

A top-down view of various fresh ingredients on a dark grey, speckled surface. In the upper left, a white bowl contains a mix of green leafy vegetables, including kale and spinach. Next to it are several whole and sliced radishes, showing their characteristic red skin and white interiors with red vascular patterns. In the lower center, a small blue bowl with a yellow floral pattern is filled with cooked chickpeas, garnished with fresh green herbs and small white cubes. To the right, a portion of a dark brown ceramic pot is visible, also containing chickpeas. Scattered around are more kale leaves and a few radish halves.

PLANT-BASED RECIPES

A three-day meal plan that includes recipes and helpful tips for prepping plant-based meals.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Plant-Based Recipes
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This recipe booklet is intended as an educational work only. It is not a medical manual. The information here is designed to help you make informed decisions when planning your meals.

It is not intended as a substitute for any treatment that may be prescribed by your doctor. If you suspect that you have a gastronomical problem or if you experience physical discomfort, we urge you to seek competent medical help from a skilled physician.

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Introduction

Plant-based nutrition is not a “diet,” unlike other named diets with a clear framework of dos and don’ts.

Plant-based nutrition is a lifestyle that places plants as the primary food on your plate.

And, “plant-based” can look different for you than for me, but there is a minimal disagreement that the focus is on more plants in your meals.

For my family and me, that looks very close to a vegan diet. For you, it might include animal products like dairy, eggs, and honey.

No matter what plant-based eating looks like for you, everyone can benefit health-wise from eating more plants.

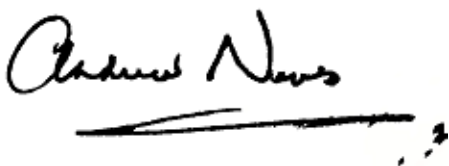
This three-day meal plan includes recipes and helpful tips for prepping plant-based meals.

You can always add to it and extend it.

Kickstart your plant-based eating journey.

The following recipes you can add to your meal plan.

Sincerely,

A handwritten signature in black ink that reads "Chadwick News". Below the signature is a long, horizontal, slightly wavy line, followed by a small comma and a period.

Kickstart Your Plant-Based Lifestyle

All the scientific evidence suggests that if you eat vegetables, they can significantly reduce your risk of contracting a chronic disease.

Chronic diseases are a significant health problem in countries around the world. They include:

- Alzheimer's,
- Dementia,
- Arthritis,
- Asthma,
- Cancer,
- Cystic fibrosis,
- Diabetes,
- Epilepsy,
- Heart disease,
- HIV/AIDS,
- Parkinson disease,

to name just a few.

Most countries have [dietary guidelines](#).

They vary, but the guidelines encourage a healthy portion of vegetables – 1 to 4 cups a day.

For example, in Iceland, the recommended daily unit of fruits and vegetables is “5 portions a day, at least half of it should be vegetables, fruit juice not included.”

But, on average, most people eat a lot less than the recommended levels.

Mighty Microgreens

Microgreens are rich in micronutrients and bioactive compounds.

They are also gaining popularity for their attractive colors, textures, and flavors.

They are also easy to grow and are ideal for micro-scale production in urban settings.

Microgreens have higher concentrations of [phytochemicals](#) and nutrients like beta-carotene (which can be converted to Vitamin A) than mature plants.

Vitamin A deficiency is the leading cause of blindness worldwide.

Microgreens will soon become a critical food source for preventing nutrient deficiencies and promoting global health and environmental sustainability.

Step 1: Choose Your Type of Plant-Based Nutrition

If you want to adopt a plant-based lifestyle successfully or just want to eat more veggies, I recommend taking small steps.

This allows you to create a new habit.

Slow and consistent is one of the [best strategies](#) to form new ways of eating.

There is a **broad spectrum** of plant-based eating available to you.

Start with identifying what you would like to change.

Your nutrition will be mainly coming from plants.

Your Four Options

So, here are four of your options:

1. **Flexitarian plant-based nutrition:** This option is excellent if you want to slowly move into plant-based eating without fully committing to never eat meat again.

In this plant-based nutrition option, your meals will have a more significant proportion of plant-based food in addition to small portions of eggs or dairy foods and, on occasion, meat, fish, seafood, or poultry.

