



Plant-Based Recipe Pack

This collection of healthy recipes includes simple, delicious options for breakfast, lunch, snack and dinner.



Welcome!

I'm so glad you're here.

Our team of credentialed nutrition professionals and culinary facilitators have created these healthy recipes to help you meet your health goals. All are extensively tested and feature whole food ingredients with easy-to-follow directions for people of all cooking levels.

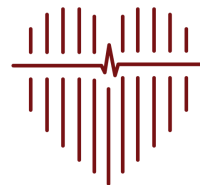
The recipes in this e-book are available on my digital meal plans +1,000s more. You can build your ultimate meal plan with our search-click-and-drag technology with automatic nutrition facts calculation and grocery list generation.

Now, let's get cooking!



Kelly G Glynn

Cardio-Well, LLC
www.cardio-well.com



Recipes

BREAKFAST

Chickpea Flour Mini Frittatas
Homemade Buckwheat Granola
Apple Pie Oatmeal

LUNCH





Moroccan Red Lentil Soup
Cabbage Quinoa Spinach Salad
Warm Carrot Lentil Salad

DINNER

Tofu Bruschetta
Creamy Carrot Ginger Soup
Cauliflower Lime Rice

NUTRIENT GUIDE

Per serving:

-  calories
-  carbohydrates
-  total fat
-  protein

Mini Chickpea Frittatas

Serves 4

Prep: 15 mins. | Total: 60 mins.

Ingredients

- 1 cup broccoli, chopped
- 1 pepper, red, chopped
- 1 zucchini, chopped
- 1 cup spinach, chopped
- 1/2 cup onion, green, thinly sliced
- 2 Tbs olive oil
- 2 cup chickpea flour
- 1/4 cup nutritional yeast
- 1 tsp baking powder

Directions

Prep

1. Chop all veggies and thinly slice green onion.
2. Preheat oven to 400°F. Combine chickpea flour, nutritional yeast, baking powder, salt, and pepper in a bowl with 2 1/2 cups water. Whisk to combine and set aside while preparing the veggies.

Make

1. Heat olive oil over medium-high heat in a skillet. Add all veggies to skillet (except for green onions) and cook until veggies cook down and begin to brown, about 7 minutes. Add green onions to skillet and cook 2 minutes more. Season with salt and pepper to taste and remove from heat.
2. Spray muffin tin with cooking spray. Divide veggie mixture between muffin cups by the heaping tablespoon. Divide any remaining veggies between cups. Using a 1/4 cup measure, fill cups with chickpea batter. Use a spoon to gently stir each cup to ensure the batter gets under the veggies.
3. Bake for 30 - 35 minutes, until a toothpick inserted in center comes out clean and frittatas are beginning to brown on top. Remove from oven and allow to cool for 10 minutes (this allows the batter to set) before removing from tin and cooling on a rack.
4. Serve warm or allow to cool completely before storing in the refrigerator for up to 5 days. Frittatas can be reheated in the microwave but are best when warmed in the oven or toaster oven at 400°F for 10 minutes.

Per serving:

- C** 290 calories
- C** 36g carbohydrates
- F** 10g total fat
- P** 12g protein



Homemade Buckwheat Granola

Serves 8

Prep: 15 mins. | Total: 40 mins.

Ingredients

- 1 cup buckwheat groats
- 2 cup oats
- 1/2 cup pumpkin seeds pepitas
- 1/2 cup pecans, raw, chopped
- 1/4 tsp nutmeg, ground
- 1/4 tsp ginger, ground
- 1/2 tsp cinnamon
- 1/3 cup coconut oil
- 1/3 cup maple syrup
- 1 tsp vanilla extract
- 1/2 tsp salt, to taste

Per serving:

C	327 calories
C	41g carbohydrates
F	17g total fat
P	7g protein

Directions

Prep

1. Preheat oven to 325° F and line baking sheet with parchment paper.
2. Chop pecans

Make

1. Add all dry ingredients together into a large mixing bowl. Stir well.
2. In a small bowl whisk together coconut oil, maple syrup, and vanilla. Pour over dry ingredients and toss to coat. Season with salt to taste.
3. Spread mixture out onto a cookie sheet lined with parchment paper. Bake for 30-35 minutes, stirring occasionally until lightly browned. WATCH CAREFULLY so nuts don't burn.
4. Allow to cool on the cookie sheet before transferring to a storage container.



Moroccan Red Lentil Soup

Serves 8

Prep: 30 mins. | Total: 45 mins.

