

VEGAN *Meal Prep*

THE STARTER KIT FOR VEGAN KETO LIFE. WEIGHT LOSS SOLUTION
WITH COOKBOOK AND RECIPES. VEGANISM WITH KETOGENIC DIET
APPROACH.



ALIONA DAVIS

Vegan Meal Prep

The Starter Kit for Vegan Keto life, Weight Loss Solution with
Cookbook and Recipes.

Veganism with Ketogenic Diet Approach and Plant Based Diet
with Whole Food.

Alona Davis



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Introduction

Congratulations on buying *Vegan Meal Prep* and thank you for doing so.

The following chapters will discuss not only the benefits of veganism but also how you can do it in a way that is good for your body and that will fit into your lifestyle without worry.

Veganism can be a big step for your diet and can be a daunting one. My goal in this book is to make it as easy as possible, with easy to follow recipes and constant reminders that you're really not missing out on all that much, especially when you consider just how amazing you will feel.

I've been doing veganism for a few years now, and I can barely remember what my life was like before it. I feel amazing, and my body is thanking me every single day. Your body will thank you, too.

This book is more than just slapping a bunch of vegan recipes together and calling ourselves a guide. This is a true guide to meal prepping and how it can help you stick to your journey into veganism and feeling good about yourself. Meal prepping is a powerful tool in any diet, and I think that anyone who wants to eat healthy while at the same time living in this crazy world of ours needs to learn how to do it.

There are plenty of books on this subject on the market. Thanks again for choosing this one! Every effort was made to ensure it is full of as much useful information as possible, please enjoy!



Chapter One: Going Vegan

Once you have decided to go vegan, it can be a little daunting. Also, a lot of people who decide to go vegan don't actually seem to know what this actually means.

A vegan diet means that you're involved with no animal products including meat, like beef, chicken, and fish, and dairies such as milk, butter, and cream. You're also not allowed eggs, which for many people is a breakfast staple. It can be very restrictive, and thanks to this, many people choose to opt out rather than cut out their favorites.

But the vegan diet can be incredibly rewarding when you do it right and you commit to it. Not only that, but even when all you want is a double cheeseburger with bacon, the recipes in here are all for you to meal prep, which will help you resist these cravings when they come.

But before we get into that, let's chat about all the benefits of the vegan diet, and more importantly, if it's right for you. First, let's start off with all the reasons why you might want to go vegan including health benefits, environmental benefits, and more.

It lowers your risk for type 2 diabetes and heart disease. These are two conditions that are very preventable, yet people keep getting them. On veganism, you're able to reverse a lot of the damage caused by foods with unhealthy high fat and carb content, lowering and even eliminating your risk for these diseases entirely. It also helps reverse conditions such as

strokes, cardiovascular disease, high cholesterol, high blood pressure, and cancer.

You lose weight. The first time I ever met a vegan who had started recently (in his thirties); I asked him how it was going. He said he had lost 30 pounds in less than 5 months, all from making the switch. This is because the vegan diet is really focused on fresh, healthy foods with tons of nutrients. It's easy to overeat on animal products, and a lot more difficult to do that on the vegan diet.

You're showing compassion to the planet and other living creatures.

This may be a factor for you, or it may not be. Veganism helps the planet in several different ways. For starters, it reduces your carbon footprint and your impact on climate change. It's been said that up to 51% of manmade pollution comes from the meat and dairy industry (this depends on the source). It takes an insane amount of fossil fuels and land to just house cattle. This will not only affect us in the future but dramatically impact wildlife. Not only that, but the animals are impacted as well. Corporations have done a great job in showing happy animals living on farms, but the reality is pretty bad, with both the dairy industry and the meat industry being equally to blame.

You really don't need animal products. Despite what the industries would love to tell you, eating as much dairy and meat products as you do is actually...not...needed. You just need to look at our teeth to realize that our teeth are not actually made for eating meats, and if you can name another animal that consumes dairy after childhood naturally, I'll be very surprised. You really don't need it, and you can get all your nutrition from other

sources. You just need to know how to do it right, and thankfully, this is what this book is for. Let's get started.

Going Vegan: Who Should and Shouldn't

When people go on the vegan diet, they automatically assume that it will immediately make them healthier and that they won't have to worry about keeping track of how much they're eating. This isn't true. The vegan diet only works if you're making sure that you're getting all of the nutrients you need, and this means that you have to do some careful planning. If you're someone who doesn't plan on filling your diet with a variety of healthy foods, meaning you're getting a variety of nutrients, the vegan diet is not for you.

Some people go on the vegan diet for all the benefits listed above, and they don't get anywhere. Why? Because they fill their plate with things like fresh fries and Oreos and pop tarts, all of which are vegan, and don't actually make the time to make sure they're getting a lot of healthy nutrients on top of this. Treating yourself in moderation is fine, but letting yourself run wild and just telling yourself "OK, no cheese, hamburgers, or fried chicken" isn't good enough. So, you really need to do it right.

Of course, we do have to acknowledge the fact that there are some potential risks that come with veganism, particularly in your nutrient levels. There are some nutrients that we can get from animal products, and you may find yourself needing to take natural supplements to help keep these levels up until you've found a balance that works. It can take time to adjust to a vegan diet, so keep these nutrients in mind:

Iron: Iron deficiency can be a problem for vegans as they're removing what is considered the highest source of iron, meat products, from their diet. Iron is also more easily absorbed into your body when you eat meat, as opposed to veggies. Basically, iron is lower in plant foods, and it doesn't absorb very well. So, be sure to seek out foods that are high in iron, and there's no shame in taking supplements.

Bone2: This is a tricky one, as this nutrient is only naturally found in animal-sourced products such as meat, fish, dairy, and eggs. Of course, these foods are off limits to vegans, but skimping out on your Bone2 can cause fatigue, appetite loss, and could even lead to severe neurological issues. But, bright side: a lot of products such as plant-based milks and soy products like tofu have a bone2, and supplements can be found quite easily at any drug store.

Calcium and Vitamin D: these two nutrients are often side-by-side in foods, and they're a two packaged deal. They both help with bone health and work together to keep them in good shape. If you skimp on one, the other will be affected. You must seek out foods and supplements with both of these things in them.

Omega-3 Fatty Acids: you need this nutrient for brain health, heart health, and even eye health. It also helps with inflammation, and unfortunately, the best sources are fish and eggs. Thankfully, this can also be found in many nuts and seeds, especially chia seeds, which you'll see a lot of in this book. Again, supplements are also an option.

It's important, at least for the first few months, to track and make sure that you're getting all the nutrients you need, and you're balancing out your meals. Be sure to always check labels and track your nutrients. Look up how much you need in a day and keep it varied. By keeping your diet full of variety every day, you're ensuring you're getting a variety of nutrients. And don't forget, there is really no shame in taking some natural supplements to help you along the way.

Speaking of nutrition loss, now we're going to talk about some mistakes you can avoid when going vegan.

Mistakes to Avoid

Everyone makes mistakes, but the key here is to list some that many people who are just starting out in veganism. If you can avoid these, you'll find that your life will be so much easier and the transition will go (a lot more) smoothly.

Not eating a variety. We already talked about this above, but I want to brush on it a little more, really emphasizing that this is important. When you're starting out, it's really easy to get stuck on what's easy or foods that you already know you like. You need a variety of nutrients, and you won't get this just from eating pasta with pasta sauce every night. It's easy, but you're not getting everything you need. That's why we're meal prepping.

Eating too much junk. Things such as pop tarts, Oreos, and many fast food places are either vegan or have vegan options. This isn't giving you permission to chow down to your heart's content. These foods still have

incredibly high sugar, carb, and bad fat content. Treating yourself occasionally is OK, but just be mindful.

Eating too much dairy and meat substitutes. Vegan cheese and vegan meat is a huge market, but they can also be expensive. They're basically one of the biggest reasons why veganism is seen as such an expensive lifestyle, despite the fact that it actually isn't. You don't have to buy these, let's get that clear. Yes, some of them are very healthy for you, but there are better ways to get protein. Have a little, just do it in moderation, and get the nutrients that you need from dairy and meat from other sources.

Freaking out over protein. This is the number one, most annoying question I get when people ask me about veganism. How do you get your protein? Well, for one, the average person does not need nearly as much as we think we do, only about 15% of our diet, and there are plenty of other places to get it. Beans, nuts, tofu, grains, there are plenty of sources.

Not eating enough. Veggies and fruit, foods you'll likely be eating quite a lot of, are full of fiber, and fiber doesn't get digested by the system. It also helps trick you into thinking that you're full, and you've had enough. Your body is digesting foods at a faster rate. Remember, the foods you're eating now likely have a much lower calorie rate than the foods you were eating before. Be mindful of this, and be sure that you're getting enough food to keep you healthy and energized.

Beating yourself up every time you slip up. Look, everyone makes slip-ups. If you crack and buy a chicken burger after three weeks of being vegan straight, don't think that you're a horrible person. It happens. Or even if you

make a mistake, accidentally buying something that isn't vegan. Maybe the burger is vegan, but not the bun. Maybe the pasta and pasta sauce is vegan, but not the drink that came with it. I once saw a girl burst into tears because she didn't realize that Caesar salad dressing often has anchovy paste and eggs. Be gentle on yourself, and learn for next time. This is what you'll be doing for the first little while, after all; you'll be learning. You can't be aware of everything.

Not doing the vegan lifestyle for you, or doing it for the wrong reasons. I always say that before you make a huge lifestyle change, you should have more than one reason. You should also be careful to consider that you may be feeling pressured into doing this. Are you? Are a lot of your friends vegan? Are you feeling guilty about your impact on the environment through your food? Do you want to lose weight? Have a few real, solid reasons. Maybe they're listed in our list above, maybe not. But regardless, write them down, and pull them out to remind yourself when you feel yourself going weak. Do this for you, not anybody else.

Not doing it the way that works for you. I think one of the biggest misconceptions about a new lifestyle is that it has to change right away, overnight. I think taking small steps is a much smarter way of doing it, and there's no shame in it. If you think going completely cold turkey is what works for you, then you should do that. But if you feel that slowly easing animal products out of your life by replacing one product at a time (for example, one week you could buy tofu instead of chicken, then the next week you buy tofu and plant-based milk instead of regular milk), then you should do that. You should approach this diet the way that you feel you will succeed at it.

That actually brings us into our following topic; meal prepping, and how it can help you on your vegan journey. It may help speed up the process of feeling like a complete and confident vegan and can help you resist these moments of temptation.

Meal Prepping and the Benefits

Meal Prepping can help you in a variety of ways. Not just in veganism, but in life, in general. It can help you save money, lose weight, and reduce the amount of food you throw out every year. I'm not the only one who gets annoyed when I have to throw out food, right? We'll just count a few of the ways that meal prep will help you on this new journey, plus other parts of your life. I say that even people who aren't going vegan, and just want to make their lives easier and healthier should do meal prepping.

Let's just go into a few of the ways.

It removes a lot of risks that you'll give in. Look, if you're someone that has eaten a lot of animal products in the past, you might find yourself seriously hankering for some of them, least the first few weeks or even months. It's almost too easy to just stumble on home, and order a large pepperoni pizza with extra cheese from the local pizzeria. After all, really, one of the last things you want to do after a long day of work is to cook. Having your meals prepped and ready for you will help stop you from making that impulse decision to just order something, because all you have to do is remove it from the fridge and pop into the microwave or oven, depending on what it is. This is huge, especially for people looking to

drastically change their diet. It's a lot harder to justify picking up a huge meatball sub on the way home when you already have a ready-to-go meal waiting for you at home.

It saves time. I think cooking your meals is one of the great joys in life, but I totally get that it can be a total time-sucker, especially since we're living in a world where time really is a currency. If you're doing it every day, you could be spending two hours in the kitchen, and I know there are better things that you can do in that same amount of time. You only have to do a lot of prep work once or twice a week, and on most nights, you'll only have to clean out the container and maybe a plate or bowl.

Portion control. Regardless of whether or not you're trying to lose weight, I think we should all learn a bit about portion control. We're all guilty of maybe eating just a little bit too much on occasions, and always ending up feeling sick thanks to it. By learning about portion control, we're not only keeping our health in check but we're able to enjoy little treats and foods we love without feeling like we're going to be too sick afterward.

No need to worry about food. Diet and nutrition are considered very important, and it's something that you likely find yourself worrying about. No more. By knowing that you have healthy food at home, and you don't have to concern yourself with stressing over whether or not you're going to eat something good tonight, it's all ready for you waiting at home.

Grocery shopping becomes a seamless activity. Hands up if you've gone into a grocery store and just wandered around for an hour looking for things you might use. Not only is this a waste of money as you don't have a plan

for the foods that you're getting, and you may not even use them, but it's also just a huge time waster. Nobody wants to spend that long in a grocery store. Meal prepping encourages having things like meal plans and lists, so you go in knowing exactly what you're going to get. I literally only spend about one hour grocery shopping a week, and I usually go one to three times a week. You're in and out, no issues. And, if you make a point to go at a time where the grocery store isn't full of people, like early morning when it opens, you'll be in and out even faster.

You save money. Meal prepping teaches you very quickly how much you eat in a week, and how much you need. By the time that you've done it four or five times, you'll know exactly how much of each thing you'll need for the week, so you won't buy it. Not only that, but you're keeping stock of your pantry and fridge, meaning that you won't buy anything that you know you already have at home. You're also cutting back on food waste, which will save you even more money. There are few times I am more annoyed with myself than when I have to throw out food that I intended to eat and enjoy, especially when it's expensive food.

It keeps your meals different. There are plenty of different recipes in this book, and I encourage you to try them all. Not only will this ensure you're getting a variety of different nutrients as we talked about above, but you also won't get bored and discouraged. It's easy to fall into a routine of just cooking the same thing over and over again. Thanks again to the fact that you're always making lists, meal prep helps you keep track of what meals you're eating. So, you know what you had last week, and you can choose something different this week. While there are plenty of vegan recipes in this book that you'll love, I definitely recommend finding a few vegan

cooking blogs or YouTube channels and subscribing to their email list or channel. This will constantly introduce you to new recipes every day, and you'll find recipes that you may not have even considered trying until you see them there. Again, just shake things up, and you'll never be bored.

So, we've gone over why you should be meal prepping, even if you're not vegan. Now, the next chapter, we're going to actually talk all about it, from the types of meal prepping to how to make it as easy as you possibly can.



Chapter Two: Meal Prep

You've likely heard of meal prepping before. Of course, you have, you picked up this book. We already talked about in the last chapter how meal prep is a great solution to helping yourself stick to a new diet. By having your meals all ready for you at home, you run out of reasons as to why you should pick up food on the way home. Not only that, but it's just really convenient. OK, I'm done. We've already gone over all the reasons why you should be doing it. Now we're going to be talking about what steps you need to take to set yourself up for a meal prepping strategy.

First off, let's go over the types of meal prep.

Types of Meal Prep

There are several different kinds of meal prep for you to choose from. It's all about choosing what makes the most sense for you and what fits into your lifestyle.

Whole meals: This involves you basically putting all of your meals together at the beginning of the week, and doing all the portion controls, separating them out into different containers. This one is perfect for lunchtime if you take your meals to work with you, and great for people who are constantly on the go.

Ingredient prep. If you're someone who doesn't mind a bit more work and you want some more variety in your meals, I definitely recommend this

option. What you do is you basically just prep all your ingredients and make different meals out of them using the same prepped ingredients.

Freezing Batch Meals: this one is perfect for anyone who really just wants to have as little hassle as possible. If you're someone who doesn't actually enjoy cooking all that much, no judgment, this one is perfect for you. Just check below for our guide on how to properly defrost.

Of course, there is no issue with doing a bit of all three. Let's say you plan on putting all your lunches together at the beginning of the week, as for your breakfasts, you'll choose to just prep the ingredients, and your dinners will be frozen and prepped ingredients combination. It's about choosing something that will 100% work for you. It's all about convenience.