Some individuals in that category have adopted **Meatless Mondays** to reduce their consumption of animal protein.

2. **Pescatarian plant-based nutrition:** The pescatarian plant-based nutrition is like the vegetarian one but includes fish.

That would mean that your nutrition has plant-based food, eggs, milk, cheese, fish, and other products of animals but no meat.

3. **Vegetarian plant-based nutrition:** In a vegetarian plant-based diet, you will be able to consume eggs, milk, cheese, and other products of animals but no meat or fish.
4. **Strict plant-based nutrition (vegan):** With strict plant-based food, you will not consume any meat, fish, or animal products like dairy, honey, or eggs.

You may be wondering where I fall in this spectrum.

I went for #2, the pescatarian plant-based nutrition.

You may also be asking why.

Well, for me, it's the best balance for managing my protein levels, although I don't drink milk.

So, you can find your way to a plant-based diet.

Just take your time.

In our house, the grain (rice, quinoa), vegetables, and green go on the plate first.

Then everyone can choose their own "meat."

Now we add microgreens to every evening meal and sometimes to our lunchtime soup or tuna sandwich.

Making Your Decision

Is it hard for you to decide?

Let me ask you this question.

On a scale of 1 (not ready) to 10 (let's do this), how willing are you to make a change in your nutrition?

If you said 1–5, go with option #1, and just add microgreens to your meals.

If you said 6–10, try option 2 and see if you can stick to it.

Maybe give yourself a month to ease into your new change.

For example, finish eating all the animal food in the fridge.

Don't buy any meat products (chicken, beef) when you go to the supermarket.

You can do this!

Start today by just adding half a cup of microgreens to dinner.

Step 2: Adapt Your Grocery List

Vegetables contain all the essential aspects of the human diet.

However, there's now recognition that lots of other compounds, flavonoids, sterols, phenolic acids, and glucosinolates, relate to lower disease risk.

Many phytochemicals with antioxidant and antiviral activities are in broccoli, cauliflower, sprouts, turnips, asparagus, kale, spinach, and lettuces.

These phytochemicals show positive results on human health, including cardiovascular illnesses, high blood pressure, diabetes, cataracts, and weight problems.'

The links between vegetable and fruit consumption and protection against cancers of the stomach, windpipe, lung, pharynx, endometrium, pancreas, and colon are also [extensively reported](#).

Adding Microgreens to Your Diet

Since Hippocrates (460-377 BC), we have known that there is a correlation between diet and health.

Hippocrates recognized that “differences of diseases depends on the nutriment.”

In a 2009 study in the [Journal of Oxidative Medicine and Cellular Longevity](#), the authors cited that “long term consumption of diets rich in plant polyphenols offer protection against development of cancers, cardiovascular diseases, diabetes, osteoporosis and neurodegenerative diseases.”

Rotating microgreens and other foods regularly help limit over-consumption of any one nutrient and provides health-promoting variety in your diet.

In addition, adding microgreens to your meals will also help close any gaps in your vitamin or mineral intake.

Your New Grocery List

To ease yourself into plant-based eating, attempt to gradually combine plant-based food in your grocery list and avoid purchasing protein and milk products.

Consider cans of legumes, for example, black beans or chickpeas, because they are ingredients to easily enhance many recipes.

When choosing vegetables in cans rather than fresh ones, make sure to review the label and steer clear of added sugar and salt.

Instead, try no-salt or low-sodium options.

Additionally, you may also select frozen vegetables like peas, corn, broccoli, or carrots.

The exact same sugar and salt warning applies.

Make sure to review the label.

Some frozen foods have added sugar, salt, and butter.

You can begin by considering labels around the products you have inside your kitchen and freezer.

This may require a little more shopping time initially.

But eventually, you will be aware of which brands may be the healthiest.