Ingredients

- 1 large sweet onion, chopped
- 2 cups butternut squash, chopped
- 2 cups spinach, chopped
- 2 cloves garlic, minced
- 1 Tbs ginger, shredded
- 1 cup red lentils, rinsed
- 1 Tbs olive oil
- 1 Tbs ras el hanout (or garam masala)
- 2 Tbs miso paste
- 4 cup water 4-5 cups
- 1 (15 oz.) can coconut milk
- 1 1/2 cups canned diced tomatoes,
- salt & cayenne pepper, to taste

Per serving:

C	254 calories
C	27g carbohydrates
F	14g total fat
P	9g protein



Directions

Prep

1. Prepare ingredients according to instructions.

Make

1. In a large soup pot, sauté onion and garlic gently in olive oil until soft and fragrant.
2. Stir in ginger and sauté for a few more minutes.
3. Add spice mix and miso and stir to coat vegetables.
4. Add squash, lentils, water, coconut milk, and tomatoes. Bring to a boil then reduce heat and simmer for 20 minutes until squash and lentils are soft, adding more water if needed to keep vegetables covered.
5. Stir in spinach just before serving.
6. Season with salt to taste, adding cayenne for added heat if desired.

Cabbage Quinoa Salad

Prep: 10 mins. | Total: 1 hour, 15 mins.

Ingredients

- 1 cup red cabbage, shredded
- 2 Tbs cilantro, chopped
- 1 cup frozen edamame
- 1 cup quinoa, frozen (or pre-cooked)
- 3 scallions, chopped
- 1 orange, segmented
- 2 cups spinach
- 2 Tbs sesame seeds
- 1 tsp ginger root, grated
- 1 Tbs low-sodium Tamari
- 2 Tbs lime juice
- 1 Tbs rice wine vinegar
- 1 tsp sesame oil
- 2 Tbs olive oil

Directions

Prep

1. Wash and chop vegetables.
2. Defrost edamame and quinoa in the refrigerator overnight.
3. If using dry quinoa, cook according to package directions. [1 cup cooked quinoa = 1/2 cup dry]

Per serving:

- C** 250 calories
- C** 22g carbohydrates
- F** 15g total fat
- P** 9g protein



Make

1. Combine all ingredients in a large bowl except for sesame seeds and cilantro.
2. Toss with salad dressing.
3. Garnish with sesame seeds and cilantro.

Warm Carrot Lentil Salad

Serves 4

Prep: 15 mins. | Total: 30 mins.

Ingredients

- 8 carrots, peeled & sliced
- 1 medium onion, chopped
- 1 Tbs olive oil
- 6 scallions, green tops only, chopped
- 2 cups canned lentils, , drained & rinsed
- 1 cucumber, chopped
- 1/4 cup raw pepitas (pumpkin seeds)
- 1 cup parsley, chopped
- salt and pepper to taste

Directions

Prep

1. Preheat oven to 375° F and line baking sheet with parchment paper.
2. Peel and slice carrots and chop onion and scallions.

Make

1. Toss carrots and onion with olive oil, season with salt and pepper. Roast in the oven until just softened - about 15-20 minutes [pushing around the pan a few times during cooking].
2. While vegetables are roasting, add the rest of the ingredients to a medium bowl.
3. Add warm carrots and onions right from the oven to the bowl and toss with the dressing.

Per serving:

C 391 calories

C 39g carbohydrates

F 21g total fat

P 14g protein



Dressing Ingredients

- 3 Tbs red wine vinegar
- 1/4 cup olive oil
- 1 tsp dijon mustard
- salt, to taste
- pepper, to taste

Tofu Bruschetta

Serves 4

Prep: 20 mins. | Total: 30 mins.

Tofu Ingredients

- 2 pounds extra-firm tofu
- 2 Tbsp olive oil
- 2 cloves garlic, minced
- 1 Tbsp Italian seasoning
- salt and pepper to taste