Now, let's chat on how to build the kitchen toolkit of your dreams.

What Should Be In Your Kitchen

Having a well-stocked kitchen in the fridge is great, but if you don't have the utensils to actually do things with it, you're definitely stuck. Now, you likely won't need everything that's on this list. Different recipes will require different tools, and the simplest recipes will have simpler tools.

Knives: Knives are the one tool that you should never go cheap on. The better quality you can get the better. You only need three of them: a chef's knife, a serrated knife, and a paring knife. Also, never buy knives online: always be sure to hold them in your hand and test them out first so you know that they'll comfortable for you to hold.

Cutting boards: this is given if you don't want your countertops to get all scratched up. I know I don't. There are two options for cutting boards, plastic, and wood. Plastic is said to be easier to sanitize, but with them, you also get large scratches where bacteria can hide, so the wood would probably be better. Also, it's recommended that people who are cutting fruit and veggies use wood. Another thing to consider: thanks to the fact that you won't be eating animal products, you don't have to worry about cross-contamination. I would still recommend that you have at least two, one for regular use and an extra one just in case.

Pots and pans: there are a lot of basic cookware sets out there, and pick the one you think will meet your needs the best. You will probably need a small and a large skillet, a few saucepans in a variety of sizes, and maybe a stockpot. Again, ask yourself what you're going to be cooking.

Baking ware: similar to pots and pans, what you'll need depends on what you plan on cooking. Baking trays, cooling racks, maybe a muffin tin, and some baking dishes. It really all depends on what you need.

Measuring cups and spoons: This is a given. You'll need them for measuring out when you're cooking. Consider having one or two sets for when you'll inevitably lose a few of them.

Bowls: these stainless steel bowls that stack on top of each other can double as both mixing bowls and serving bowls. Bonus; you'll only have to buy a set one; they last forever.

Cooking utensils: vegetable peelers, spatulas, a rolling pin, tongs, a whisk, some wooden spoons, ladle, a cheese grater, whatever else you feel you need.

Colander: these come in a variety of different sizes, so you can choose whichever size you feel you need, but get one with the smallest holes you can find.

Get the stainless steel one: it may get dented but it will last. Plastic ones are more likely to crack.

Meal prep containers: yes, there is an entire section of the container market dedicated to meal prepping. There are even sets you can get. The best ones are always the ones that are glass. These are also the most expensive, but they're great as you can microwave them without risk of BPA, and they keep food for a long time. Plastic ones are cheaper, but not recommended.

Think of all the things on this list as a long-term investment. You'll be using a lot of the tools above for years and years and years, depending on how long you keep it up. Not only that, but there is definitely something pleasing knowing that you have a fully stocked kitchen with having everything all ready for you to use. You won't need everything in here, but carefully go through the list and stick to the basics.

Now, we're going to talk about freezing.

Your Guide to Freezing Food

No matter what kind of meal prep you do, you will likely find yourself freezing something at some point. Freezing is a great way to keep food that you love throughout the year. If you have a favorite fruit that you love to use in smoothies all year round, but you find that it's too expensive during the winter, a good idea is to buy huge amounts in bulk and freeze it to use it throughout the year.

This is why the freezer is such a useful thing for your meal prep plans. You can freeze food for months, and not have to worry about cooking or what you have in the fridge, because it's all ready for you in your freezer. Most of the time, the most work that you'll have to do is pop it out of the freezer and into a bowl or container and leave it in the fridge overnight, perfectly ready for you to chow down the next day.

The real trick to being a true master at freezing foods is to know how long something can stay in the freezer. If you don't know this, you'll end up with some pretty nasty tasting food. While things like how you intend on using the food come into play, there are just some foods that aren't meant for freezing. Water-based foods, especially, unless you plan on cooking with them. Just keep this freezer guide handy and you'll be golden.

Before we get into that, here are some essential freezing tips:

Label all your foods with what they are and how they were made and when they were made. This will help you stop the whole "what is this thing in the back of my freezer" in its tracks.

Actually use it. Too many people buy food at the market, freeze it with the intention of using it for later, and never do. It stays in their freezer until it's inedible. Plan on using something from your freezer at least once a week. Use freezer bags. They help prevent freezer burn better than regular little plastic bags do as they're made much thicker and durable. Another thing you can do to prevent freezer burn is to be sure that there is not too much air in the bags.

Remember to leave space. Especially for water-based foods like soups, broths, fruit, etc. Water-based foods tend to expand when they're frozen, so just leave a bit of room to pretend breakage.

Now, for how long something lasts in the freezer:

Produce:

Vegetables: 6 to 12 months

Fruit: 6 to 12 months

Juices and juice concentrates: 6 to 12 months

Prepared smoothies: one month

Produce not to freeze: melons, citrus (juice can be frozen, not whole fruit or segments), apples, pears, lettuce, radishes, alfalfa sprouts, potatoes (unprepared, you can freeze mashed potatoes), eggplant, mashed pumpkin, and squash

Bread and Grains:

Baked bread: three months

Unbaked bread: one month

Pizza (homemade): one to two months

Cooked pasta: three months

Cooked rice: three months

Cooked whole grains: three months

Bread and grains not to freeze: cooked quinoa, uncooked grains, uncooked pasta, cereal, cooked and raw oatmeal

Prepared Meals and Miscellaneous:

Soups: three months

Chili: three months

Stews: three months

Broth: three months

Casseroles (without eggs, meat or fish): two months

Miscellaneous not to freeze: mayonnaise, prepared deli salads (egg salad, tuna salad, macaroni salad), salad dressings

Now that we've gotten all of these things out of the way, keep this in mind: always check for freezer burn, and occasionally go through your freezer and identify what needs to be thrown out and what doesn't. Don't let yourself eat something if you're not sure. Let yourself live by the words of wisdom of a lot of mothers out there; when in doubt, throw it out.

Making a Meal Plan

There are a few things to remember as you're creating a meal prep plan. Of course, the first few times are probably not going to go all that well. You'll find yourself messing up a few times. This is totally normal. Every first

time meal prepper makes a few slip-ups. What matters is that you learn from them.

Here are some things to consider before you get started in meal prepping:

How long will your food last? This is something a lot of beginner meal preppers don't think of. Most fresh food has a lasting time of about 4 to 5 days, but it can be shorter or longer depending on the meal. Some foods just don't age as well as others. There are other factors in how long your food lasts, such as things like the quality of your container and how old your fridge is. Just remember to use your common sense, and don't eat something if you're not sure. Check out the FDA guidelines for a comprehensive list of how long food lasts. But, depending on how long your food lasts, this means that you'll likely have two days in the week where you're grocery shopping and cooking, rather than just one. Plan your days carefully.

When are you going to be doing meal prepping? As time goes on, you'll likely find it easier to prep meals, and it won't take as much time or preparation. Nowadays, I can get in and out the grocery store in about 30 minutes, and be all done cooking in about one hour in a normal day, three hours in a big overhaul when I'm making everything from soup stock to smoothie bags. But I always think ahead and plan out the week before when I'm going to be doing my meal prep. You should do this, too. At the beginning of the week, plan out the exact days you're planning on going grocery shopping and when you're cooking. This will help you become more organized and you won't be impulse shopping anymore.

How complicated are you willing to make it? If you're a beginner cook, keeping things really simple will really help you out. Even if you're not a beginner cook and you've been cooking for 10 years, keeping it simple when you first start out meal prepping will probably help you out. Don't go for the overcomplicated recipes: go for the ones that have 10 or fewer ingredients, and see if you can do some crossovers (picking recipes where they have ingredients in common). If you really want to keep it simple, consider swapping out one meal at a time. Instead of meal prepping your entire week, meal prep just a small portion of your meals.

Will I actually eat this? This is a huge one. Too many times when people start the vegan diet, they assume that they have to eat foods such as tofu, even if, no matter how it's prepared, they hate tofu. This is not true. There are tons of ways to get the nutrients that tofu offers you, such as protein, that isn't just tofu, like beans and nuts. Make sure to choose recipes that you'll actually look forward to eating.

Now, when you're making a meal prep plan, take these steps:

Make your grocery list. Go through your fridge. Go through your cupboards. Take inventory of what you have on hand, and decide what things you need to pick up if you're running low on something you always like to keep on hand. Then, go through this book, or refer to another vegan cookbook or website, and find some recipes that you want to try. You should definitely figure out what recipes you like and pick some of these. These recipes will be the ones that keep you coming back for more. If you want to, you can check out your local grocery store and see if they're having any sales or promotions that you want to get in on.

Second, go to the grocery store. Stick with your list. Don't buy anything that is off your list. I would even recommend paying with cash if you want to really commit yourself. Just focus on getting the ingredients you need and get out. Another tip on how to avoid impulse purchases is eating before you go. I always go grocery shopping either right after breakfast or in the evenings after dinner. I'm guaranteed to be full, and I'm less likely to make impulse buys. This is especially important to stick to as you probably will be getting some cravings, at least for the first little while. Don't let yourself impulse buy.

Third, come home, and get cooking. I like to get everything out of the way, but of course, it really depends on you. You may go grocery shopping, bring everything home, and then decide that you'll do all the cooking later. That's okay, too. It's all up to you, and how you want to go on this journey. Now, we're going to talk about all of the amazing meals you can make with veganism!



Chapter Three: Breakfast

Breakfast is heralded as the day's most important meal. It helps to get your metabolism going, it keeps you full until lunch so you don't binge on the office donuts, and most importantly, it's delicious! Having a filling breakfast that tastes good in the morning can really set up your day for success. It really just puts you in a better mood, a good breakfast plus that morning cup of coffee really helps put a smile on your face that will last all day. It's just a good way to set off your morning.

Unfortunately, the time we're living in really doesn't set us up for a good breakfast. The idea is to jump up, 15 minutes before you have to go, and you just decide to grab a bagel on the way to work that you chow down on in the middle of traffic. You may go an entirely different route, instead choosing to skip breakfast altogether, promising yourself that you'll have an extra big lunch. Any of this sounds familiar?

Yeah?

When you choose to go vegan, that really isn't an option anymore. Not only do many restaurants and fast food place not serve vegan-friendly options, it just doesn't feel good. That 10 AM morning slump won't happen if you dedicate yourself to having breakfast every morning. No matter what your reasons are for going vegan, I will say to all of you; EAT BREAKFAST.

The recipes in this chapter are easy to put together, delicious, and nutritional. The majority of them can be made and stored a few days in advance, so it really just means that you can grab and go, literally. Some of

the recipes here are definitely the kind you can eat on the road. But I personally would recommend that you definitely take the time to eat and enjoy them, because they really are so delicious. I love them all.

Steel Cut Overnight Oats

I love oatmeal. I'm not sorry at all about it. They're full of fiber and are so good on a chilly morning where all you want is some warmth to fill your belly. Despite having a reputation for being "bland", they're really not. Thanks to the fact that the actual oatmeal has all the "bland" taste, you can add anything to it. You wouldn't eat a slice of plain bread without at least a bit of jam on it, would you? Didn't think so. Oatmeal is incredibly versatile, so you can really put anything you like on it, provided that it tastes good for you. The options below are really only suggestions. These take only about one0 minutes to put together and will last in the fridge for about 5 days, meaning that they're perfect to put together at the beginning of a work week. They can be made in a jar, which is the most popular method, but there isn't really any container that these things can't be made in.

- One-half cup steel cut oats
- Three-fourths cup plant-based milk (almond, oat, soy, your choice) or water
- One-fourth tsp vanilla extract (optional)

Stir all ingredients together in the container of your choice, and let it cool for four hours in the refrigerator. In the morning, stir them together, and enjoy. You can add a bit of milk if you mind they're not smooth enough.

Now, for toppings, as I said, there are really no limits. My favorites include:

- Maple syrup

- Apple sauce (or other fruit purees)
- Berries (blueberries, raspberries, strawberries, etc)
- Fruit (banana, mango, apple, pineapple)
- Spices (cinnamon, cardamom, nutmeg, cloves)
- Nuts (pecans, peanuts, almond, walnuts)
- Nut butters (almond butter, peanut butter)
- Seeds (pumpkin, chia, poppy)
- Zest (lemon, orange)
- Chocolate
- Coconut
- Vegan chocolate chips

You can really be creative with what you put on your oats, and it will probably take some experimentation. Go for it, I say! Pick the flavors that you enjoy and have a good time. The sky's the limit.

Make Ahead Breakfast Burritos

These are easy to make and can be stored in the freezer for up to two months. They're delicious, loaded with flavor, and full of the exact nutrition that you need to get yourself fired up for the day. When you grab one out of the freezer, simply put in your fridge for an overnight thawing and for fifteen minutes, cook them in the oven for about 15 minutes at 350.

- Salt to taste
- One-fourth tsp paprika
- One-fourth tsp chili flakes
- One-half tsp chipotle powder
- One tsp turmeric
- Two tbsp olive oil
- One package of extra firm tofu, drained and pressed
- 6 tortillas wraps

Filling

- Salsa
- Black beans
- Shredded vegan cheese (optional)
- Avocado
- Red onion
- Plus whatever other favorites you want to include!

If you haven't already pressed the tofu, now is the time to do it. Check out our section on tofu in chapter 6. Once this is all done, use medium heat to warm a large-sized pan. Add oil and tofu. Use a spatula to cut up the tofu into "scrambled egg" like pieces and add the seasoning. Cook until all of it is hot and seasoned. Warm the tortillas on very low in the oven or microwave (if they're not warm, they'll fall apart when you wrap them unless they're very, very fresh). Spread wrap on a flat surface, and add in whatever vegan toppings you wish. Wrap up the burrito as you would normally, and wrap in wax paper. Store in a container or freezer bag.

Dark Chocolate Overnight Quinoa with Raspberry

This recipe sounds complicated but is actually very simple. It could be dessert, it's so good, but I say, as a treat, why not breakfast? There's nothing stopping us from pouring sweet, sugary syrup all over our pancakes, is there? This recipe makes two servings, so be sure to divide it up so you can eat it twice over.

- Nut butter (optional)
- Cocoa nibs (optional)
- One-fourth cup raw/frozen raspberries
- Two tbsp unsweetened, raw cocoa powder
- Two tbsp chia seeds
- Based milk of your choice
- One and one-half c plant
- One-third cup quinoa flakes
- One-third cup COOKED quinoa

Mix all ingredients in a sealed container. Place in the refrigerator for a minimum of two hours, much better if overnight.

Meal Prep Smoothie Bags

Smoothies are perfect for sipping on your way to work, and they're healthy. They, unfortunately, come with a lot of prep work, with all the slicing and dicing, and can be a bit too much work in the morning. To make it even worse, smoothies from breakfast places are often full of sugar and will only lead to a crash mid-morning. Hopefully, you can make it easier for yourself by putting together these smoothie bags. You can buy all your fruit in bulk and do them all at the same time.

Make sure to freeze everything spread out on trays rather than freeze them in the bags. If you freeze them together in the bags, they'll stick together and you'll have a much harder time blending them, which is just a time sucker. These will last up to three months, so you got some time. Here are some combinations you can try:

Mixed Berry: one cup strawberries, one-half cup blueberries, one-half cup raspberries

Mint Chocolate Chip: a banana, one-half avocado, some cocoa nibs, one tbsp cocoa powder, one-fourth cup fresh mint, one cup spinach

Strawberry banana: one cup spinach one cup strawberries, a banana,

Tropical Green Smoothie: one cup spinach, one cup pineapple, one cup mango

Chocolate Strawberry: a banana, two c strawberries

Similar to the oatmeal, you can mix match and change what you want as you wish. It's really your choice as to what you want to have. You can also

add other things like nuts, hemp seeds, nut butter, protein powder, spices, and more to give them more nutrients.