For example, of products that may be in your plant-based list:

Fruits	Vegetables	
Apples	Asparagus	Sweet Peppers
Apricot	Avocado	Jalapenos
Bananas	Beets	Chilis
Blackberries	Bok Choy	Potatoes
Blueberries	Broccoli	Spinach
Cantaloupe	Brussels sprouts	Squash
Cherries	Carrots	
Grapefruit	Cauliflower	
Grapes	Celery	
Honeydew	Corn	
Kiwis	Cucumbers	
Lemons	Eggplant	
Limes	Garlic	
Nectarines	Green beans	
Oranges	Lettuce/Greens	
Peaches	Mushrooms	
Pears	Okra	
Plums	Onions	
Raspberries	Squash	
Strawberries	Spinach	
Kiwis	Tomatoes	
Watermelon		

Grains	Legumes and nuts	Herbs and spices	Other
Basmati Rice	Chickpeas	Basil	Vegan sour cream
Jasmine Rice	Pinto	Black	Vegan mayonnaise
Brown Rice	Beans	pepper	Vegan bread & wraps
White Rice	Lentils	Bay leaf	Whole grain mustard
Wild Rice	Split Peas	Cilantro	Bran cereals
Arborio Rice(Orzo)	Mung	Cinnamon	Honey
Farro	beans	Cumin	Maple syrup
Quinoa	Red	Curry	Peanut butter
Tabbouleh	kidney	Garlic	Almond milk
Couscous	beans	Ginger	Coconut milk
Barley	Soy	Mint	Coconut oil
Rolled Oat	beans	Oregano	Olive oil
Steel Cut Oat	Black	Paprika	Hummus
	beans	Parsley	Tahini
	White	Red	
	beans	pepper	
	Pecans	Salt	
	Cashews	Turmeric	
	Peanuts	Vanilla extract	
	Walnuts		
	Alfalfa		
	Sprouts		
	Carob		

Step 3: Plan Your Plant-Based Meals in Advance

In Step 2: Adapt Your Grocery List, we looked at grocery shopping and creating that list for starting your plant-based diet journey.

In this chapter, I want to share how you can plan your meals to start incorporating those plant-based grocery purchases.

The more prepared you are, the easier it will be to stick to plant-based nutrition.

If you are going for strict plant-based nutrition, make sure to select items that are vegan-friendly for the bread, wraps, mayonnaise, and other condiments.

Here are a few of my favorite ideas for breakfast, lunch, and dinner:

Breakfast

Moving to a plant-based breakfast can be a challenge if you're used to that bacon and eggs.

Try to keep lots of fruits, bran cereal and oat, and grain bread in the house.

That way, you will have quick options when you don't want to overthink what to eat.

Here are some breakfast ideas:

- Bran cereals with bananas and almond milk.
- Oatmeal in a jar
- Vegan bread with organic peanut butter and no sugar added jam
- Fruit salad
- Hummus and pita bread

Lunch

If your usual lunch is a deli meat sandwich, prepare for a transition in meal planning.

Many plant-based options can be quick and made in advance (i.e., microgreens salad).

My salad and soup recipe books are great for lunch.

My upcoming book has 15 of the best sandwiches on the planet!

- Salads
- Soups
- Sandwiches
- Wraps

Dinner

Dinner you spend with friends or family and is a great time to share plant-based meals of vegetables, grains, and legumes.

Here are a few examples:

- Veggie Burger with sweet potato fries
- Vegetable, black beans, and rice stir fry
- Rice and beans with plantains
- Grain bowls
- Risotto with roasted vegetables

I would recommend that you try some new recipes rather than revamp your old ones to incorporate plant-based nutrition.

Part 4: Nine Plant-Based Recipes

In Part 3: [Plan Your Plant-Based Meals in Advance](#), we looked at planning your plant-based meals in advance and how you can plan your meals to start incorporating those plant-based grocery purchases.

In Part 4, I will help you kickstart your plant-based eating journey with some delicious recipes.

These recipes are soups and salads and breakfast dishes, lunch, and dinner, too, all from my upcoming books.

Now it's time to put your learning into action.

First, pick a day when you will start your plant-based eating.

Then select your meals (breakfast, lunch, and dinner recipes.

Go shopping and get your grocery items and implement the change!

What's Next

If it seems like a significant change for you, try once a week for the first month and gradually move to twice a week, three times a week, etc.

Remember, slow and steady is a great approach to change habits but mostly to make them stick.

Plant-based eating is not a diet, but a way of living, so have fun with it!

I hope you enjoy the recipes in this series on **Microgreens and Plant-Based Nutrition**.

