwhile, sauté onions and garlic with water or 1 tsp coconut oil
- 4) Pour the onions and garlic into
- 5) Cook pasta al denté: fill up the same pot with water and a pinch of salt, bring to a boil, add pasta and cook a couple minutes less than what the directions recommend
- 6) Make sauce: scoop the roasted squash into the blender with the garlic and onion. Add nutritional yeast, vegetable broth, and 1 cup almond milk. Blend until smooth. Add more almond milk to blend if needed.
- 7) Strain the pasta and pour it into a deep dish baking dish. Add sauce, peas and broccoli. Mix.
- 8) Cover with tin foil and bake for 10-15 minutes. Remove foil and broil on low for 2 minutes
- 9) Serve with parsley, a sprinkle of smokey vegan parmesano (recipe below) or Violife parm!

MEXICAN BURRITO BOWL

Serves 4

- 2 cups brown rice, cooked
- 1 can black beans, rinsed
- 1 cup corn kernels, thawed
- 1 tsp chili powder
- 1 tsp paprika
- 2 avocados
- 1/4 cup nutritional yeast
- 1 tbsp lime juice (1 small lime)
- 2 cloves garlic, minced
- 2 tomatoes, diced
- 1/4 red onion, diced
- 1/4 cup cilantro

Tofu Sour Cream:

- 1 package silken or soft tofu (400g)
- 1 tbsp apple cider vinegar
- 1 tbsp lemon juice
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp sea salt
- 1/4 cup + 2 tbsp unflavoured plant milk

Directions:

- 1) Mash avocado, 1/2 lime juice, nutritional yeast and 1/2 of garlic together, set aside.
- 2) Make salsa: mix tomato, red onion, rest of the lime, rest of garlic and cilantro together.
- 3) Mix the beans with paprika and chili powder.
- 4) Blend all sour cream ingredients until smooth.
- 5) Fill your bowl! Top with vegan sour cream.



SNACKING & DESSERTS



CHEEZE LOG

- 1 cup raw cashews, soaked overnight, then strained (or if you're in a hurry, pour boiling water over your raw cashews and let soak for 30 minutes)
- 1/4 cup nutritional yeast
- 3 cloves garlic
- 1/8 tsp salt
- 1/8 tsp pepper
- 1/2 tsp turmeric powder
- zest of half lemon (zest before cutting and squeezing the lemon)
- juice of 1 lemon

Outer herbs:

- 2 tbsp fresh thyme, minced
- 2 tbsp fresh chives, minced

Directions:

- 1) Blend all 'cheeze' ingredients together until smooth and creamy in your food processor
- 2) Place mixture into two layers of cheesecloth or a nut milk bag and squeeze into desired shape. Tighten by twisting the mesh cloth.
- 3) Leave your 'cheeze' in the fridge over a colander (some liquid may drip out) for at least 6 hours (the longer the better!)
- 4) Take it out of the cheese cloth and roll it with thyme and chives (a bit messy but helps the log keep its shape!)
- 5) Serve with your favourite crackers, chips, or veggies!



JULES FUEL BUCKWHEAT DATE BALLS

- 8-10 medjool dates (depending on size)
- 1 cup Jules Fuel overnight buckwheat oats (matcha date, or blueberry cacao)

Directions:

- 1) Put all ingredients into your food processor.
 - 2) Blend for about a minute, or until the mixture resembles a crumbly granola. You should be able to pick some up, squish it, and it will stay together.
 - 3) Roll into 1-inch balls.
 - 4) Store in freezer or fridge.
- Take them with you for your next adventure, a long day at the office, or a road trip!

OIL-FREE POPCORN



- 1/2 cup organic popcorn kernels
- 1 tbsp brags liquid aminos
- 3 tbsp nutritional yeast

Directions:

- 1) Air pop kernels into a bowl and squire and sprinkle with toppings!



SNACKING & DESSERTS



CARROT CAKE

Dry Ingredients:

- 2 cups oats
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp sea salt
- 2 tsp cinnamon
- ½ tsp nutmeg
- 1 tsp ground ginger
- 1 tsp cardamom

Wet Ingredients:

- 2 flax eggs (2 tbsp ground flax seed + 6 tbsp water, soaked for 3 minutes)
- ¼ cup orange juice
- 2 tsp orange zest
- 1 tbsp lemon juice
- ½ ripe banana, mashed
- ½ tsp vanilla extract
- ¼ cup coconut sugar
- ½ cup maple syrup
- 1½ cups, carrots, finely grated
- ½ cup walnuts or pecans, chopped

Cream Cheese Frosting:

- ½ cup raw cashews soaked in water for at least 30 minutes
- 2 tbsp maple syrup
- 2 tsp lemon juice
- pinch sea salt
- ¼ tsp vanilla extract
- ¼ tsp cinnamon
- ⅛ cup almond milk

Topping:

- ¼ cup walnuts, chopped

Directions:

- 1) Pre-heat your oven to 350°F.
- 2) Line an 8 x 4 inch baking dish with parchment paper
- 3) Blend oats in your blender until a flour forms.
- 4) Add the rest of dry ingredients to the oat flour and blend until combined.
- 5) In a separate bowl, mix together all wet ingredients.
- 6) Pour dry ingredients into wet ingredients and mix until evenly combined.
- 7) Pour the mixture into your cake pan and bake for 45-50 minutes.
- 8) Meanwhile, make the cream cheese frosting by blending all frosting ingredients in your blender until smooth (add a tiny bit of water if needed).
- 9) Remove the cake from your oven, let cool. Use spatula to pry the sides from sticking, and flip it upside down onto a cooling rack.
- 10) Once cooled, flip over onto your serving plate and smother with cashew cream cheese frosting, then sprinkle with walnuts.



CHOCO OATMEAL COOKIES

- 1 chia egg (mix 1 tbsp chia seeds + 3 tbsp water together, let sit 3 mins)
- ¼ cup coconut oil
- ½ cup almond butter
- 2 tbsp maple syrup
- 1 tsp vanilla
- 1 cup oat flour (blend oats to a flour)
- 1½ cups large flake rolled oats
- ⅛ cup cane sugar
- ½ tsp baking powder
- ⅛ tsp sea salt
- ½ cup vegan chocolate chips

Directions:

- 1) Preheat oven to 375°F.
 - 2) Line your baking sheet with parchment paper.
 - 3) Whisk the coconut oil, almond butter, maple syrup, chia egg and vanilla together until creamy.
 - 4) Add oat flour, oats, sugar, baking powder, and salt and mix thoroughly.
 - 5) Mix in the chocolate chips.
- Shape small balls of dough into a ball, flatten with your hand onto the parchment covered pan.
- 6) Bake for 12 minutes.
 - 7) Let sit on cookie sheet 5 minutes, then transfer to a cooling rack.
 - 8) Keep in a high, hard to reach cookie jar in your cupboard.



SAUCES, DRESSINGS + SPRINKLES



CURRY TAHINI SAUCE

- ½ cup tahini
- 3 tbsp maple syrup
- 1½ tbsp curry powder
- ¼ tsp sea salt
- 3 tbsp apple cider vinegar
- 1 tbsp dijon mustard
- ½ cup water or plain, unsweetened plant milk

Directions:

- 1) Add to your blender and blend until smooth
- * Smother over cauliflower and bake it
 - * Drizzle over any savoury dish
 - * Douse your roasted veggies in it



SMOKEY VEGAN PARM

- ¾ cup raw cashews
- 1 tbsp sunflower seeds
- ¼ cup nutritional yeast
- 1 tsp garlic powder
- ¼ tsp smoked paprika
- ¾ tsp sea salt

Directions:

- 1) Pulse all ingredients in a mini food processor, blender or spice grinder until you reach the consistency of parmesan! You shouldn't need more than 30 seconds.
- 2) Store in the fridge for up to 3 weeks.



CASHEW HOLLANDAISE SAUCE

- ¾ cup cashews, soaked over night (or for 10 minutes in hot water), strained
- ½ cup unsweetened, unflavoured plant milk (almond, coconut or soy)
- ¼ cup lemon juice (juice of 1½ lemons)
- ½ tsp garlic powder
- 1 tbsp nutritional yeast
- 1 tsp turmeric powder
- ¼ tsp sea salt + pepper

Directions:

- 1) Blend all ingredients together in blender or food processor until smooth!



MORE SAUCES, DRESSINGS + SPRINKLES



SIMPLE OIL-FREE HUMMUS

- 1 can chickpeas, drained (keep aquafaba/chickpea liquid in your fridge for other recipes)
- 2 tbsp tahini
- 1 tbsp miso paste
- Juice of 1 lemon (about ¼ cup of juice)
- Optional add ins: head of roasted garlic, nutritional yeast, dill, smoked paprika, roasted red pepper...

Directions:

1) Add all ingredients to your food processor or blender. Blend until smooth!

- Serve with veggies and tortilla
- Spread on sandwiches + wraps
- Use to thicken dressings/sauces



GO-TO LEMONY NOOCH DRESSING

- 3 tbsp lemon juice (or apple cider vinegar)
- ⅓ cup nutritional yeast
- 1 tbsp dijon mustard
- 1 tbsp maple syrup
- 1-2 tbsp water, optional (depends on how thick or thin you like it)