For blending, grab one of the bags out of the freezer and empty contents into a blender. Add about one cup of whatever plant-based milk you wish, but almond is the most popular. Blend on high for about one and a half minutes or until everything is blended. Grab a straw as you rush out the door and enjoy!

Vanilla Chia Pudding with Berries

This is another breakfast that could be classified as a dessert, but chia pudding is very, very good for you. Chia seeds are packed with antioxidants, protein, fiber, and omega-three acids, which is usually found in the fridge. They also don't have too many calories, despite being very filling. They're a perfect way to start your day off! Not only that, but they're super easy to make, requiring almost no effort at all.

- One-half cup berries of your choice, fresh or frozen
- One tsp Vanilla extract
- Two t chia seeds
- One-half cup plant-based milk, your choice
- One tbsp Xylitol (optional)

Mix together the milk, vanilla, and xylitol if you choose to. Pour this mixture in with the chia seeds. Do it very well, and make sure every seed is coated. Put the mixture into a container of your choice, and place in the fridge. You can add the blueberries before putting it in the fridge or after, it's your choice. This will last about 5 days in the fridge, so it's a good idea to make this in bulk.

Fluffy Flourless Banana Pancakes

The words “fluffy” and “flourless” don’t generally go together, but these pancakes are amazing. The idea of anyone giving up pancakes is unfathomable. After all, they’re delicious. Well, you’re in luck; not only are these pancakes, but they’re made with no animal products and are gluten-free, as well as having some extra nutrient packs in the form of oats and banana. Plus, they’re simple to make and take very little time.

- One cup of rolled oats
- One-fourth cup of plant-based milk, your choice
- One ripe banana (the riper, the easier time you will have)
- One tbsp baking apple cider vinegar
- One tbsp baking powder
- One-half tsp cinnamon
- One tsp vanilla extract (optional)
- One tbsp maple syrup (optional)
- Whatever toppings you choose

Blend all the ingredients in a blender until smooth. Allow the batter to rest for at least 5 minutes. This step is important as it gives the oats time to soak up the liquid, and the batter will thicken. Reheat a nonstick pan. When it’s hot, now it’s time to make the pancakes. Take one-fourth cup of batter, and pour into the pan. Cook for about one-two minutes. Cook the other side for two minutes as well. Slide onto a plate. Do this until they’re all done. Consider doubling or tripling this recipe if you want to make a meal

prepping, and store them in the freezer. Put wax sheets in between them to make them easy to separate. Choose whatever vegan toppings you want.

Oat Flour Waffles with Blueberries

Waffles are another breakfast staple that nobody should have to give up, and thankfully, you don't have to. These are delicious, filled with blueberries (or really, whichever you wish, it could be replaced with vegan chocolate chips, if you want). Who doesn't love waffles?

- One cup oat flour
- One-fourth cup plant-based milk, your choice
- One-half cup applesauce, unsweetened
- One tsp vanilla extract
- One tsp lemon juice
- One tbsp baking powder
- One-fourth cup blueberries (strawberries, raspberries, and vegan chocolate chips could also be used)
- Two tbsp maple syrup (optional)
- Whatever toppings you choose

Combine everything, minus your blueberries, in a blender. Make sure to only blend until it's fully blended, and not any longer. Add your blueberries (or substitute) in, and mix for half a second once or twice, but this step is optional. Coat a waffle iron with cooking spray or oil, and pour half of the batter into it. Cook according to iron instructions. Repeat once over. This recipe will only create about two waffles, so if you want to cook in advance, consider doing the same as you would do with the pancakes and doubling or tripling the recipe to create more. This means that you'll have a lot of

waffles to eat during the week. All you have to do is toss them in the microwave or in your oven or the toaster, and go. Yum!

Homemade Granola

Granola is a great healthy breakfast to enjoy on a busy morning. This one is great over plant-based yogurt with berries for a morning fruit parfait. Who doesn't love fruit parfaits? This recipe makes about 8 cups of granola, and it may be a bit time consuming, but it is SO EASY to make.

- Four cups rolled oats
- Three-fourths cup raw pecans
- Three-fourths cup walnuts
- One-half cup melted cooking oil, olive or coconut
- One-third cup pure maple syrup (you could also use honey if you want)
- One tsp vanilla extract
- One-third cup dried cranberries (blueberries, strawberries, or raspberries can serve as an option too)
- One tsp salt
- Whatever spices you wish (cinnamon, cloves, etc)
- One-half cup coconut flakes (optional)

Line a pan with parchment paper, and ensure 350 degrees is the temperature of your oven. Mix the salt, nuts, oats, and some different spices (cinnamon is wonderful) together and combine until fully mixed. Add the oil, vanilla, and maple syrup, and make sure it's completely mixed. When this is done, spread it out over your pan in an even layer. Bake for 10 minutes, then remove, mix around. Add the coconut flakes here if you plan on it, and mix again. Return to oven for 8 to 12 minutes. Check it regularly. Once it is a

golden brown on top, take out of the oven. It will crisp up more once it's cooled. Add the cranberries on top. Let the granola cool completely before you start to break it up into pieces, and remove any chunks. For storage, pour into an airtight container, where it will stay fresh for about two weeks. If you want it to last a bit longer, store in the refrigerator, but it's so good that you probably won't have that issue.

Breakfast Quinoa Salad

This isn't really a meal prep meal (well, it could be, it's your choice) but this is great for when you have a brunch potluck that you have to go to in the morning. It's full of nutrition, filling, and delicious. The berries give it a sweet bite that is enjoyable and full of antioxidants. The quinoa and oats deliver a large helping of fiber and protein. It makes about 8 servings, making it perfect to bring to a friend's brunch, especially if they won't have many vegan options.

- One cup dry quinoa
- One cup steel-cut oats
- Three tbsp olive oil
- One-half cup dry millet
- One and one-inch piece fresh ginger, peeled and cut into coins
- One-half cup maple syrup
- Two large lemons
- One cup plant-based yogurt
- One-fourth tsp nutmeg
- Two cups toasted hazelnuts
- Two cups blueberries (raspberries or chopped strawberries also work)

- Salt

Mix quinoa, millet, and oats all together in a strainer. Rinse thoroughly under cold water and set aside. Over medium-high stove setting, heat the olive oil (about one teaspoon) in a saucepan. Cook the grains for two to three minutes, until they start giving off a toast-like smell. This makes your quinoa about ten times more delicious. Once this is done, add four and one-half cups of water, and stir in about three-fourths tsp salt, and the ginger. Zest one of the lemons, and add this as well. Bring the mixture to boil. Let it simmer, covered, over low heat for fifteen to twenty minutes. While this is happening, zest the other lemon, and set aside. After your quinoa mixture is done cooking, let it sit off the heat for five minutes. Use a fork to fluff it once the lid is removed. This is also the time where you would remove the ginger that you added.

If it's done cooking to the consistency that you want, let the mixture cool for about thirty minutes on a large baking sheet. Once this is done, put the remaining zest and the grains in a large bowl and stir. Whisk the juice of two lemons plus the rest of the olive oil in a separate bowl. Mix well. Add in the nutmeg, plant-based yogurt, and the maple syrup. Pour this over the quinoa mixture and mix. When every grain is well-coated, take the hazelnuts and chop them up. Stir in the hazelnuts plus the blueberries. If you want, you can add a bit more salt or seasonings of your choice. This recipe tastes the best when you let it sit; so keeping it in the fridge overnight will really marinate and bring these flavors to new heights.

And that's it, that's our breakfast chapter. All of these recipes are delicious, easy to make, and full of nutrition that will really get your engine going in the morning. Who says you need eggs, bacon, or dairy to have a good breakfast, right? Show people exactly what you're eating for breakfast, and they'll just be jealous, rather than thinking you're crazy for trying out this new lifestyle. Everyone on your morning transit route will be eyeing your breakfast with envy. Yum!



Chapter Four: Lunch

Over the past few years, I've been seeing more and more people skipping lunch. It's not a good look. Why would you skip lunch? Think of your day almost like a mountain. The morning meal, breakfast, is all about getting you started to climb that hill, your lunch is the reward for making it to the top, and the rest of the day is a lot smoother because you've had two nutritious meals today, and your body is humming with all the extra energy you have because of it. If you skip lunch, all you're doing is a.) setting yourself up to completely crash and burn later, and b.) you might as well be hurling yourself down to the bottom of that mountain again to just climb back up, only now it's not so easy because you haven't provided your body with energy. It's just not good.

Lunch is a great way to highlight your day, and the lunch recipes that we have written in this book will make you never want to skip lunch again. Also, keep in mind, I am totally aware that this chapter is labeled lunch and we have another chapter labeled dinner. Feel free to mix and match if you wish. For this chapter, I was focused on meals that were more easily transportable, and easy to tote around. Bonus, a lot of them don't need a microwave. Prepare many of the ingredients at the beginning of the week so you can just place the meal inside your work bag, not needing to worry at all about what you're going to eat. You also won't hit that mid-afternoon slump, and you won't be tempted to go pig out at the vending machine, saving yourself money. Win!

Now, the recipes in here are meant to make you feel good like you're gliding down the mountain. Almost as if you're on a bike or skis. And

they're good, too. Yum!

Chickpea Salad on Sandwiches

I love this recipe so much, mostly because I love chickpeas! When you're vegan, you're always looking for more ways to grab protein from different sources, since most people depend on eggs and meats for this. Chickpeas are amazing. Not only are they incredibly versatile, but they're also full of protein, with 19 grams per one-half cup. Plus, this recipe is super light and breezy, giving you a Mediterranean vibe. This recipe will provide you with enough for four sandwiches, so consider packing it up in a container, and spreading the mixture on your sandwiches the morning of.

- 1/8 tsp cayenne pepper
- One-half tsp black pepper
- One tsp salt
- Two scallions, sliced thin
- Two tbsp parsley, finely chopped
- Two tbsp red bell pepper, finely chopped
- Two tbsp lemon juice
- Two tbsp vegan mayo
- One 15 oz can of chickpeas, drained, rinsed, and dried
- 8 slices of bread

Mash the chickpeas in a bowl. Don't blend them or over mash them; you don't want hummus, you want a consistency similar to egg salad. Stir well with the remaining ingredients. Serve on bread.

Tempeh Lettuce and Tomato Sandwich

This sandwich is the perfect replacement for the BLT. Delicious and with a touch of sweetness by the maple syrup, it's a perfect addition to your lunchtime hour. This recipe is only for one sandwich, but you can, of course, make more for sandwiches later. Another thing; this sandwich can take a bit more prep thanks to the fact that there is marinating involved.

- Four slices of your favorite bread
- One-half block tempeh, about 125 g
- Two tbsp maple syrup
- One tbsp olive oil
- One tbsp soy sauce
- One tbsp liquid smoke
- One-fourth tsp paprika
- One-fourth tsp garlic powder
- Two tbsp vegan mayo
- One tomato, sliced
- Four lettuce leaves

Slice the tempeh up into thin strips. Mix the tempeh, the garlic powder, the paprika, the liquid smoke, the soy sauce, the olive oil, and maple syrup together. Seal it into a sealed container, and chill overnight or for a minimum of one hour inside the refrigerator. Heat some more olive oil in a pan, and cook the tempeh for at least 15 minutes, flipping over, and until the slices are brown and crispy. As this is happening, spoon the leftover marinade over the dish until you run out; this will give it a delicious glaze.

Prepare your sandwich by taking the mayonnaise, the lettuce, the tomato, and the tempeh and putting all together. And enjoy!

Tofu Salad Sandwich

See what I did there? Egg salad sandwich is a classic sandwich that everyone loves. This replacement is just as amazing and delicious, but in replacement of the egg, tofu is used.

- Four slices of bread
- One-half block firm tofu
- One-fourth cup vegan mayo
- One tsp capers
- Lettuce or whatever other veggies you want for toppings; onions are really good
- One-half tsp turmeric
- Three-fourths tsp ground black pepper
- Three-fourths tsp salt
- One tbsp Dijon mustard

Add all the ingredients, minus the bread and the lettuce and the veggie toppings if you're using them, and blend until the tofu is in chunks resembling eggs. Spread this on slices of bread, and add the tomatoes or the onions or whatever other veggies you want to add. Spinach is great, too.

Tofu Mushroom Spicy Wraps

These can be made with either lettuce or regular tortilla wraps, but I'm partial to lettuce. Mostly because it's so crisp and tastes so good; it's full of fiber. I really don't have to tell you how healthy lettuce is for you, do I? Also, be warned that this recipe can be spicy for some people. This recipe creates about six cups of filling, so in the morning, you can just scoop it into the wrapping of your choice, and tote it to work.

Before we get into the recipe, I'm just going to say this; pre-made wrap mixes are totally underrated. There is no reason why you can't throw together a mixture at the beginning of the week, have a bag of wraps on hand, and just use this every day. It's delicious, nutritious, and simple; now, here's the recipe.

- Two tbsp white wine vinegar
- Two tbsp chili sauce
- Two tbsp hoisin
- Two tbsp soy sauce
- One one-half inch piece of ginger
- Two tbsp olive oil
- Two cloves garlic
- Butter lettuce or romaine
- Three c mushrooms (your choice, but a mix will provide more flavor)
- Fourteen ounces extra firm tofu

Press tofu according to the instructions. Chop mushrooms up finely, and mince both the garlic and the ginger. Use the medium heat stove setting to heat up the oil in a large skillet. Sauté the ginger and garlic then add the chili sauce. After about two minutes, add the tofu and mushrooms. With a spatula, break up the tofu into small chunks. Add the vinegar, hoisin, and soy sauce, and for the next 8 to 10 minutes, keep stirring. Remove the saucepan from the heat, and mix generously. Keep it in the fridge, but when you're ready, spoon out the mixture on your chosen wrap, along with whatever other toppings you choose. These can include avocados, green onions, and sesame seeds, anything you want. The sky is your limit.

Walnut Black Bean Burgers

I love black beans so much. They're so good, and so stuffed with protein. This veggie burger is perfect to pack for work and is so good. It's freezer-friendly, and easy to prep together; it may take a few practice tries though; look below for tips. Burgers are one of these things that nobody should have to go without, and while you can buy your own from the store, making your own lets you know what foods you bring inside your body.

- One tbsp olive oil
- One-half cup cooked short grain brown rice, divided
- One-half tsp salt
- Two tsp yellow mustard
- Three-fourths tsp garlic salt
- One canned chipotle pepper
- One tbsp liquid smoke
- Two tbsp vegan Worcestershire sauce
- Two tbsp tomato paste
- One-half cup walnuts
- One-half cup rolled oats
- One cup yellow onion, diced
- Two 170 g cans of black beans, rinsed

For approximately four minutes, toast the walnuts in a pan over medium heat. When they're done, let them cool down before placing in a food processor, along with the oats, tomato paste, chipotle paste, the salts, and the mustard. Process until pasty. Add a little bit of water if it's too dry. Add

half of the black beans and half of the rice, and blend. Do this until the mixture comes together, and keep scraping down the access in the machine down the side. Next, in a pan, add the olive oil, setting the element on medium, and then cook the onions. Three minutes is a good number. Remove from heat, and add the onions to a bowl.

Add the remaining beans and the rice, and then add the mixture from the food processor. After washing your hands, mix it all together. Knead and squeeze the mixture, pushing it together into a ball. Grab a one-half cup and use it to scoop up the mixture to portion out the burgers. Roll into a ball and then flatten it until it's about one-half inch thick. Doing this will create about 5 patties. If you plan on enjoying them the day you make them, place them on a tray and leave in the fridge for at least an hour. If you want to eat them throughout the week, place the tray in the freezer first. Then, after they're done freezing, wrap them individually in wax paper and then into a freezer bag or a container.