Day One

Breakfast: Overnight Oatmeal



This is a great recipe that can be prepared in advance.

If you work Monday to Friday, you can make five jars on Sunday, keep them in the fridge and eat one before heading to work.

It's a great "Grab and Go" breakfast recipe that will please everyone, even the kids!

Overnight Oatmeal

Prep Time 5 mins Cook time: 0 mins.

Course: Breakfast	Cuisine: International	Keyword: Oatmeal
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Servings: 1 person	Calories: 284 kcal
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Equipment

- Mixing bowl; Mason Jar

Ingredients

- 2/3 cup Old-fashioned oats rolled oat OR steel-cut oat
- 1 cup plant-based milk (almond or rice)
- 1/4 teaspoon vanilla extract
- 1/4 cup frozen blueberries or frozen strawberries

Instructions

1. Mix the vanilla extract and the milk in a separate bowl
2. Place the oat in the mason jar
3. Pour the milk and vanilla mixture into the jar
4. Add the frozen fruits
5. Place jar in fridge and leave overnight (can be stored in the fridge for up to five days)

Additional tips:

- You can replace the frozen fruits with fresh fruits; if you are using bananas, it is recommended to add them to the jar just before eating.
- Other toppings: *coconut, peanut butter, and cinnamon.*
- Want something sweeter? Adding dry dates is a great way to add some sweetness to this recipe.
- For healthier options, make sure the date does not include added sugar.
- Maple syrup or honey is another way to add fewer processed sweeteners.

Lunch: Cilantro microgreens, corn, and black bean salad



It's always a good idea to keep a couple of cans of corn and cans of black beans in the pantry. They are very versatile and quick options to add flavor and protein to a meal.

Microgreen	Taste	Aroma	Flavor	Intensity
Cilantro	Sour	Lemony	Citrus	Strong

Cilantro microgreens are among the most popular microgreens and can develop a reasonably strong flavor under warm growing conditions.

Cilantro microgreens, corn, and black bean salad

Prep Time 5 mins Cook time: 0 min

Course:
Lunch

Cuisine:
Southwest USA

Keyword:
Cilantro Microgreens

Servings: 2 persons

Calories: 391 kcal

Equipment

- Serving bowl; Large bowl

Dressing

- 1 tablespoon of olive oil
- Juice of one lime
- ¼ teaspoon of ground cumin
- ¼ teaspoon of sea salt
- Chopped cilantro microgreens (to taste)

Ingredients

- 1 cup of black beans
- ¼ cup of corn (low sodium and no sugar added)
- 2 cups of greens of your choice (ex: spring mix, spinach, or iceberg lettuce)
- ¼ green pepper or red peppers (sweet), diced
- ¼ red onion
- 2 tablespoons of chopped cilantro microgreens

Instructions

1. In a serving bowl, place the greens.
2. Then, make the dressing.
3. In a small bowl, mix all the ingredients together and set aside.
4. In a large bowl, combine the black beans, corn, sweet peppers, and red onion.
5. Once combined, add the dressing.
6. Add the black beans mix to the serving bowl on top of the greens.
7. Top with cilantro and serve.

Dinner: Veggie, Grain, and Microgreens Bowl



This recipe is very versatile and allows you to mix and match with your favorite ingredients.

Here are examples of ingredients you can use:

Grains	Legumes	Vegetables	Nuts	Dressing
Wild Rice	Soybeans	Brussels sprouts	Almonds	Balsamic vinegar with Olive oil
Quinoa	Chickpeas	Beets	Pecans	Lime juice
Basmati Rice	Lentils	Cucumbers	Cashews	Red Kidney Beans with Olive oil
Farro	Black Beans	Tomatoes	Peanuts	Lemon juice with olive oil
Couscous	Kidney beans	Red onions	Walnuts	Dijon mustard with olive oil

Veggie and grain bowl

Prep Time 10 mins Cook Time: 0 mins

Course:

Dinner

Cuisine:

California

Keyword:

Arugula microgreens

Servings: 1 person

Calories: 403 kcal

Equipment

- Serving bowl

Ingredients

- 4 oz arugula microgreens (or any of your choice) rinsed and dried
- 1 cup of cooked grains
- ½ cup of legumes
- 1 cup of veggies
- 2 tablespoons of nuts
- 2 tablespoons of dressing
- *Optional:* spices of your choice

Instructions

1. In a serving bowl, place the grains.
2. Add the legumes and veggies
3. Add the arugula (or other) microgreens
4. Mix
5. Top with nuts, dressing, and spices of your choice.