Directions

Prep

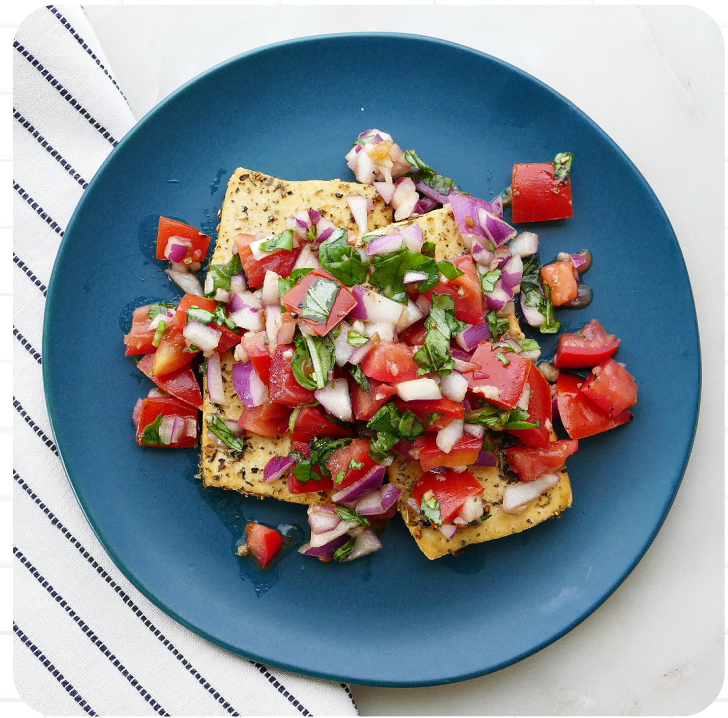
1. Slice tofu into "steaks" and press to dry. Place in a deep bowl or glass baking dish.
2. Preheat oven to 375° F.
3. Mince garlic.
4. Prepare bruschetta topping: prep ingredients according to instructions and add to a bowl - mix well and set aside.

Make

1. Whisk together olive oil, garlic, and Italian seasoning. Pour into a glass baking dish or deep bowl and add tofu. Turn to coat and let stand for 20 minutes.
2. Place tofu on a parchment-lined baking sheet, sprinkle on both sides with Italian seasoning, and season with salt and pepper. Bake for about 30-40 minutes until firm and browned, turning once during cooking.
3. Remove tofu from oven and top with bruschetta mixture. Serve immediately.

Per serving:

- C** 497 calories
- C** 12g carbohydrates
- F** 34g total fat
- P** 41g protein



Bruschetta Ingredients

- 4 roma tomatoes, chopped
- 1/4 cup red onion, chopped
- 1/2 cup fresh basil, chopped
- 2 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 2 cloves garlic, minced or pressed
- salt and pepper to taste

Roasted Carrot Ginger Soup

Serves 4

Prep: 3 mins. | Total: 45 mins.

Ingredients

- 8 carrots, peeled and sliced
- 2 Tbs ginger, peeled and cut into 4 pieces
- 1/2 onion, chopped
- 2 Tbsp olive oil
- 2 tsp fresh thyme
- 6 cups low-sodium vegetable stock
- salt and pepper to taste
- 2 Tbs pepitas, raw

Directions

Prep

1. Preheat oven to 400°F.
2. Line a roasting pan with parchment paper.
3. Chop carrots, ginger, and onion.

Make

1. Place carrots on a baking sheet lined with parchment paper, drizzle with one tablespoon of the oil and toss to coat. Roast in the oven for 15-20 minutes, until just browned and tender.
2. Meanwhile, in a large soup pot, heat the rest of the olive oil over medium heat. Sauté onions until translucent and tender. Add thyme and ginger and sauté gently until fragrant.
3. Add roasted carrots and broth and bring to a boil and then turn down to a simmer for 10 minutes.
4. Use an immersion blender or blender to purée the soup (add more stock as needed to thin).
5. Season with salt and pepper. Garnish with pepitas.

Per serving:

C 393 calories

C 62g carbohydrates

F 12g total fat

P 11g protein



Cauliflower Lime Rice

Serves 4

Prep: 15 mins. | Total: 25 mins.

Ingredients

- 2 Tbs olive oil
- 2 scallions, diced
- 1 small cauliflower, trimmed and grated
- 1/4 tsp salt
- 1/4 cup cilantro, chopped
- 2 limes, zested and juiced

Per serving:

- C** 81 calories
- C** 5g carbohydrates
- F** 7g total fat
- P** 1g protein

Directions

Prep

1. Chop scallions.
2. Trim cauliflower. Hold entire head and shred on box shredder to create rice. Alternatively, you can chop finely or place florets in food processor and chop to resemble rice grains.

Make

1. In a large skillet, heat olive oil over medium heat.
2. Sauté scallions until soft.
3. Add cauliflower to skillet, cover and cook 5-10 minutes, until soft, then add salt to taste.
4. Stir in lime juice, zest, and cilantro.