For preparing later, make sure to grab a baking tray and placing it in the oven at about 200 degrees. This means that you have a place to put your burgers to keep them hot while you're cooking the rest of them. After this is done, now it's time to start cooking the burgers. In a pan, add some olive oil or any other cooking oil you want, and heat up. Add as many patties as you can fit, but they should all have plenty of room. Cook for about four minutes on each side, and be very careful when flipping the patty. Use two spatulas to flip them if you feel it's necessary; this gives the patty extra support and makes it less likely to break apart. When it's all done, place them in the oven on the cooking tray, and add more oil if you need it.

For buns, you can use regular burger buns, but there are other options. You can also use lettuce leaves or my personal favorite, portobello mushrooms. They're soft and pliable and have a lot more flavor than regular buns.

For toppings, I would recommend things like avocado, pickles, pickled peppers, vegan mayo, or whatever else you can think of. Also, consider sprinkling some extra salt on top for some extra flavor.

Roasted Veggie and Sweet Potato Quinoa Bowls

Okay, I know I said that there wouldn't be too many recipes that require a microwave, but these are so good. They're stuffed full of flavors and are perfect to pack for lunch. They technically could be classified as a dinner, but they're just so delicious, okay? This is perfect for a winter day at the office, and the flavors just blend together so seamlessly; you'll be thinking about enjoying this meal all through the morning. This should make about four meals.

- three cups cauliflower, chopped two cloves garlic
- One tbsp tamari
- Four tbsp olive oil
- One tsp salt
- One tsp black pepper
- One-half tsp paprika
- One-fourth tsp chili powder
- One-fourth tsp chipotle powder
- One-half tsp ginger powder
- One cup of dried quinoa (rice also works)
- Three cups diced sweet potato
- Three cup broccoli, chopped

Preheat oven to 415. Prepare the ingredients. One thing that is important to remember is that you have to keep the sweet potatoes and the cauliflower and broccoli separate, as the sweet potatoes will take longer to roast. Mix

them in separate bowls with the various spices and oil evenly. Don't use the tamari and garlic on the sweet potatoes. Add the sweet potatoes on a baking sheet, and then move over to the broccoli and cauliflower. Add them, plus the tamari, the garlic (minced), oil, and seasoning, and toss together. Add to another baking sheet. Place both of the baking sheets in the oven, and set the timer for 30 minutes. Stop halfway through to flip over some of the veggies. After the 30 minutes are done, take out the broccoli and cauliflower, and add on another 30 minutes for the sweet potatoes. During the time the veggies are roasting, prepare the quinoa and the sauce. Consider adding some spices to the quinoa to give it some more flavor. As for the tahini sauce, go to our directions in chapter 6 in our section on dressings and sauces. Divide up this meal in four containers to be enjoyed over the next few days, mix and match the veggies as you wish, but keep the sauce separate from it until it's time for you to eat. When it's time, simply drizzle over the rest and enjoy!

Mason Jar Pho Soup

This is another one of these Mason jar trends, but this one is cool that I don't think it's going to not be a trend. After all, who doesn't love pho? Who wouldn't want it in their lunch box? This one is perfect for these wintery days when all you want is a soothing bowl of soup, rice noodles, and veggies. Yum! This version only gets you about one serving, but feel free to double or triple it as you wish, but it can take a bit of planning ahead as you're meant to keep the broth separate from the noodles and veggies.

- 1/8 cup soy sauce
- Three c vegetable stock
- One-fourth cup green onion, chopped
- One tsp ginger, minced
- One tsp garlic, minced
- One-half cup red pepper, cut into very thin strips
- One-half cup carrot, cut into very thin slices
- One cup uncooked rice noodles

In a wide mouthed quart-sized mason jar, add the following ingredients in this order: carrots, red pepper, ginger, garlic, green onion, and rice noodles. Keep this in the fridge separate from the soy sauce and vegetable stock. When you're ready to eat, pour in the soy sauce and veggie stock, only bring it to a boil at first. Make sure the jar lid is very tight, and let it sit for about 15 minutes. This will make the veggies and noodles tender and delicious. Enjoy!

Mason Jar Salads

I'm a big fan of salads. I love, love, love, love them. Anytime someone tells me that they don't like salads, I have such a hard time believing them, mostly because there is such a variety of salads out there. There is no shortage of different lettuces, salad dressings, and toppings you can put on them. So, I sincerely doubt there is not at least one salad out there that everyone can enjoy. Fruit salad, anyone?

Mason jar salads are a trend that started up a few years ago, and honestly, I love the idea so much. Basically, all you do is prep all the salad ingredients at the beginning of the week, and divide them into jars based on the consistency of the ingredient. Then, you keep in the fridge for about four to 5 days, and when it time to eat, you simply remove the salad from the fridge and pour into a bowl, mixing it up. They're a perfect lunch for anyone who is on-the-go.

I've included several different varieties of salads here, but keep in mind that all of our salad dressings are located in chapter six. You also don't have to feel limited to just making a Mason jar salad; feel free to mix up one of these bad boys before an event or potluck. Just be sure to tell people the ingredients in case they have allergies.

It's also important to remember how important layering in Mason jar salads. Whether you follow the recipes in this book, find more in other places, or decide to be creative, it's important that you layer the ingredients correctly. Dressing always goes on the bottom, then whatever ingredients won't

absorb the dressing (carrots, chickpeas, cabbage, etc), then you put in the softer ingredients (cucumber, quinoa, avocado, etc), then whatever type of greens you plan on using (lettuce, spinach, kale, etc), but not all salads call for greens, before finally, if you intend on having any protein, put that at the top (peanuts, tofu, vegan cheeses, etc). Just remember these steps, and your Mason jar salads will be great.

Another tip is to pack all of the ingredients in very tightly. The bacteria that grow in food is often caused by oxygen and light. You won't have too many issues with light as long as you're keeping them where they belong in the fridge, but air can be a problem. The more you pack your ingredients in the jar, the fewer issues you'll have with that. Also, be sure that anytime that you cook anything for your salads, make sure they cool completely before you put them in the jar. They could ruin your other ingredients.

I think that pretty much covers it. Now, let's start talking some ideas on how to make your salad palate a little more colorful.

Thai Inspired Peanut Chickpea Salad

This recipe will make about four salads in four different mason jars. It's ready in less than 25 minutes, and with its delicious peanut dressing and all the nutrition that you get from the quinoa, zucchini, carrots, and cabbage, it'll become a favorite. Use our Tangy Maple Syrup Peanut Salad dressing located in chapter 6.

- three-fourths cup uncooked quinoa
- two cups chickpeas
- one medium sized zucchini, spiralized or sliced in very thin strips
- one and one-half cup purple or green cabbage, shredded
- one-half jumbo carrot, spiralized or sliced in very thin strips
- one-fourth regular peanuts

Cook the quinoa. Once you're done, let it cool completely, and if you haven't already, whip together the dressing. Put about two tbsp of dressing in four jars. The jars should be about one-pint sized. Take time to divide up all your ingredients into fours. Add the ingredients in the following order: chickpeas, quinoa, carrots, zucchini, cabbage, and peanuts. Make sure to pack all the ingredients tightly. Seal your jars, and store in the fridge for about four days. When you're ready to serve, you can eat straight out of the jar (simply tip it upside down so the dressing gets coated through all your ingredients) or shake out into a bowl and mix it up.

Sweet Potato and Lentil Salad

If you're a fan of sweet potatoes, you'll love this one. This salad comes with an incredible salad dressing, Chili lime in chapter 6. Plus, there are some lentils for an added boost of protein; this creation makes four mason jars salads and will last about four days in the fridge.

- One 11.5 oz can of corn kernels
- One 19 oz can of brown lentils
- One red bell pepper, sliced in very thin strips
- One tbsp olive oil
- One-half tsp chili powder
- 6 cups sweet potato, cubed (about three medium sweet potatoes)

425 degrees should be the temperature of the oven and spread the sweet potato cubes over a baking tray, before tossing them in the oil and chili powder. For 30 minutes, roast them stopping halfway through to turn and mix them around. During this time, drain both the lentils and the corn, and keep in separate bowls. Whisk together our chili lime dressing in chapter 6. Take out the sweet potatoes once they're done and let them cool completely. Place out four mason jars, and pack the ingredients in the following order: one tbsp of dressing, one-half lentils, one-half cup corn kernels, one cup sweet potato cubes, and some bell pepper slices. These salads will keep in the fridge for up to four days, and when you're ready to enjoy them, simply shake them up to coat all the ingredients in dressing and then put them in a bowl. Feel free to also eat them right out of the jar.

Lentil and Kale with Sweet Potato Salad

This salad is so colorful that it looks like a piece of artwork in the jar. Healthy, beautiful, and delicious! The sweet potatoes give it a touch of sweetness while the kale and the lentils provide much needed iron and protein. Enjoy!

- Salt and black pepper
- Four cups chopped kale, heaping
- One large red pepper, diced
- Two tsp olive oil
- Three-fourths cup uncooked brown lentils
- One - fourth cup diced red onion
- Four c sweet potatoes, cubed

Preheat oven to 375 degrees, and spread out cubed sweet potatoes on a baking tray. Make sure to coat them with the olive oil and pepper and salt. Bake them for about 30 minutes, flipping them halfway through. During this time, whisk together our tahini dressing from chapter 6, although for this recipe using a tap of curry powder in the recipe is a great addition. Cook the lentils by adding them to a saucepan and covering them with a pinch of salt and one and one-half cup of water. A bay leaf for extra flavor is a great addition. The lentils will take about 20 minutes to cook, and they should be very tender. Drain. Add the kale to a large bowl, and add a bit of salt. One thing you can do to improve your kale salad is to massage the kale to make it softer. This seems to make it less bitter. Once you've gotten all your ingredients prepped, now it's time to make the salad. Be sure that everything is cooled down before you begin. In a mason jar, layer the

ingredients in the following order: about two tbsp of dressing, one-half cup lentils, one-half cup sweet potato, one-fourth cup of the pepper, one tbsp red onion, and one cup of kale. Tighten lids, and keep in the fridge for about four days. To eat, either eat them out of the jar (make sure to flip the jar over so everything gets coated with dressing) or shake and put into another container.

Chickpea, Cucumber, and Tomato Mason Jar Salad

This is really good and really simple. The ingredients are all water-based, so they feel very fresh when you eat them. For this one, it's super important that everything gets layered correctly: who wants soggy veggies? Even better, there's really only prep work and layering; no cooking required. This recipe creates four salads. For dressing, use our maple syrup dijon dressing located in chapter 6.

- Two cups chickpeas, cooked
- Two cups cherry tomatoes, halved
- Two cups cucumbers, diced
- One cup parsley, chopped
- Two c quinoa, cooked
- 8 c arugula

Start with the dressing for this one. Go to chapter 6, and whisk together all the ingredients for our maple syrup Dijon mustard. Now that you've done that, set out four mason jars. Evenly divide the dressing between them. Evenly divide and add the rest of the ingredients to the jars in the following order: chickpeas, cucumbers, tomatoes, quinoa, parsley, and arugula. They will last for about four days in the fridge, and when it's lunchtime, pour contents of jar into a bowl and mix around. Enjoy!

That's all I have right now for salads, but as you can see, there are so many different variations, and there is no reason why you can't do your own

experimentation. There are plenty of recipes just waiting to be discovered out there and always remember: salads are definitely not boring.

And that's what we have for lunch. All of these meals are easy to put together and are delicious, nutritious, and will absolutely be the highlight of your day. Eat up!



Chapter 5: Dinner

Dinner is the meal that you also look forward all day. We've all been that little kid waiting for a parent to cook us a meal, waiting in the living room and just smelling the delicious scents wafting in from the kitchen. Our dinners should be warm and nutritious, comforting and delicious.

There is no better feeling coming home and knowing that you've got some good food waiting for you. The meals in this chapter are the perfect thing to look forward to at the end of a long day and perfect to share with some wine. No shame.

Quinoa Burrito Bowls

Burritos are delicious, but if you want all of the flavors of burritos without all the unnecessary carbs of a wrap, this is for you. This recipe is so refreshing and feels so good to eat after a long day, because you know you're getting a meal full of nutrition. This is also perfect for meal prep; you're able to make about 5 meals in 20 minutes, meaning 5 dinners.

- Three cups quinoa, cooked
- One-half cup cilantro, chopped
- One cup fresh/frozen corn
- One 15 oz can of black beans
- Juice of one lime
- Two heads of romaine lettuce
- One-half cup salsa
- Three avocados

- One tsp cumin
- One-half tsp salt

The black beans should be rinsed and drained. In a bowl, put the quinoa, beans, corn, cilantro, lime juice, cumin, and salt into a bowl. Mix together well. Divide the salad between 5 containers. Take the romaine lettuce and chop it up. Add two cups to each container. Then, to each container, add two tbsp of salsa and one-half an avocado. You'll be left with one left over; feel free to wrap it up and store it in the fridge, or use it in something else. If you wish, you can use more cilantro or lime wedges as garnishes. These meals will last for 5 days in the fridge and will be enjoyed cold.

Black Bean Quinoa Stuffed Peppers

These are so good and satisfying for a weeknight meal. They somehow manage to be a host of different, subtle flavors, from sweet to smoky to savory, and are so, so satisfying. This recipe makes about 6 servings and is perfect to make in advance for a few night meals.

- One cup corn
- One one5 oz can black beans
- Two cup vegetable broth
- Pepper to taste
- One-fourth tsp cinnamon
- Three-fourths tsp smoked paprika
- One tsp salt
- One tsp oregano
- One and one-half tsp cumin
- Two tsp chili powder
- Four cloves of garlic, minced
- One and one-half tbsp olive oil
- 8 oz mushrooms, chopped
- One medium onion, diced
- One cup dry quinoa
- 6 large bell peppers, colors of your choice

Preheat oven to 400 degrees. First, we're going to prepare the peppers. Cut each of them in half, cutting straight down the middle and through the stem if it has one. Remove the core and the seeds. Take some olive oil and brush

it over inside, along with sprinkling pepper and salt. Place with the cut side up on a baking sheet. Roast for about fifteen minutes. This will ensure that they're a little bit tender. Set them aside, and get started on the filling. Cook the quinoa while you're roasting the peppers. Then, in a large skillet, add the onion and sauté for about three to five minutes until they've gone translucent. Sauté again for five minutes after adding the garlic and mushrooms. Add tomato paste and the spices. Keep stirring for about two minutes. Bring to simmer once the vegetable broth is added. Simmer for two minutes. Take your cooked quinoa and add it to the pan, along with the beans the corn. Keep stirring and cooking for another 5 to 8 minutes, until the liquid has cooked down. During this time, taste to see if you feel you need any more seasoning, and add more if needed. Remove from heat. Lay out peppers and divide the stuffing between them. Be gentle when packing the peppers; you don't want to break them. Place upright on the pan from before with about one inch of space between them. Bake for 15 to 20 minutes. Keep an eye on the quinoa; it will be browned and crispy. To serve, simply heat in the microwave and use toppings such as cilantro, hot sauce, avocado, or salsa to spice it up.

Mushroom Goulash

Goulash, a soup of Hungarian origins, is the perfect thing to have at the end of a chilly day. Plus, this recipe is easy in just a few steps and requires very little efforts. You can make a pot of it at the beginning of the week and use it as a pasta sauce, over rice or quinoa, or just by itself. Yum.

- Salt to taste
- 5 sprigs of fresh thyme
- One tsp garlic powder
- One and one-half tbsp paprika
- Two pounds mushrooms, white or brown
- Two tbsp olive oil
- Two cups vegetable broth
- One oz can of diced tomatoes
- One red pepper, chopped
- One-half onion, thinly sliced

In a large skillet, pour in one tbsp of olive oil. Then, prepare the onions and drop in, sautéing them for about four minutes until they begin to soften up. Now, add the red pepper. The pepper and the onion will start to caramelize, and this should take about 5 minutes. Once this is done, remove from the skillet and set aside. You'll need the skillet for the next step. Heat the other tbsp of olive oil, and add the mushrooms. Stir constantly, until most of the water has evaporated and the mushrooms have shrunk and become soft. About 5 to 7 minutes. Sprinkle in with the salt and the garlic powder. Re-add the pepper and onion mixture, plus the tomatoes, the vegetable stock, the paprika, and the thyme. Stir until well mixed and bring to a boil. Once it's been brought to a boil, take a lid and cover the pot. Reduce the heat down to low, and let it simmer for about 20 minutes. There are about six servings of soup in here, and it will last about 5 days in the fridge. Enjoy over pasta or grains, or even just by itself!