Day Two

Breakfast: Potato Breakfast Bowl with Parsley Microgreens



The potato breakfast bowl is a very hearty breakfast for days when you want something a little bit more filling.

You can add some celery microgreens to add some flavor.

Microgreen	Taste	Aroma	Flavor	Intensity
Parsley	Sweet		Fruity	Mild

Flat-leaved parsley is one of the most popular microgreens.

Its flavor is mild but distinctive.

It contains none of the fibrous stems that older mature parsley can develop.

Potato Breakfast Bowl with Parsley Microgreens

Prep Time 20 mins Cook time: 40 mins

Course:
Breakfast

Cuisine:
International

Keyword:
Parsley microgreens

Servings: 2 persons

Calories: 745 kcal

Equipment

- Baking sheet; Mixing bowl; Serving bowl

Dressing

- ½ cup of vegan mayonnaise
- Juice from ½ a lemon
- 1 teaspoon of whole grain mustard

Ingredients

- 3 large red potato
- ¼ ounce of parsley microgreens
- 1 tablespoon of olive oil
- 1 teaspoon of garlic powder
- 1 teaspoon of chili powder
- 1 teaspoon of sea salt
- ½ of a red onion
- ½ of green pepper
- 4 oz parsley microgreens
- 1 avocado, sliced
- 6 cherry tomatoes, halved

Instructions

Potato Breakfast Bowl with Parsley Microgreens

1. Preheat the oven to 425 degrees.
2. Clean potatoes (do not peel them) and dice them into 1" cubes.
3. In a bowl, toss potatoes, olive oil, and spices.
4. Place on a baking sheet and bake for 30–35 minutes until browned and tender.
5. In the meantime, dice the onions and peppers, and chop the microgreens.
6. Add the onions, peppers, and microgreens when 10 minutes are left to the potatoes.
7. While the ingredients are roasting, you can make the dressing.
8. In a bowl, mix the mayo, lemon juice, and mustard until the sauce is creamy.
9. When the vegetables are roasted, divide them into two portions.
10. Place them in a serving bowl and add the sliced avocado and cherry tomatoes on top of the vegetables and serve with the dressing on top.

Additional tips:

- You can control the amount of lemon juice you add to make it thicker or more liquid for the dressing.
- Like it spicy? Add ingredients like chilis, sriracha sauce, or jalapenos to the recipe.

Lunch: Hummus Veggie Wrap



Wraps are easy and a great way to make a quick lunch without spending too much time in the kitchen.

If you are opting for vegan, vegan wraps exist!

Sometimes, they hide in the frozen section, avoid the time, and simply ask your store representative where you can find them in your local store.

Hummus Veggie Wrap

Prep Time 5 mins

Course:
Lunch

Cuisine:
Mediterranean

Keyword:
Chickpeas

Servings: 1 person

Calories: 430 kcal

Hummus Veggie Wrap

Equipment

- Plate

Ingredients

- 2 oz
- 1 wrap (whole grains)
- ½ tomato, sliced
- ½ avocado, sliced
- 1/3 English cucumber, cut like sticks
- 2 medium Falafel balls
- 2 kalamata olives, pitted and halved (optional)

Instructions

1. Place the wrap on a plate.
2. Crush (or place whole) the Falafel in the middle of the wrap.
3. Add the tomatoes, cucumbers, and avocado in the wrap (and olives if you picked that option).
4. Close the wrap
5. Enjoy now or store away for your lunch!

Dinner: Rice and Beans with Plantains



This Costa Rican-inspired dish is very filling and a great option that will please the whole family!

If it's the first time you are trying plantains, make sure that the plantain is ripe.

Ripe plantain is, unlike bananas, black and yellow can be seen (but not green).