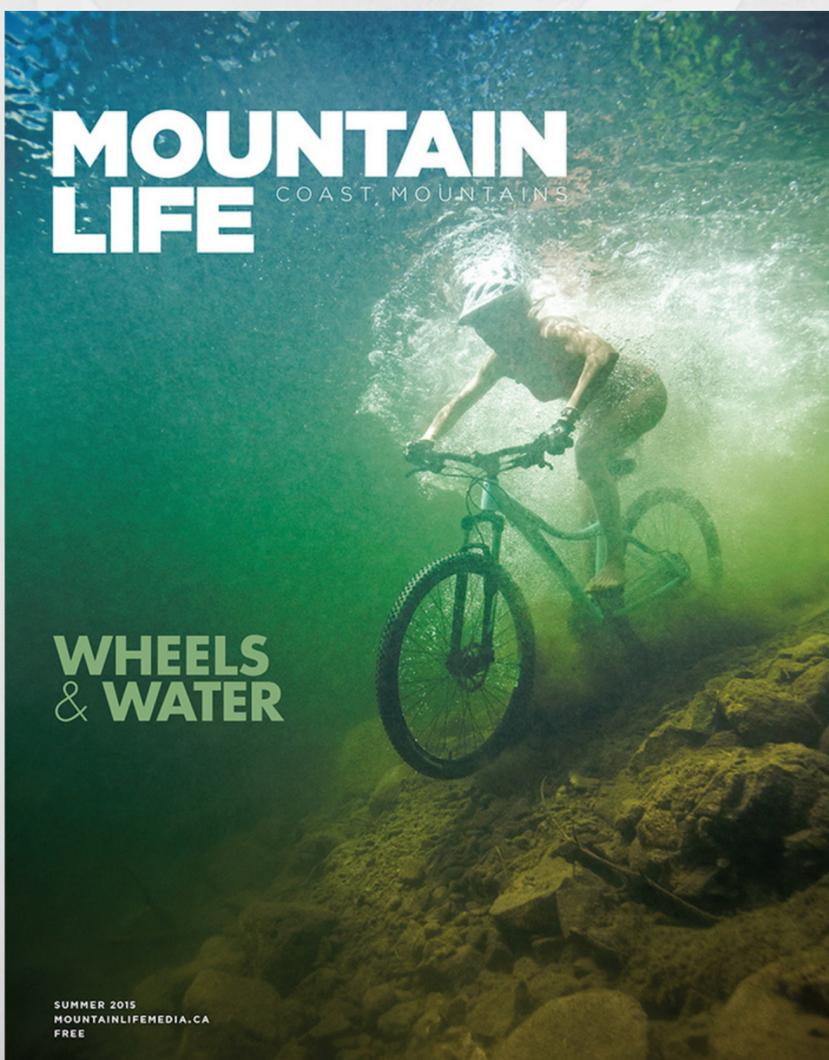
**Tripling this recipe for leftovers is a great idea (keep a jar in the fridge for up to 2 weeks, ready to go)*

Directions:

1) Pour all ingredients (except for the optional water) in a mason jar and shake! Or, pour all ingredients into the bottom of your salad bowl, and whisk!

2) Add a bit of that water if you want a thinner dressing.

**I recommend adding some kale to the dressing in your bowl, and mashing it in the dressing with your salad tongs, then letting that sit a few minutes before adding the rest of your ingredients. This provides a delicious massaged kale base for the rest of your salad. My usual 'salad for 2' consists of 4 leaves of the massaged kale, tomato, 1/2 avocado, 1 pear, 2 green onions, 1 head romaine, 1-2 tbsp raisins and sunflower seeds.*



WHAT NOW?

This guide was created to introduce you to the simplicity and tastiness of vegan food.

This is a lifestyle, not a diet or a quick fix.

Good things take time!

This week could have gone 2 ways for you:

1) You felt better than ever, energized and more excited about nutrient-dense food than you ever have and you're excited to keep eating this way!

2) You didn't feel so great. You were going through the symptoms of detoxification!

If you're in the number 2 category, I encourage you to KEEP GOING.

You'll soon get over the hump of detox symptoms, and come out the other side with mega benefits.

Join the [Whole You Plant-Based Facebook](#) community for tips, resources, challenges and support.

Try the [Complement Well App](#) for month-long meal plans, and a full program with 1:1 coaching, video lessons, recipes and a supportive community.

BENEFITS TO EXPECT:

Weight loss ~ Smoother digestion ~ Glowing skin ~ More energy ~ Better sleep
~ Less food cravings ~ Stronger immunity ~ Lower Cholesterol ~ Enhanced mood
~ Mental clarity ~ A deeper connection to where your food comes from
~ Freedom from food stress ~

This is all about learning to add more plants into your diet. You don't have to be a perfect, strict 100% vegan! By each of us doing your best to replace animal products with plant food as much as possible, we are making the most powerful move to help our environment, help the animals, and improve our health.

Triple Win.

HELPFUL LINKS

Why Vegan - Hooked On Plants

James Aspey - Wake up call

Dr. Neal Barnard - Physician's Committee of Responsible Medicine

[Complement Essentials](#)

Plant Based News on Youtube

Dr Klaper - Healthy vegan?

No Meat Athlete

Podcasts:

- Plant Proof Podcast

- Food Heals Nation Podcast

- Rich Roll Podcast

- Eat For The Planet Podcast

- [The Exam Room](#)

- Easy Vegan Podcast

- Main Street Vegan Podcast

- No Meat Athlete Podcast