Sheet Pan Stir Fry

I love stir fry so much! It's one of my all-time favorite dinners, mostly because it's so easy. You literally just drag out whatever's in your fridge and throw it in a pan. This one is slightly different though, as it's made in a sheet pan in the oven. This is great for meal prep and requires less time spent by the oven. This recipe makes about three to four meals, so this is perfect for meal prep.

- One package of tofu
- Three cups snap peas
- Three cups carrots
- One-fourth cup tamari
- Two tbsp maple syrup
- Two tbsp water
- One tbsp sesame seeds
- One tsp red pepper flakes
- One-half tsp ginger powder

Preheat oven to 400 degrees. Prep a baking sheet with parchment paper and set aside. Add tamari, water, maple syrup, sesame seeds, pepper flakes, and ginger powder and whisk together. Remove tofu from package and drain excess water. Cut into cubes. Put tofu, carrots, and peas into a bowl, and pour in the tamari and maple syrup marinade. Mix together to ensure that everything is coated. Spread out onto the prepared baking sheet. Bake for 30 to 35 minutes, stopping halfway to flip over. When you're ready to eat, serve with quinoa, rice, or rice noodles. Yum!

Tofu Buddha Bowl with Tofu

This is a perfect way to end your day, with tofu, roasted broccoli, and a delicious peanut sauce.

- Two cups brown rice, cooked
- Two cups spinach
- Two cups broccoli florets
- One cup carrots, shredded
- One cup cooked chickpeas
- 16 oz extra firm tofu, cubed, pressed, and drained (check out chapter six for more info)
- One-fourth cup soy sauce
- One-fourth cup maple syrup
- One-fourth cup natural peanut butter
- Two tbsp sesame oil
- Two tsp olive oil
- Two tsp chili sauce
- Salt and pepper

Set oven to 400 degrees. Take tofu and place on a baking sheet. Bake for 25 minutes. When it's done, place in a bowl. Whisk together the peanut butter, chili sauce, maple syrup, soy sauce, and sesame oil in a bowl until well mixed. Add half to the tofu and let it sit while you prep the rest of the ingredients. Sprinkle broccoli with one tsp olive oil and a bit of salt and pepper, then roast in the oven for 20 minutes. While the broccoli is in the oven, take a large skillet and set the burner to medium heat. Cook tofu in

small batches along with the peanut sauce. The tofu should be crispy and golden browned. Now, set out four containers, and divide the brown rice, the carrots, the spinach, the broccoli, and the chickpeas among them. Divide the tofu as well. Drizzle with the remaining peanut sauce. Enjoy!

Curried Chickpeas with Spinach

This is both a great idea of meal prepping, with 6 meals provided from this recipe. The chickpeas blend together beautifully with the spinach and the rice. It's delicious and super filling and will leave you feeling amazing.

- Cilantro and green onion for toppings
- One-half tsp pepper
- Three-fourths tsp salt
- One-half tsp cinnamon
- One tsp cumin
- Two tsp curry
- three tsp olive oil
- Three cups cooked rice
- 5 cloves garlic
- Two tbsp tomato paste
- Three tbsp water
- One-half lemon, juice
- One 15 oz can of chickpeas
- One large onion
- 5 oz baby spinach

Take three cloves of garlic, mince them, and with one tsp olive oil toss into a large skillet. Cook for about two minutes; it should be very fragrant. Add the spinach, and cook until spinach has wilted. This won't take long, only about two minutes. Then, add in the lemon juice and one-fourth tsp salt.

Cook until the spinach is completely wilted and coated. Remove, and put off to the side. In the same skillet, pour in two tsps. oil. Add to the pan the remaining minced garlic along with the onions. Cook until translucent and soft. Add chickpeas, tomato paste, and spices, and move around to combine the mixtures. Add water in the pan as the moisture inside starts to dry out. Add salt and pepper, mixing everything and cooking for another three minutes. Prepare the bowls by dividing out the brown rice, the chickpeas mix, and the spinach mix between them.

Butternut Squash Casserole

So easy to put together, this casserole is layered to perfection and a blend of Mexican flavors.

- Salt and pepper
- One cup fresh cilantro
- One-fourth cup vegan cheese (optional)
- Three vegan-friendly tortillas
- One tsp cumin
- One jalapeno, diced
- One 15 oz can diced tomatoes
- One 15 oz can black beans, drained and rinsed
- Three tbsp onion, diced
- Two cups butternut squash, cubed

Set oven to 350 degrees. Take out a 9 by 13 baking dish. In the bottom of the dish, spread out a thin layer of the canned tomatoes. When you're done, take a mixing bowl and put in the squash, the onion, the jalapeno, the black beans, cumin, cilantro, salt as well as the remaining tomatoes. Stir all the ingredients together. Take one of the tortillas and rip into quarters. Place the one set of quarters on top of the tomato base in the dish and layer this with a bit of the squash mix. Do this again two times, which will add up to three layers in total. For fifteen to twenty minutes, bake the casserole in the oven. Layer it with the vegan cheese over top and bake for another three minutes. For serving, let cool for about 5 minutes before slicing up. Keep in the fridge covered for up to four days.

Apricot-Cucumber Tofu Steak with Green Beans and Quinoa

This can be served with quinoa and some green beans. Feel free to swap out these veggies for whatever you like. It's full of protein and totally delicious. And I know what you're thinking, apricot? Trust me.

- One-half tbsp plus one tsp maple syrup
- cucumber
- One-half
- One-half apricot
- Two tbsp rice wine vinegar
- Two tbsp balsamic vinegar
- One 16 oz block of extra firm tofu
- 8 cups green beans, trimmed
- Two cups quinoa, cooked

Press tofu, before cutting it into one-half inch slices. In a dish, put the slices of tofu inside, and in another bowl, mix together the balsamic vinegar, one tsp of the maple syrup, and the rice wine vinegar. Cover the dish, and place in the fridge for 30 minutes. At fifteen minutes, flip the tofu over so you can ensure that it gets coated on both sides. During this time, grate the apricot and the cucumber with a cheese grater and place in a bowl. Stir in the one-half tbsp of maple syrup and stir to coat evenly. Put into the fridge. If you're using beans, prepare them by filling a large pot with boiling water and cooking them for about three to five minutes. Take a pan and put on the stove, set to medium heat. You can also use a grill if you really want to go

for that steak effect. Take tofu from the fridge, and cook slices in a pan, about six minutes on each side. Now that you're all done, take four containers, and divide quinoa, green beans, and tofu among them. Keep them in the fridge for 5 days.

Easy Avocado and Mango Sushi Roll

Anyone who knows me knows that I am just a tiny bit of a show-off. Making sushi is just one of the ways that I impress my friends because people seem to think it's so much harder than it actually is. Sushi is healthy, fresh, and it tastes good because you put what you want in it. I've included my favorite combination, avocado, and mango, here.

- One piece avocado, thinly sliced
- One piece cabbage, thinly sliced
- One piece cucumber, thinly sliced
- One piece mango, thinly sliced
- One piece carrot, thinly sliced
- One piece cauliflower, ground up into cauliflower rice
- Dried seaweed sushi wraps (nori)
- A glass of water (have on hand)

On a flat surface like a cutting board, lay out your seaweed sushi wrap. Put a very thin layer of cauliflower rice over it, and only cover about two-thirds of the wrap. The cabbage, cucumbers, carrots, avocado, and mango will follow and do the same. Now, it's time to roll. Starting with the edge of the wrap closest to you, start to gently roll the sushi. Be careful or it might tear. Once you're done rolling, dip your finger into the glass of water and wet the edge of the seaweed wrap where the roll comes together. This effectively seals the roll and means it won't fall apart. Lay out carefully, and using a knife (make sure it's very sharp), slice the sushi up into coin-like pieces. Enjoy with soy sauce.

Of course, this isn't the only combination you can make. One look down any sushi restaurant and you'll find dozens of different combinations you can try. There are a plethora of ideas out there. Go wild!

BBQ Lentil and Onion Tacos

Who doesn't love tacos? With delicious, crispy fried onions, and lentils in BBQ sauce, this recipe is definitely one that you're going to be bookmarking after only trying it once.

Lentils

- Two cups lentils, cooked
- One-fourth cup tomato paste
- Two cups water
- Two tbsp honey
- One tbsp white wine vinegar
- One tbsp molasses
- One tsp garlic powder
- Three-fourths cup salt
- One-fourth tsp cumin

Take tomato paste, one cup of the water, molasses, honey, and spices and add to a blender. Process on high until it's nice and smooth. Salt to taste; you might find that it's too salty for you. The BBQ also needs to be salty if it's going to do its job and season the lentils. Take the lentils and add them plus the rest of the water to a pot, and bring to a simmer. Add the BBQ sauce to this, and keep on medium heat for about 30 to 40 minutes. Continue to stir until they are done to your liking.

Lime and Cilantro Crema

- One-fourth cup lime juice
- One-fourth cup cashews, soaked overnight
- Two tbsp of water
- One-half cup packed cilantro leaves
- $\frac{1}{8}$ tsp salt

Soaking the cashews will ensure that this sauce has a smooth consistency that you can enjoy. Soak them overnight, or in hot water for an hour. Add all the ingredients minus the water into a blender, and blend for three to four minutes until it is smooth. If you find that the consistency is a little thick, you'll find yourself adding a bit of water. Start with two tbsp, and blend. Don't go over three. This should thin it out just enough.

Fried Onions

- One yellow medium onion, sliced
- Two tbsp corn flour
- One tbsp arrowroot
- One-half tsp salt
- One-third cup coconut oil (any cooking oil is fine)

Take out a small frying pan and take whichever oil you're going to use, coconut or not. Heat it over medium heat. While it's melting, add the arrowroot, corn flour, and salt in a bowl, mixing well. Take some of the sliced onions and dip them in flour mixture, covering them completely, and add to the frying pan. Cook on each side for a minute each, no more. The onions should be a golden brown. When they've reached this color, remove from the heat and place on a paper towel. This will drain some of the oil. Repeat with all of the onions.

Assembly

- Six tortillas, vegan-friendly
- Three cups lettuce, chopped
- One tomato, chopped

Now, this is important. If you plan on meal prepping these, you're going to want to pack your tortillas, your lentils, and your crema separately. This is especially if you're using crunchy taco shells, which will become damp if you keep them in with the crema and the lentils. So, store them completely separately, and simply heat the lentils to serve them, along with following the below instructions.

But, when you are ready to serve, simply heat your tortillas, and fill them with your fillings, including the lettuce and the tomatoes. Drizzle over the cilantro lime crema, and enjoy.

Slow Cooker Vegan Chili

This chili is perfect if you're looking for something that's hearty, easy to cook, spicy, and packed with flavors. It's also a great source of many nutrients, including fiber and protein. Tuck in!

- Four cups water
- Two medium onions, diced
- Two cups corn, fresh or frozen
- Two cups bell peppers, diced, colors of your choice
- One and one-half cup of vegetable broth
- One-fourth poblano pepper, chopped (use one-half if you want more heat)
- Three 15 oz cans of diced tomatoes
- Two 15 oz cans of black beans, drained and rinsed
- One and one-half cup crushed walnuts
- One-third cup quinoa, uncooked
- Two tbsp soy sauce
- Two tbsp maple syrup
- One tbsp olive oil
- Two and one-half tbsp chili powder
- Two tbsp cumin
- Two tbsp lemon juice
- Two tsp dried basil
- One and one-half tsp garlic powder
- One and one-half tsp paprika
- One tsp salt

- One-half tsp oregano
- One-half tsp liquid smoke
- One-fourth tsp chipotle powder
- One-fourth tsp black pepper

Add oil and onion to a large pot, set it to medium heat. Stir and sauté the onion until translucent, about three minutes. Add the seasonings; chili powder, paprika, basil, cumin, chipotle, pepper, and oregano. Add about two tbsp of the vegetable broth to the pan, and let simmer for four minutes. Add the bell peppers, the poblano peppers, and the rest of the broth. Let it simmer for about 8 minutes. Then, add all of the canned tomatoes, the soy sauce, the maple syrup, the liquid smoke, and the water. Lid the pot loosely (meaning leave a bit of room for air to escape), and let it simmer for 30 minutes. Be sure to give it a stir every 5 to 10 minutes. When the 30 minutes are up, add the quinoa, the lemon juice, the black beans, the walnuts, and the corn. Now, reduce the heat to a medium-low. Lid the pot (not loosely this time) and let it sit and simmer for 50 minutes. Stir it every 5 to 10 minutes. If you wish, you can add more water if the consistency is too thick. Serve with toppings such as cilantro, vegan plain plant-based yogurt, or vegan cheese.

Sweet Potato Quinoa

I love my crock pot, also known as a slow cooker. It's easy; I literally just throw all the ingredients into it for however long the recipe suggests and leave it be. A lot of them come with adjustable settings, and it's an investment worth having. You quite literally come home to a warm, home-cooked meal with very little effort. This is just one of many recipes you can make in one.

- One large sweet potato, diced
- Two cups vegetable broth
- One cup quinoa, uncooked
- One 28 oz can of crushed tomatoes
- One 15 oz can of black beans
- One 15 can of corn
- One four oz can of green chilis
- One half of a large red onion, thinly diced
- Two tsp maple syrup
- One tbsp sriracha
- Three tbsp chili powder
- One tbsp cumin
- One tbsp garlic powder
- One tsp paprika

Take all the ingredients and prep them accordingly. Then, throw all of them into your crockpot, giving it a stir and making sure it's well mixed and evenly distributed. Cover, and cook on high for three hours. Or, cook on

low for 6 to 8 hours. The quinoa should be fully cooked and tender, while the sweet potatoes need to reach the consistency that you want. If you can, stir occasionally, or try to get someone else to do it for you.



Chapter 6: Just Some Stuff You Should Probably Know

Cooking, especially if it's a form that you're not familiar with, can be absolutely a chore if you're not familiar with how it works. Many people who go into the vegan diet soon get discouraged by the fact that they just can't make good tasting food. Who wants that? It's kind of gross, actually.

I'm going to be straight; you're not the only person who thinks this. There are actually a lot of people who think that tofu is gross and salads are boring. Well, this chapter is full of all the tips you'll need to really help yourself learn how to cook meals that are both incredibly tasty but also fall into your dietary requirements. There's also a little section on how to order vegan when you go out with friends. After all, who should be deprived of a good night out with friends, regardless of their dietary needs, am I right?

First stop; cooking tofu.

How to Cook Tofu That Tastes Like Anything

Yeah, you read that title right. I cannot tell you the number of times I have gone to a dinner party, my friend proudly proclaims of how much they're proud of the vegan food that they made me, and it turns out to be tofu. And it's bland, tasteless, boring, and honestly, tastes like soggy cardboard. This is what has given tofu such a bad rap, which is a real shame because it can be amazing if it's actually prepared correctly.

Most people have no idea what to do with tofu, honestly. Despite the fact that it's constantly talked about in our media and is often listed in recipes, they just don't know what to do with it when they pick it up from the grocery store. Which is kind of crazy, because tofu is actually ridiculously easy to prepare. You definitely don't have to be a 5-star chef to make great tasting tofu; hands down. Just follow the steps and tips below.

First off, tofu has a lot of water in it, and that needs to go. Think of the block as almost like a sponge; it soaks up everything. And the fact that it's so waterlogged means it can't pick up any flavor that you throw at it because it's already stuffed. So, how do you get rid of it? You press it.