Rice and Beans with Plantains

Prep Time 20 mins Cook Time: 40 mins

Course:	Cuisine:	Keyword:
Dinner	Costa Rica	Plantain

Servings: 4 persons	Calories: 694 kcal
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Equipment

- Strainer; Medium-sized Po, Large skillet

Ingredients

Rice

- 1 cups of white rice
- 1 tablespoon of coconut oil (or other oil of your choice)
- 1/2 yellow onion, chopped
- 1/4 cup celery, diced
- 1/2 sweet pepper, diced
- 1 carrot, diced
- 2 cloves of garlic, minced
- 2 cups of vegetable stock

Beans

- 4 oz arugula microgreens rinsed and dried
- 1 tablespoon of coconut oil
- 1/2 cup diced onion
- 1 clove of garlic, minced
- 1 tablespoon of tomato paste
- 1 bay leaf
- 2 cans of black beans.
- 1 cup of vegetable broth
- 1 teaspoon of cumin
- 1/2 teaspoon of chili powder
- Juice of 1 lime
- *Optional:* cilantro, chopped

Rice and Beans with Plantains

Plantain

- 1 ripe plantain, peeled and sliced in 1" slices
- 1 tablespoons butter
- 1 tsp Honey

Instructions

Rice

1. In a strainer, rinse the rice under cold water and set aside.
2. Add the coconut oil to a medium-sized pot.
3. Set at medium heat.
4. Once the oil is ready, add the onions, celery, pepper, carrot, and garlic.
5. Cook for 2 minutes.
6. Add the rice to the pot and stir.
7. After stirring once, add the vegetable broth.
8. Bring to a boil.
9. Reduce the heat to low or simmer.
10. Cover the pot.
11. Cook for about 15 minutes or until the rice is tender.

Beans

1. Add the oil to a large skillet over medium heat.
2. Once the oil is hot, add the onions and cook to translucent.
3. Add the garlic, tomato paste, and bay leaf.
4. Cook for 30 seconds.
5. Drain and rinse the can of black beans.
6. Add the black beans.
7. Mash some of the beans (about half of them).
8. Add the broth, cumin, and chili powder.
9. Add the microgreens.
10. Cook for 10 minutes at low heat.
11. When ready, turn off the heat
12. Add the lime juice and cilantro (if using).
13. Serve with Rice.

Plantain

1. Melt the butter in a non-stick skillet over medium heat.
2. Be careful not to burn the butter.
3. Add the plantains to the skillets so that they are in a single layer.
4. Cook the plantain for around 3 minutes (you will see brown caramelized color)
5. Flip them to cook for 3 minutes on the other side.
6. Remove from skillet.
7. Drizzle with the honey.
8. Serve with your rice and bean dish.

Day Three

Breakfast: The Simpleton



This recipe is for days that you feel like eating a quick and easy breakfast.

The Simpleton

Prep Time 5 mins

Course:
Breakfast

Cuisine:
International

Keyword:
Oatmeal

Servings: 1 person

Calories: 439 kcal

Equipment

- Spreading knife

Ingredients

- 1 slice of vegan bread
- Peanut butter
- 1 banana, sliced
- Maple Syrup or Honey

Instructions

1. Toast the slice of bread.
2. Spread with peanut butter.
3. Add the banana slices on top
4. Drizzle with maple syrup or honey.
5. Eat.

Additional tips:

- Don't you like bananas? No problem, switch the bananas for strawberries or raspberries

Lunch: Vegetable and Lentil Microgreens Soup



Soup is by far a family favorite during cold days of winter.

This soup can be made in advance and stored for lunches.

Microgreen	Taste	Aroma	Flavor	Intensity
Lentil	Bitter			Mild

Vegetable and Lentil Microgreens Soup

Prep Time	10 mins	Cook Time: 20 mins
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Course: Lunch	Cuisine: Mediterranean	Keyword: Lentil Microgreens
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Vegetable and Lentil Microgreens Soup

Servings: 4 persons

Calories: 195 kcal

Equipment

- Large soup pot

Ingredients

- 2 Tbsp coconut oil (or water)
- 2 garlic cloves, minced
- 4 large carrots, sliced
- 2 stalks celery, sliced or diced
- 1 yellow onion, diced
- 4 cups of vegetable broth
- 1 small can of diced tomatoes (low sodium and no sugar added)
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1 cup uncooked green or red lentils (thoroughly rinsed and drained)
- 4 oz lentil microgreens rinsed and dried