After you take a thing of tofu out of a package (be sure to open it over the sink; there's water in there!). You can cut it or keep it in the block as you wish, but I find the pressing works better if it's cut up into four to 6 slices. Lay the block, or the slices, on a spread out, clean dish towel or some paper towels, and wrap it up. Another method, if you're slicing it up, is to spread out the slices and just spread them out, putting another dish towel or paper towels on top of them. Anyway, you should then take a heavy object, and

place it on top. Something like a pan, or a large cutting board. Another baking sheet works, too!

Leave the tofu alone for at least an hour, but many people recommend that you do this the night before. This will get all of the liquid out this way; just leave it in the fridge. You could apply some pressure yourself if you're in a rush, but the first way will just work better. If you plan on eating tofu a lot, you can buy something called a "tofu press" to do all this work for you (they can be found online). But don't invest in one until you've found a way to cook tofu that you love, and you know you'll be using one. Once the pressing is all done, now it's time to marinate.

Marination is something that people usually reserve for meats like chicken and steak, but it works for tofu too (provided you squeezed out the water). Without marinating it, the tofu will taste like the tofu we all dislike; no-flavor, paper tasting tofu. Once you've gotten rid of the excess water, now, it's time to marinate it.

The first thing to remember when marinating tofu is that despite getting all that water out, tofu still has a lot of water. The stuff is literally pressed in water. So, what doesn't mix with water? Oil. Oil marinades won't work with tofu, and tofu could literally spend a week in an oil-based marinade and still come out pretty much tasting the exact same. If your favorite marinade has oil in it, replace it with vinegar, soy sauce, or veggie stock.

And, speaking of marinades...

All about Marinades

Now, if you're like me, and barely even know what marinade is, here are some ideas that you can pull together. But, the important thing to remember is that marinades are rarely strict, can't-change-anything, never mess around with the recipes. They can be played with and experimented upon as you wish, similar to salad dressings. You can find store-bought marinades, but I think making them at home is just so much better. They have none of the preservatives that are in the ones you find in the store, and it's cheaper to make them at home once you have gathered all of the ingredients.

Remember, if you plan on marinating something in a sweetener like honey, molasses, or any kind of sugar, it will burn. This means that you need to watch them closely and cook on low heat. While tofu can be marinated for like a day, other things, not so much. Soft veggies, for example, such as zucchini, can't be marinated for more than 10 minutes or they'll become soggy. Hard veggies, like potatoes, can marinate for much longer, up to 30 minutes.

Again, none of these marinades are set in stone recipes. Feel free to test and try out what works for you. They can all be stored in the fridge for you to use later.

Asian Inspired Marinade

Puree together a two-inch piece of ginger, four large garlic cloves, one-third cup soy sauce, and one-third cup rice wine or dry sherry, plus two to four

tbsp of sugar, depending on your tastes, or you can avoid sugar altogether.

Southeast Asian Inspired Marinade

Blend a two-inch piece of ginger with the pulp and juice of one medium lime, four large garlic cloves, 8 stalks of fresh coriander, two or three tbsp of sugar, depending on your tastes, and some black pepper and salt.

Mediterranean Inspired Marinade

Puree together two large cloves of garlic with one-third cup lemon juice, one-third cup vegetable broth, a tbsp of rosemary, a tbsp of oregano leaves. Add some salt and pepper for your taste buds.

Italian Inspired Balsamic Vinegar Marinade

Blend four minced large garlic cloves, one-third cup vegetable broth, one-third cup balsamic vinegar, some freshly ground pepper, and about 5 - 10 fresh basil leaves.

These marinades are definitely enough to get you started. Now, time to get marinating!

Salad Dressings

If you haven't already guessed by the sheer amount of salads there were in the lunch chapter, I love salads. When people call salads boring, I always roll my eyes, because one) they obviously don't know what they're talking about, and two) they've probably never had a good salad with dressing. A lot of the salads that we talked about in the lunch chapter mentioned many of the dressings listed here, but there are a few others. Mostly because salad is such a versatile dish, and you should definitely do some testing out as to what your favorite mixes are.

Like marinades, salad dressings are not one of these recipes where you have to follow everything exactly. If you absolutely cannot find anything in the recipes below that you like, grab some spices and oils and figure out something that you do like (check out our guide to spices in this chapter!). But, I seriously doubt you'll find that problem, just saying.

Tahini

I love tahini dressing. It's so good. I can still remember the first day I tried it, and my world was rocked upside down. You can use tahini in virtually everything; drizzle it over salads or veggie bowls, and there are many recipes out there that call for its main ingredient: tahini paste. There aren't many people who don't like it, let's be clear.

- One-fourth cup tahini
- The juice from one-half lemon

- One-fourth cup of water (you may need more)
- One tbsp apple cider vinegar (or any vinegar)
- One tsp garlic powder
- One tsp miso paste
- Pepper to taste

Put all ingredients minus the water together in a bowl and mix until fully combined. For the water, start with one-fourth cup. Add more if you don't like the consistency until it's smooth to your liking.

No-Oil Balsamic Vinaigrette

Balsamic vinaigrette is a staple in any salad lover's fridge. It's a classic, but there are a lot of people out there who wish that it didn't have so much oil. So, when someone recommended to me that I should replace the oil in the dressing with some tahini (remember when I said above that I use it in everything?) I ran with it. The replacement makes it creamy, a wonderful consistency, and is much more flavorful. What's not to love?

- One-fourth cup balsamic vinegar
- One tbsp dijon mustard
- Three tbsp tahini
- One tbsp maple syrup or honey, your choice
- One-half tsp garlic powder
- The juice from one whole lemon
- Salt and pepper to taste

Blend together all the ingredients until they're smooth and creamy. You won't need a blender; a whisk will work just fine. If you find the consistency too thick, add a tbsp or two of water.

Vegan Ranch Dressing

Who doesn't love ranch dressing? This dressing is used in many different households and everyone has a different way to enjoy it. You can use it as a dip, on salad, and even on pizza. Unfortunately, the majority of places don't make it vegan, but no worries; this one is 100% vegan, so you won't be deprived of one of your favorites!

- One-fourth cup unsalted, raw cashews
- One garlic clove
- One tsp capers
- Three-fourths tsp caper juice
- One tbsp lemon juice
- One tbsp nutritional yeast
- Water, anywhere from one-third cup to one-half cup
- Salt and pepper to taste

Soak the cashews in hot water for about half an hour. When time's up, drain and rinse them. After this, add them to a blender along with the other ingredients, including one-third cup of water. Blend until creamy and smooth. Add water if you need it.

Green Goddess

This dressing is one of my favorites, with its herby flavoring and creamy consistency. It's so delicious, and the grocery store version is full of sour cream, which is something that I, being on the vegan diet, can no longer eat. So, this version, with vegan yogurt instead, is a lifesaver. The freshness of all the herbs really comes out in this, and it's so tangy and flavorful. Yum.

- One-half cup plant-based yogurt, your choice
- One tbsp lemon juice
- Two tbsp apple cider vinegar
- One tsp maple syrup
- One-fourth cup fresh tarragon
- One-fourth cup fresh parsley
- One garlic clove
- One-half tsp onion powder
- Salt and pepper to taste
- One - three tbsp of water

Put all the ingredients except for the water into a blender. Keep on high until smooth and creamy. Add water one tbsp at a time until it's reached the consistency you want.

Tangy Maple Syrup Peanut Dressing

This dressing is the perfect mix of tangy and sweet and is perfect for any peanut butter lover who also loves a bit of a kick. Double or triple the recipe if you plan on using it a lot.

- 5 tbsp rice vinegar
- Three tbsp peanut butter
- One and one-half tbsp soy sauce
- One tbsp sesame oil
- One tbsp maple syrup
- One tsp minced or ground ginger

Whisk all ingredients together in a blender or bowl. You can whisk or blend them, your choice. Keep blending until they've mixed together completely.

Maple-Apple Vinaigrette Dressing

I love maple syrup, just in case you haven't guessed already. Maple syrup is the perfect sweetener, and yes, it's strong and packed with, well, sugar, but you also rarely need too much of it. This apple and maple syrup blend has me obsessed.

- Two tbsp maple syrup
- Two tbsp olive oil
- One tbsp apple cider vinegar
- Salt and pepper

This one doesn't require a blender, so you can just whisk all the ingredients together in a bowl until well-combined. Store in an airtight container in the fridge, and just drizzle over your salad when you're ready.

Chili Lime Dressing

This one has a definite kick to it, but I love it. It's great if you're someone who loves a Mexican palate in your dressings.

- Two tbsp white wine vinegar
- Two tbsp olive oil
- Two tsp lime juice
- Two tsp honey
- One clove of garlic, minced
- One-half tsp chili powder

Whisk all ingredients together until they're well mixed.

Maple Syrup Dijon Dressing

This dressing has a perfect mix of sweetness and sour, with the mustard and the maple syrup. Yum!

- Four tbsp olive oil
- Juice of two lemon
- Two tsp maple syrup
- Two tsp dijon mustard
- One-half tsp garlic powder
- Salt and pepper to taste

Whisk all the ingredients together in a bowl.

That's pretty much all there is for salad dressings that I have for you, but again, this is your opportunity to be creative. Try other things! If there is an herb mash-up that you love but don't see here, try mixing it together. If there is a store-bought dressing that you love that isn't vegan, look into creating your own version. The sky's the limit!

Your Guide to Spices

Spices are great in that they really add flavor to a dish without really any extra work. Not only that, but they're packed with nutrients as well, so you're adding a bit of extra kick that way to your favorite dishes. While testing and trying out some of your favorite spices are always a fun experiment, have a bit of help in a guide to how to use them to their fullest deliciousness. You can use them to flavor your food by sprinkling it on, but also to use in marinades and salad dressings. Again, doing a bit of testing is really the key here.

From this list, pick the flavor that you most want to go for and run with it. Just be practical, please, and use your common sense. This is just a basic list of spices, and you'll find many, many more at supermarkets.

Earthy: Allspice, Cloves, Cinnamon, Coriander, Cumin, Oregano, Rosemary, and Thyme

Sweet: Allspice, Basil, Cardamon, Cloves, Cinnamon, Ginger, Nutmeg

Bitter: Bay Leaves,

Spicy: Cayenne Pepper,

Peppery: Coriander, Turmeric

Smoky: Cumin

Savory: Garlic Powder,

Warm: Ginger, Paprika

Bitter: Turmeric

Do your best to choose combinations of spices that really complement each other, and don't be afraid to just have a mix that you love on hand. If you know that you love the taste of ginger, paprika, and coriander together,

there's not a reason why you shouldn't just make have a mix of it pre-made on hand.

All about Hummus

If you haven't tried hummus yet, you're missing out. As a vegan, I'm constantly chowing down on this stuff. It's so versatile and delicious and can be used in so many different ways such as spreads on sandwiches, as dips, in smoothies for a boost of healthy nutrients. It's vegan, gluten-free, sugar-free, and nut-free. Hummus is just perfect.

While you can buy it at the store, it's often full of unnecessary preservatives and oils, and it can be a bit expensive. Making it at home is so easy, and it's much cheaper once you have bought all the ingredients. All you really need is a blender. But, it can get a bit boring after a while, even if you love it. So, along with a classic hummus recipe, I've also included some different versions of it, meaning that you will always have something different to try every week.

Classic Hummus

This is the classic, garlic hummus that most Greek restaurants provide. I'd definitely start off with making this one if you're new to hummus.

- One and one-half cup of chickpeas, cooked
- The juice of one lemon
- One-fourth cup water

- Two tbsp tahini
- Two cloves garlic
- One tbsp olive oil
- One-half tsp salt

Other than the chickpeas, put all of the ingredients into a food processor (a blender also works, but you may have to mash the chickpeas beforehand) and blend on high until combined. Add the chickpeas, and blend on high. Be sure to scrape down the sides. Blend until it reaches the consistency you want, the smoother, the better, in my book. Store with an airtight container. It should last about 3 to 5 days.

Beetroot Hummus

This hummus is not only delicious, but it's got this gorgeous coloring of a reddish-purple color. It's so gorgeous, and this is the one that I always pull out for parties and potlucks, and the color is always admired by everyone. It's so pretty that you may even have a hard time eating it.

- Two medium beetroots, peeled
- One and one-half c of chickpeas, cooked
- The juice of one lemon
- One-fourth cup water
- Two tbsp tahini
- Two cloves garlic
- One tbsp olive oil
- One-half tsp salt

Line a baking sheet with parchment paper. This step is optional, as it means that you won't have to do as much cleaning later. Beet stains are really hard to get out, so if you want to keep your baking sheets clean, this is a great option. Slice beets into one-half inch pieces, and lay on the tray. Roast for 40 to 45 minutes at 400 degrees. Consider poking them with a fork to test tenderness to know when they're done. Add all ingredients to your food processor or blender and blend on high until they reach your preferred creaminess. Enjoy!

Roasted Red Pepper and Garlic Hummus

This one is so good! The garlic and red pepper combine into a brilliant flavor combination. I find that red peppers are the best options, but you could always experiment a bit with yellow, orange, or green.

- Two large red peppers
- 6 cloves garlic (with the peel on)
- One tbsp olive oil (plus more for roasting the peppers and garlic)
- Two tsp balsamic vinegar
- Two cups cooked chickpeas
- Three tbsp tahini
- One tbsp water
- The juice of one lemon
- One-half tsp cajun powder
- One-half tsp paprika powder
- One-half tsp salt

Remove the seeds and stems from the red peppers. Coat them, and the garlic in olive oil, and cook it in the oven at 450 degrees for 25 minutes. The peppers should have some dark brown or black spots, and the garlic's peel should be lightly browned and very fragrant. You will remove the peel off the garlic when you remove from the oven. Place all ingredients except chickpeas in a food processor or blender, and blend on high. When they have been combined well, add the chickpeas, and once again, blend until you've reached a creamy consistency.

Vegan Alternatives

Going vegan often means that you have to give up a lot of your favorites. We live in a world where animal products like dairy and meat have really gotten into every piece of food that we have. While there is definitely a ton of amazing recipes that you can make with just vegan ingredients, there's no harm in messing around with a couple of your old favorites trying to find something that works. Check out this list of what you can use to replace in your meals.

Meat Replacements: not exactly tofu, but there is a ton of meat replacers on the market right now. They come in all shapes and sizes and usually are made of soy. They can be pricey, but you might find it worth it if you're craving something with a distinct meat flavor.

Vegan cheese. I haven't talked much about vegan cheese in this book, mostly because I don't use it all that often. But it's definitely an option if you really find yourself missing cheese. There's no harm. It comes in many forms, not just cheddar, and there's even vegan feta and vegan brie if you look hard enough. If you're living in a larger city, you'll probably have an easier time finding these, but you should be able to find some form of vegan cheese at your regular grocery store.

Vinegar. In terms of baking, vinegar can be an egg replacement in baking. It especially works in a cake. Mixed with the baking soda, it works to create a binding agent similar to the effect that eggs have. Give it a try.

Cashews. We've already talked a bit about cashews and how they have a very creamy consistency when blended (just look at our ranch dressing recipe). But they also serve as a great replacement for cream in dishes that want that creamy taste, like fettuccine alfredo or mac and cheese. Just soak them in hot water and whip them in the blender.

Coconut milk. This is another great replacement for cream but in other ways. This can be used in place of whipped cream in dishes like mousse and ganache, and you can even make whipping cream for your pies with this. And, honestly, in my opinion, with that sweet coconut taste, it tastes even better.

Dark chocolate. If you're a big fan of chocolate (I know I am, there's a reason why there are so many chocolate recipes in this book), you'll be happy to know that dark chocolate can be found that has no dairy products. Not all of them, you'll definitely have to check the ingredients label, but there are definitely some out there. And pure cocoa powder is 100% dairy-free. Yay!