Instructions

1. In a large pot, add the coconut oil (or the water).
2. Bring the pot to a boil.
3. Add the garlic, carrots, onions, and celery.
4. Reduce heat to medium and cook for another 5 minutes.
5. Add the broth, tomatoes, and spices (salt and pepper)
6. Reduce heat.
7. Once the broth is simmering, add the lentils.
8. Stir the lentils in the broth
9. Reduce the heat as soon as it starts simmering again.
10. Let it cook, uncovered, for approximately 10 minutes (until the lentils are tender).
11. Add the microgreens and stir.
12. Cook for 5 more minutes.
13. Remove from heat.
14. Serve hot.

Additional tips:

Vegetable and Lentil Microgreens Soup

- You can store the soup in the fridge for up to 5 days.
- This recipe can also go in the freezer.

Dinner: Risotto with roasted veggies



Risotto is an Italian dish that takes time and patience.

Make sure that you are ready to spend about an hour in the kitchen.

It is effortless and is absolutely worth the wait because that dish is so delicious!

Risotto with roasted veggies

Prep Time	10 mins	Cook Time: 20 mins
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Course: Dinner	Cuisine: Italian	Keyword: Risotto
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Servings: 2 persons	Calories: 756 kcal
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Risotto with roasted veggies

Equipment

- Serving bowl; Saucepan; Dinner plates

Ingredients

Roasted vegetables:

- 10 Brussels sprouts, cleaned and halved
- 2 Beets, peeled, cleaned, and diced
- 4 garlic cloves, sliced
- 1 tablespoon of olive oil

Risotto:

- 4 cups chicken broth, divided
- 2 tablespoons coconut oil,
- ½ portobello mushrooms, diced
- 1 small yellow onion, diced
- 1 cup Arborio rice
- 1/3 cup dry white wine
- 1 tablespoons butter
- Ground pepper, to taste
- Salt, to taste

Instructions

Risotto with roasted veggies

1. Preheat the oven to 425 degrees.
2. Meanwhile, in a large bowl, mix all the ingredients for the roasted vegetables.
3. Transfer the vegetables to a prepared baking sheet.
4. When the oven is ready, roast the vegetables for 20 minutes.
5. *When the roasted vegetables are ready, pull them out of the oven.*
6. Warm 2-3 cups of the vegetable broth in a saucepan over low heat.
7. Add the coconut oil.
8. Turn to medium heat.
9. Add the mushrooms to the saucepan.
10. Cook for 2 minutes.
11. Add the arborio rice.
12. Stir the rice for about a minute.
13. Add the dry wine.
14. Stir until the wine is all absorbed.
15. When there is no liquid in the skillet, add ½ cup of the vegetable broth
16. Stir often until the broth is absorbed.
17. Add more broth and repeat until you use all the broth in the saucepan.
18. This process should take about 20 minutes.
19. *When the rice is ready, divide in two and place on two plates.*
20. Add the roasted vegetables on top.
21. Salt and pepper to taste.
22. Enjoy as soon as it is ready or later in your lunch.

Snacks



Snacks for plant-based eaters can be as simple as a fruit or a vegetable.

But sometimes we want a little more.

Popcorn is also an excellent option for a healthy snack.

Almond-stuffed Dates

Prep Time 2 mins

Course:
Snack

Cuisine:
International

Keyword:
Dates

Almond-stuffed Dates

Servings: 1 person

Calories: 121 kcal

Equipment

- N/A

Ingredients

- 4 dry dates, pit removed
- 4 whole almonds

Instructions

1. Place an almond inside the date (replacing the pit)
2. Eat!

If you are a “snack junkie” like me, be careful about how many calories you consume, especially if it comes from sugar or sodium.

Those extra calories can be a detriment to your health.

Conclusion

Plant-based eating is for you, me, everyone.

The main idea is not to “diet” or remove something from your nutrition.

Add more vegetables, fruits, nuts, whole grains, and legumes.

If you love your meat (steak, chicken, or burgers) occasionally, you don’t have to eliminate animal-based food.

But you can certainly reduce it by making more meals that are plant-based.

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