There are plenty of other vegan substitutions out there in the recipes; you really just have to find them. It may take some experimentation and some second tries, but you'll eventually be able to eat a lot of your favorite foods without any of the dietary breaking you'd have to do otherwise. Plus, they're better tasting this way anyway.

Eating Vegan at Restaurants

I know technically this is a cookbook, but this is topic I think a lot of vegans feel frustrated at. While there definitely are more vegans than there were even just ten years ago, the number is still very low. This means that there are many restaurants, even if they cater to vegetarians, they don't cater to vegans.

Veganism is not nearly the huge struggle that people make it, but this is one area where a vegan's eyebrow twitches slightly. It's hard not to get annoyed at the fact that the restaurant you've chosen to eat in has no obvious vegan options available. Restaurants are still slowly getting on board with veganism, but until that day comes when every restaurant is guaranteed to have at least one good, wholesome vegan option on their menu, refer to this guide on how to do it.

Call the restaurant. This step can feel like a total chore and requires a lot of planning ahead, but it's really useful. If there is a restaurant that you enjoy or one that you want to try out, call ahead and ask for their vegan options. Remember, restaurants want to make sure that they cater to the largest demographic possible, so they'll very likely be able to come up with something that will satisfy you, and it doesn't necessarily have to be a salad. You may be surprised at what they'll offer. This also means that you won't have to go through the stress of combing through the menu looking for something you can eat, and you won't have to go through all of the fuss that comes with the waiter asking the chef what is and isn't in the food while you're there.

Make sure they know exactly what you're talking about. The amount of times I have heard people say that someone who still eats fish and chicken is vegetarian is ridiculous. Some people just don't understand dietary restrictions. Be as clear as you can.

Drop the shame. Some people worry about annoying the chefs or the waiters with their food requests, but most are actually happy to help out. They want you to enjoy your time at their restaurant, and would rather you be clear with your limitations. This means that they can cater to your options without too much trouble. It might even let chefs be a bit more creative in the kitchen, which they'll enjoy.

Be kind. Don't be rude about your restrictions. Don't make a pile of demands higher than Everest and be understanding because like I said above, there just may be people who don't know what that it. Don't go into an animal cruelty talk or a diet shaming rant. You're here to have fun, and that's just one way for a waiter to roll their eyes and not take you at all seriously.

Look for the vegetarian options. Yes, yes, I know, vegetarian is not vegan, but vegetarian dishes can be very easily turned into vegan dishes. Just ask for the item to be removed, but if you want something added, look through the menu until you find something that you think would be a great substitution. You should also look to see if there are any vegan side dishes, and order a large plate of these.

Check out vegan restaurants. More and more vegan restaurants are opening up to the public, and some of them are absolutely delicious. A quick Google

search will bring up some in your area, although keep in mind, you're more likely to find one in the larger cities. Small rural towns haven't quite gotten on board yet. But really, a vegan restaurant can be a real lifesaver, as you have the entire menu to choose from.

All in all, you can be a vegan on a night out. You don't have to relentlessly plan your meals and never eat out at your favorite restaurants with your friends again. It just takes a little bit more thought to do so, but it's totally worth it. You'd be surprised how delicious vegan food tastes when you haven't cooked it yourself.



Chapter 7: Snacks

Snacks are one of these things we really don't think about much. It's ingrained in our lives that we need about three balanced meals every day, not including dessert. But we rarely talk about in-between meals; snacks.

Snacks are awesome. Who doesn't love to eat more? It's actually better for us to eat snacks, and there are dieticians out there who actually recommend eating 5 small meals a day rather than three large ones. Yay, us! More eating!

I've included some that you can take on the road with you, and some that should be more enjoyed at home. I've also considered the fact that some people don't want super complicated snacks and included some more easygoing ideas that you can whip up in two minutes.

Vegan Crackers

Crackers are one of my favorite snacks, and homemade ones are even better. Just wait until you've tried these. They're thin, crispy, and perfect for hummus and different nut butter. Even better, they only require one bowl to make, so that means not as much cleanup time! Keep in your fridge for about one week, or your freezer for about a month.

- Three-fourths cup flour
- $\frac{2}{3}$ cup almond meal
- Two tbsp flaxseed meal
- One tsp fresh rosemary, chopped
- One-half tsp salt
- One-fourth tsp baking powder
- $\frac{1}{8}$ tsp garlic powder (this is optional, I just find that they give the crackers a bit of an extra kick)
- Three and one-half tbsp of avocado oil
- 3 - 5 tbsp cold, cold water

Set oven to 325 degrees and line a baking sheet with parchment paper. Add all the dry ingredients to a mixing bowl, or if you have it, a food processor, and mix until the ingredients are thoroughly combined. Add the oil and blend again until it's all crumbly. Now, add the water one tbsp at a time. This is important as too much and the crackers won't be as crisp as you want them. When the dough is semi sticky and you can work it with your hand, that's the one. 5 tbsp should be the max that you need. Take dough in your hands and move to a clean surface that's lined with parchment paper

(not the baking sheet). Take another piece about the same size and lay it on top of the ball. Using a rolling pin, roll out the dough into a rectangle that's about $\frac{1}{8}$ inch thick. Cut through the dough with a knife (a pizza cutter also works wonders). Put the wax paper into the freezer for about 10 minutes, helping the crackers harden up a bit. Take the wax paper out of the freezer, and carefully transfer the crackers over to the prepared baking tray. Keep them in a single layer, and don't let them touch. If you want to add seasonings such as salt, now is the time before you put them in the oven. Bake for about 15 to 20 minutes. Check them regularly to ensure they don't burn. They'll be done when they've become a slightly golden brown color. Store leftovers at room temperature for about a week, but they can also be frozen for up to one month.

Cinnamon Apple Chips

I'm a huge fan of apples and cinnamon. So, I thought, why not mix them together? This is a perfect snack to make in advance and take out onto the road with you. You don't need a dehydrator, and there's no added sugar. Win, win, win!

- Two apples
- Cinnamon

Set oven to 400, and line a baking tray with parchment paper. Core the apples, either with a knife or with an apple corer. Thinly slice the apples, laying them out on the baking tray. Sprinkle with as much or as little cinnamon if you wish (or if you want to try another spice, I won't stop you). Keep them in the oven for one hour. Take them out, flip them, and then bake for another hour. Let them cool completely before storing. Store in a sealed container for three days.

Vegan-Friendly Popcorn

Let's be clear: popcorn by itself, as in the plain kernels you get from the store, is 100% vegan. So don't be concerned about that. But, as amazing as popcorn is, the kernels by themselves are kind of boring, and it's hard to replace buttery movie popcorn.

But, that buttery movie version is problematic, even if you're not a vegan. It's full of unhealthy preservatives and has been linked to cancer. Even if you're not vegan, you might find it beneficial to step back and choose to make your popcorn the old fashioned way, at home in a pot. This popcorn is perfect for movie night and can be used to add whichever flavors you like.

- One-half cup popcorn kernels
- Four tbsp coconut oil
- One tbsp nutritional yeast
- Seasonings such as salt, cinnamon, nutmeg, black pepper, chili pepper, the choices are yours, go wild and try out some crazy mixes!

Take a large pot and set it on the stove over medium heat. Add one tbsp of coconut oil and three kernels of popcorn. Put a lid on your pot. Listen for the popping, so when the kernels already in the pot pop, that means it's hot enough for popcorn. Put the rest of the kernels in the pot, and put the lid back on. The popping should start up very quickly, so start shaking the pot to prevent burning, while keeping it on the element. The popping will calm down, and when it does, remove it from the heat, and pour the popcorn into

a bowl. Now, it's time to have some fun with toppings! Pour the rest of the coconut oil into the pot, and let it melt (you don't have to bother turning the fire back on, it should be hot enough). Pour the oil over the popcorn along with the nutritional yeast, and mix it up. Then add whatever flavoring you want. Toss and combine the popcorn, and then head to Netflix!

Kale Chips

Kale has gotten a lot of attention the past few years, and kale chips especially. Kale chips are just as good as potato chips. Do you have a favorite potato chip flavor? Of course, you do. You can recreate them with some kale, and just whatever spices you want.

- Four cups of kale leaves (about two large stalks)
- One tbsp olive oil
- One and one-half tbsp nutritional yeast
- Salt and pepper

Set oven to 300 degrees. Line a baking sheet with parchment paper. If you haven't already, remove the kale leaves from the stalks. Rip into large pieces, and wash them. Spread them out onto a flat surface, and dry it carefully with a clean tea towel or paper towel. Make sure they're very dry or they won't crisp up. Place in a bowl, and drizzle about one-half tbsp of the olive oil, and massage into leaves. Put salt, pepper, along with whatever seasonings you want on them and one tbsp of the yeast. Repeat the process with the rest of the oil and the rest of the yeast. You may think you need more oil; you don't. On the prepared baking sheet, lay out leaves in a single layer, making sure they don't overlap each other. If you want to, sprinkle on a bit more seasonings. Put the kale in the oven for about 7 to 9 minutes. Be sure to watch them very closely as they burn up very easily. Once they're done (they'll have crisped up), remove from oven and let them cool completely. Enjoy them right away.

Vegan Fruit Roll-Ups

Does anyone else remember these as a kid? These were staples in every child's lunchbox. This recipe is an easy way to make your own, without any fancy equipment, and there are only three ingredients. You'll wind up with about 8 rolls total. Yum!

- Two to three cup of the fruit of your choice (seriously, go wild here: maybe at first stick to something that you know you'll love, like only strawberries, but after a while and if you enjoy this recipe, experiment a bit)
- Two to three tbsp honey (or another sugar substitute, check out chapter 8 for a list)
- Two tbsp lemon juice

Set your oven as low as it will possibly go (this is usually between 140 degrees to 170 degrees). Line a pan or baking tray with parchment paper (make sure it has sides). Put fruits into a food processor or blender. Blend on high until smooth, and add whatever sweetener you're using and the lemon juice. Pour it out onto a prepared baking tray. Spread it out until it's about one-fourth inch thick, but a little under that is fine. Put it in the oven and bake for about 6 hours, or until the middle is no longer tacky. Take out of the oven and allow it to cool completely. You'll need scissors for this; trim off the edges, then slice into one-inch wide strips, before cutting up parchment paper the same way. Wrap with the strips of parchment paper. You can use tape to seal. These will last a long time in a sealed container, at least a month.

Crunchy Oven Roasted Chickpeas

If you've read any of this book, you likely already know how much I love chickpeas. These little bombs are full of protein and healthy fats, and so many nutrients that it makes my head spin. Roasted chickpeas are something that a friend introduced to me a few years ago, and I love them. They can be enjoyed as a snack, mixed into other meals, and more. I especially love them on salads. They're just so good! Similar to popcorn, they can definitely be experimented with, and they're easy to put together. The recipe I included here is only a base, and you can add a variety of different spices to work. I especially am fond of cayenne pepper or chili powder.

- One 12 oz can of chickpeas
- Two tbsp olive oil
- Salt
- Pepper

Set oven to 450 degrees. Set out a baking tray and line with parchment paper. Drain and rinse chickpeas, then spread them out on a flat surface. Dry them with a clean tea towel or paper towel. When they're fully dry, pour them into a bowl, along with olive oil, salt, and pepper. If you want to add any other spices, now is the time. Once the beans are fully coated, spread them out on the prepared baking sheet. Bake for 30 to 40 minutes. They're done when they've become browned and should be crunchy. You should be watching carefully, especially towards the end, as they can burn

very quickly. Pull out and let them cool. Seal them in an airtight container, and enjoy them within a few days.

No Bake Energy Bites

I love energy bites. They're pretty easy to put together, full of energy, and they're really, really good. They're often high in protein and perfect to grab as you're rushing out the door. You can even stash them in your freezer for more convenience! I've included a bunch of super easy recipes, and I sincerely doubt you won't find one that you love.

Mocha Energy Bites

- One tbsp coconut oil
- One-third cup nut butter of your choice (almond is the best)
- One-fourth cup maple syrup
- One-half cup plus two tbsp of rolled oats
- One-fourth cup ground flax
- Two tbsp chia seeds
- One tbsp espresso powder
- Two tbsp vegan chocolate chips

Melt coconut oil in a saucepan, and then add to a large bowl. Add the nut butter and maple syrup until well mixed and smooth. Add the oats, chia seeds, flax, espresso powder, and chocolate chips. Mix until everything is coated. Take out a spoon and use it to spoon out the balls, rolling them into between your hands to make an actual ball if you so choose. Put them into a sealed container. You can store these in the fridge for about a week and in the freezer for three months.

Carrot Cake Energy Bites

- One tbsp coconut oil
- One-third cup nut butter of your choice (almond is the best)
- One-fourth cup maple syrup
- One-half cup plus two tbsp of rolled oats
- One-fourth cup ground flax
- Two tbsp chia seeds
- One cup finely shredded carrots
- One-fourth cup shredded coconut
- One-half tsp cinnamon

Melt coconut oil in a saucepan, and then add to a large bowl. Add the nut butter and maple syrup until well mixed and smooth. Add the oats, chia seeds, flax, carrots, coconut, and cinnamon. Mix until everything is coated. Take out a spoon and use it to spoon out the balls, rolling them into between your hands to make an actual ball if you so choose. Put them into a sealed container. You can store these in the fridge for about a week and in the freezer for three months.

S'mores Energy Bites

- One tbsp coconut oil
- One-third cup nut butter of your choice (almond is the best)
- One-fourth cup maple syrup
- One-half cup plus two tbsp of rolled oats
- One-fourth cup ground flax
- Two tbsp chia seeds
- One-fourth tsp ground cinnamon
- One-third cup vegan chocolate chips
- One-third cup graham cracker crumbs
- One-half cup vegan marshmallows, chopped (optional)

Melt coconut oil in a saucepan, and then add to a large bowl. Add the nut butter and maple syrup until well mixed and smooth. Add the oats, chia seeds, flax, cinnamon, graham cracker crumbs, chocolate chips, and marshmallow bits if you're using them. Mix until everything is coated. Take out a spoon and use it to spoon out the balls, rolling them into between your hands to make an actual ball if you so choose. Put them into a sealed container. You can store these in the fridge for about a week and in the freezer for three months.

Trail Mix Energy Bites

- One tbsp coconut oil
- One-third cup nut butter of your choice
- One-fourth cup maple syrup
- One-half cup plus two tbsp of rolled oats
- One-fourth cup ground flax
- Two tbsp chia seeds
- One-fourth cup mini vegan chocolate chips (regular sized is fine too)
- One-fourth cup sunflower seeds
- One-fourth cup shredded coconut
- One-fourth cup pumpkin seeds

Melt coconut oil in a saucepan, and then add to a large bowl. Add the nut butter and maple syrup until well mixed and smooth. Add the oats, chia seeds, flax, chocolate chips, sunflower seeds, shredded coconut, and pumpkin seeds. Mix until everything is coated. Take out a spoon and use it to spoon out the balls, rolling them into between your hands to make an actual ball if you so choose. Put them into a sealed container. You can store these in the fridge for about a week and in the freezer for three months.

Blueberry Almond Energy Bites

- One tbsp coconut oil
- One-third cup nut butter of your choice
- One-fourth cup maple syrup
- One-half cup plus two tbsp of rolled oats
- One-fourth cup ground flax
- Two tbsp chia seeds
- One-fourth cup dried blueberries
- One-fourth cup sliced or chopped almonds

Melt coconut oil in a saucepan, and then add to a large bowl. Add the nut butter and maple syrup until well mixed and smooth. Add the oats, chia seeds, flax, blueberries, and almonds. Mix until everything is coated. Take out a spoon and use it to spoon out the balls, rolling them into between your hands to make an actual ball if you so choose. Put them into a sealed container. You can store these in the fridge for about a week and in the freezer for three months.



Chapter 8: Desserts

Everyone has a bit of a sweet tooth. Even people who claim they hate sugar in every single form love sweets from time to time, even if it's not a chocolate caramel sugar stuffed concoction that most people think of when they think of sweets. Everyone needs a bit of sweetness in their life.

Let's just get this straight; there is no better way to get some sweetness in your life than just sticking to its most basic form. And by that, I'm referring to fruit and berries. Fruits and berries are full of fiber and nourishment and will fill you with the good kind of energy while still giving yourself a bit of sweetness. Natural sugars are always the best.

If you really find yourself wanting something sweet, an apple, an orange, a berry smoothie, these are all great options for a quick whip up. I'm a huge fan of taking an apple, slicing it up, and dipping it in plant-based yogurt sprinkled with cinnamon. Delicious!

But, if you're looking for something to really hit that sweet tooth, and you don't mind a bit of prep work, plus, you can totally resist it when it's in your cupboard, or even if you have a dinner coming up that you need a dessert for, these options are all perfect.

Similar to our snack selection, some of these can definitely double as a snack, provided you consume them in small quantities. Just remember not to overstuff yourself; I know these taste good, but I don't want you to get sick. This is a treat, and it can't be a treat if you're always eating it.

Chocolate Mousse Raspberry Tart

This rich and decadent dessert is perfect for a party or when you're having friends over. It's definitely not the kind of dessert you eat all by yourself, but it's amazing and wonderful and I love it. If you're missing mousse and love raspberries, you'll love this tart.

Base:

- one cup dried dates, halved and pitted
- one cup rolled oats
- one cup almonds
- three tbsp cocoa powder
- one tbsp melted coconut oil
- one-fourth tsp salt

Place pitted dates in bowl or container and pour boiling water inside. Leave them for 10 minutes. This will soften them. During this time, put the almonds and the oats into a food processor. Grind them together into "flour". Transfer to a bowl, and add cocoa powder and salt. Mix well. The dates should be done by now, so take them, and squeeze any extra water out. These will go into the food processor and grind them until you get a sticky, smooth paste. Put this and the dry ingredients together and work with your hands to create one piece of dough. Then, add the coconut oil, and work it in. Then, take a pie tin. Line it with a bit of baking paper. Then, press the dough into the tray, and line the tray with it. Make sure to apply a

lot of pressure so that the dough holds together and becomes welded together. Put in freezer for 10 minutes.

Mousse Filling

- 4.5 oz dark chocolate, at least 70% cocoa (chocolate chips also work)
- one-fourth cup plus two tbsp coconut cream
- one-fourth cup plus two aquafaba, room temperature
- one cup good quality raspberry jam
- one-fourth tsp chili powder (this is optional, you can add more too if you wish)

Chop your chocolate up very finely. Along with the coconut cream, put into a bowl. Now, make a water bath with the bowl, on very low heat, and melt the two together carefully. Don't stir until most of the chocolate has melted, and when you do mix the two together, do so very gently. If you're using chili powder, now is the time to add it. Chocolate can be very temperamental, so it's important to melt it very slowly and gently so it doesn't mess up. Now that's done, place aquafaba in a very clean bowl (any residue will prevent it from foaming up). Similar to how you would make whipping cream, whip it until you reach stiff peaks. Once this is done, start mixing the aquafaba into the chocolate, no more than two tbsp at once.

Assembly

Now it's time to put it all together. Pull the base out of the freezer, and pour and spread the jam inside. Once the jam layer is smoothed out, pour the chocolate over it. First, let it sit at room temperature for 30 minutes, then

put into the fridge for several hours. This will set it. Now, it's time to decorate it; you can use whatever you'd like such as dried or fresh raspberries and chocolate shavings. Be sure to consume it within about two days.

Vegan Brownies

Who doesn't love brownies? I'm not going to lie, I'm a huge chocolate fan, so finding a brownie recipe that is simple, extremely chocolaty, and rich made my day. Let me make yours. These keep for about three days in the fridge, but you can freeze them for up to a month.

- One-half cup non-dairy butter
- Three-fourths cup organic cane sugar
- Two tbsp flaxseed meal
- 5 tbsp water
- One tsp vanilla extract
- One-fourth tsp salt
- Three-fourths tsp baking powder
- One-half cup cocoa powder
- Three-fourths cup unbleached all-purpose flour

Set your oven to 350 degrees. Take a muffin tin and spray about 8 muffin holders with cooking spray. You may also use cupcake liners. Put flaxseed and water in a bowl and whisk together, before letting it rest for 5 minutes. During this time, take the butter and melt it in the microwave. Then add in the flaxseed mixture, the sugar, the vanilla, the baking powder, the salt, and the cocoa powder. Stir it until it's mixed and add the flour. If you plan on adding anything else, such as walnuts or chocolate chips, now's the time. About one-half a cup should do it. Split the batter evenly between 8 muffin tins, keeping them about three-fourths of the way full. Bake for about 20 to 25 minutes. Check them with a fork, and when they're done, the batter will

pull away from the sides. Remove from oven. You should let them rest for about 5 to 10 minutes before removing them on a cooling rack. Store in an airtight container.

Peanut Butter and Chocolate Chia Pudding

This dessert is both delicious and nutritious. We've already talked a lot about how amazing chia seeds are, so we don't really have to go into that. But this recipe is packed with them and is a great way to get some extra fiber and omega-3s in after dinner. This particular recipe makes four servings, so it's also perfect for an easy to make, after dinner family dessert. You could also keep it in jars and eat it throughout the week, the choice is yours. This recipe is made in two layers, the chocolate, and the peanut butter. Mix or keep separate as you wish.

Chocolate Layer

- One cup plant-based milk
- One-fourth cup chia seeds
- Two tbsp cocoa powder
- One tbsp peanut butter
- Three tbsp maple syrup (this can be adjusted depending on how you like it; if you don't want it as sweet for two tbsp)
- $\frac{1}{8}$ tsp salt

Whisk all the ingredients together in a bowl, and let it sit for about 10 minutes. Move over to a blender, and blend on high until smooth. Remove from blender and set aside.

Peanut Butter Layer

- One cup plant-based milk
- One-fourth cup chia seeds
- Three tbsp peanut butter
- Two tbsp maple syrup (this can be adjusted depending on how you like it; if you don't want it to be as sweet, go for one tbsp)
- $\frac{1}{8}$ tsp salt

Don't worry about washing the blender between the peanut butter and the chocolate layers. Whisk all the ingredients together in a bowl, and let it sit for about 10 minutes. Move over to a blender, and blend on high until smooth. Remove from blender and set aside.

Assembly

Take both of your layers and layer them together. You can do this in cups, bowls, jars, even a larger bowl, it's your choice. You should even mix them around a bit to create a pretty swirling effect. Once this is done, place in the refrigerator for at least two hours. When you're ready to serve, feel free to add some toppings, like chocolate chips or shavings or nuts or berries.

No-Bake Pumpkin “Cheesecake” Bites

This recipe is perfect for fall and has a slight spice to it similar to pumpkin pie. Creamy and delicious, the cashews give it a wonderful creaminess that’s better than the original. This recipe makes about 20 bites, so it’s perfect for a party. You can also keep these in the freezer for up to three months.

Base:

- One cup dried dates, pitted
- One-half cup almond flour
- Two tsp vanilla extract
- One tbsp cocoa powder
- One tbsp almond milk

Line a baking pan with parchment paper. Place all ingredients in a blender, and pulse. Do this until the mixture all comes together. This shouldn’t take longer than a minute. Bring it out of the blender and plop it into a baking pan. Place into the freezer, and move to start prepping the filling.

Filling

- one and one-half cup raw cashews
- one-third cup canned pumpkin (pumpkin puree would also work)
- one-third cup maple syrup
- one tsp pumpkin spice blend

Soak the cashews in water for one hour. This will soften them. When this is done, get rid of the water and put all the other ingredients into your blender. Similar to the base, pulse until it's smooth and creamy.

Assembly

Remove the base from the freezer and pour the mixture into the pan. Smooth it out and put back in the freezer and set your timer for two and one-half hours. Cut it into squares before serving.

Raspberry Chia Oatmeal Squares

These are delicious, but they're packed with nutrients from the whole grains, the chia seeds, and the raspberries. They're a perfect sweet treat for after a meal. You get about 12 squares from this lovely recipe.

Raspberry Chia Jam Filling

- two cups raspberries, frozen
- three tbsp maple syrup
- two tbsp chia seeds

In a small saucepan, add raspberries, chia seeds, and maple syrup over medium heat. Stirring often, cook for about 10 minutes. With a fork, squash the berries. Put it into the fridge for it to cool.

Base

- One and one-half c rolled oats
- One cup oat flour
- Two tbsp brown sugar
- One-half tsp cinnamon
- One-half tsp baking soda
- One-fourth tsp salt
- One-half cup applesauce, unsweetened
- One-fourth cup coconut oil, melted
- One-fourth cup pure maple syrup

- One-half tsp vanilla extract

Set oven to 325 degrees. Grease a baking dish, preferably about 8 by 8. You can use either coconut oil or cooking spray, your choice. In a bowl, mix together oats, oat flour, brown sugar, cinnamon, baking soda, and salt. When fully mixed, add to this mixture the applesauce, coconut oil, maple syrup, and the vanilla extract. Stir until this is completely combined, and take one heaping half cup out of this mixture, and set it aside.

Assembly

After saving a heaping half cup of the oat mixture, take the rest and spoon it into the prepared pan. Remove the raspberry jam filling from the fridge (or wherever you chose to cool it) and spread out the jam over the base evenly. Smooth it over until it's spread out. Then, take the rest of the oat mixture that you set aside and smooth this over top. Take the pan, and put into the oven to bake for about 30 minutes. Before you cut it up (you should get about 12 bars out of this), make sure that it's completely cool. Be sure to store it in the refrigerator.

Frozen Chocolate and Peanut Butter Bananas

This recipe also could double for a snack, but it's so good that I have a hard time putting it in the "snack" category. With dark chocolate and peanut butter mixed together to create this healthy dessert, it's the perfect after dinner treat. You will need skewers for this recipe, which can be found at virtually any cooking or grocery store.

- 6 wooden skewers
- Three ripe bananas
- One-half cup plant-based yogurt, plain
- One-half cup natural peanut butter (the non-chunky version is what I use, you can try with the chunky version)
- One tsp of organic cane sugar (or two packets of stevia sweetener)
- One cup vegan chocolate chips
- One tsp coconut oil
- One-fourth cup crushed pretzels (optional)
- One-fourth cup chopped nuts of choice (optional)

Line a baking sheet with parchment paper. Peel and slice off the ends of the bananas, and cut in half. Try to make 6 even, mostly straight pieces. Stick skewers into each of them on the end. Take the prepared baking sheet, and lay your bananas on the baking sheet. Freeze them for at least one hour. While your bananas are in the freezer, mix together the peanut butter, the plant-based yogurt, and one-half tsp of the cane sugar (or one packet of stevia). Be sure that the bowl is shallow. After an hour of being in the

freezer, your bananas should be frozen (if they're not, just leave in for a while longer). Take one banana, and roll in the peanut butter yogurt mix, then return to baking sheet. Using a spoon to help spread the mixture around is fine. Repeat with the other 5. Once you're done, return to freezer and freeze for another hour. The peanut butter coating must be hard. Very close to the end of the hour, melt the chocolate and the coconut oil in a water bath (putting the bowl with the coconut oil and chocolate in another bowl of hot water). If you plan on using chopped nuts (I recommend peanuts) or pretzels, mix them plus the other one-half tsp of cane sugar in another shallow bowl. If you're not, you can simply put the cane sugar in the coconut oil and chocolate mix. Take the bananas out of the freezer. One at a time, dip each banana in the chocolate, coating them as evenly as possible. You may not 100% get this right away, and it can take some practice. Take any toppings that you plan on putting on it (the chopped nuts and the pretzels) and sprinkle them over the banana. I wouldn't recommend dipping the banana into the toppings mixture as this can be very messy. Place banana on a baking sheet. Repeat with the other 5. Return to freezer. You can enjoy them in about 20 minutes, or you can store them in a container to serve later. The choice is yours!

Guide to Sugar (While Vegan)

People are always really surprised as to just how many animal products have impacted our food. I'm always learning more things that have animal products in them, which is why I'm so hesitant to buy anything that I don't know exactly how it's made. It's your choice as to how strict you want to

follow the vegan guidelines; I've met plenty who eat honey and plenty who don't honey. The vegan diet is really all about eating healthy, unrefined foods that are organic and that we know come from good sources. Sugar isn't really a part of that, so not many vegans pay attention.

But, yes, there is an animal product in sugar. Especially sugar that's doesn't fall into the "organic" category. How it works is this; there are two plants that sugar comes from sugar beets and sugar cane. When people ask whether or not sugar is vegan, they're generally referring to the white stuff that we all know and love, refined sugar. Refined sugar can also be classified as brown or powdered.

Good news. Beet sugar is always vegan. But cane sugar, which is the one that is most generally used and available. Not so much. It depends on how it's made. To make sugar from sugar cane, they separate the juice from the canes by crushing them. The juice is processed, and part of this process is dyeing it white with bone char. The pure white. Yeah, that's bone char.

Some vegans are bothered by this, some aren't. But, thankfully, there are many, vegan alternatives on the market out there; here are just a few of them.

Anything Labeled "Organic"

Anything that is organic, you should be good. The FDA does not allow sugars that are bleached with bone char to be labeled with organic. If you choose to follow this rule, check any labels for the word 'organic'. I'm particularly a fan of organic cane syrup.

Stevia

A natural sweetener derived from an herb in the chrysanthemum family called Stevia Rebaudiana. This tastes much sweeter than regular sugar, so you'll likely find yourself using much less than you have to. It's also extremely low in calories, so win, win.

Fructose

This is the sugar that is in fruits and vegetables. While there is the option of buying it in granulated form at stores or online, you can also choose to just add more fruits to your meals for extra sweetness. If you do choose to buy its granulated form, cut the amount of it you use in half. Fructose is very, very sweet.

Agave Nectar

This is also known as agave syrup. This liquid sweetener comes from the sap of the blue agave plant. It's very, very sweet, and has been compared to maple syrup or honey.

Maple Syrup

Who doesn't love maple syrup? I'm not talking about the artificial stuff; I'm talking about the real thing. This comes from the sap of maple trees and boiled down to create this thick, sticky syrup, a morning staple for waffles

and pancakes. This can be expensive, but there's nothing like it. You can also buy maple sugar, a granulated version.

Barley Malt Syrup

This is made from corn mash that's been evaporated and sprouted barley, so for a lot of people, this is the healthiest option. It's similar to molasses and can replace sugar in recipes.

And that's it that we have for sugars! Of course, it's your decision on how you want to approach sugar, and it's all up to you.



Conclusion

Thank you for making it through to the end of *Vegan Meal Prep*. Let's hope it was informative and able to provide you with all of the tools you need to achieve your goals whatever they may be.

The only real next step is to get started with your vegan journey. You may not want to jump into it right away, but even just baby steps into this world will help you feel better, and before long, you'll be experiencing just some of the amazing benefits of veganism that we've talked about in this book.

So, pull out that pad of paper. Go through this book. Make a grocery list. Dedicate yourself to just having one vegan day per week. Then turn it into two. Then three. And so on. You'll feel absolutely amazing, and before you know it, you'll be living a fully vegan lifestyle. You'll be loving it, with so much energy that you can barely burn it all off. You'll wake up feeling like you're on top of the world every day.

Don't forget to just be easy on yourself, and if you slip up the first few days, that's totally understandable. I believe in you. You got this. Slip-ups and mistakes are normal when you're trying something new, so be easy on yourself. But, don't forget to get back up on the horse.

Finally, if you found this book useful in any way, a review on Amazon is always appreciated! Tell me all about how your journey is going, and share any advice you have for other reviewers. Good luck!