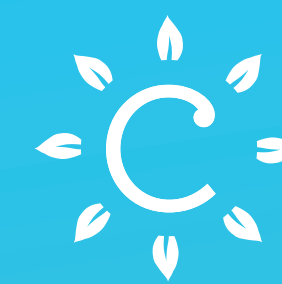


Plant Based Meals for Vibrant Health

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Breakfast

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Detox Greens Breakfast Bowl

INGREDIENTS

- ¼ yellow onion, diced
- ½ a small yellow squash, diced
- 6 small brussel sprouts chopped into quarters
- 1 small handful of chopped kale
- 2 tsp unrefined coconut oil
- 3 tablespoons precooked quinoa
- 1 heaping tablespoon guacamole
- pink Himalayan sea salt and black pepper to taste
- ¼ tsp turmeric

DIRECTIONS

Step 1: Melt coconut oil in a small sauté pan. Cook onions until translucent.

Step 2: Add squash and Brussels and cook until slightly browned. Just a few minutes.

Step 3: Toss in the kale and seasonings and cook until kale is slightly wilted - turning often.

Assemble in a bowl with quinoa and top with guacamole.



Totally Tasty Toast

Step 1: Choose a vegan sprouted bread and toast it.

- OPTIONS**
- Food for Life Ezekiel Bread
 - Food for Life Sprouted Almond Bread
 - Food for Life Gluten Free 3 Seed Bread
 - Organic Veganic Flax & Spelt Bread

Step 2: Spread a healthy fat on it.

- OPTIONS**
- Coconut Oil (organic & unrefined)
 - Avocado
 - Guacamole
 - Hummus

Step 3: Layer on the veggies.

- OPTIONS**
- Dark leafy greens like spinach and kale
 - Thinly Sliced Onions
 - Thick Slices of Tomatoes
 - Cucumber Slices

Step 4: Sprinkle on the flavor.

- OPTIONS**
- Pink Himalayan sea salt
 - Black pepper
 - Garlic powder
 - Crushed red pepper flakes
 - Basil
 - Rosemary



Tofu Scrambler

INGREDIENTS

- ½ block of organic, non-gmo, firm tofu, crumbled
- 1 cups of veggies chopped
- 1-2 tsp of turmeric
- black pepper
- pink Himalayan sea salt
- [Tessamae's buffalo hot sauce](#)
- salsa (optional)
- 1 tsp of coconut oil or olive oil

DIRECTIONS

Step 1: Place crumbled tofu in a medium bowl and top with turmeric and black pepper. Mix until your tofu is yellow. Add salsa as an option and let it marinate while you chop and prepare your veggies.

Step 2: Wash and chop veggies of your choice. I used kale & bell peppers here and let the salsa serve as my tomatoes and onion. Be creative. Some of my favorite combos are broccoli & asparagus, squash and zucchini, or mushrooms & eggplant. Use what's in season for the best flavor and prices.

Step 3: Warm your veggies in a small skillet with about a tsp of organic coconut oil or olive oil and a drizzle of Tessamae's Buffalo hot sauce. Add the tofu. Sprinkle with black pepper and pink Himalayan sea salt.

DIRECTIONS

Step 4: Top with additional hot sauce or crushed red pepper flakes (optional)

A note about tofu...I eat organic, non-gmo tofu about once a week. Like most things, if you choose the right type and eat it in moderation it can be a great addition to a healthy, plant based diet.

PRO TIP

Tofu scrambles are so easy to create with different flavor profiles. Use homemade taco seasoning mix or Italian spice mix and change out the veggies and toppings to create a completely unique bowl.





Berry Delicious Cream of Buckwheat

INGREDIENTS

- 1 cup of Bob's Red Mill Organic Cream of Buckwheat
- 3 cups of water
- ¼ teaspoon pink Himalayan sea salt
- ¼ cup of berries
- 1 tsp flax seed
- 1 tsp hemp hearts
- 1 tsp of cacao powder
- 1 tsp maca powder
- Or, try this mix to save money and time. It's my favorite for adding to both hot and cold breakfast dishes, yogurts, and even toast. [Spectrum Warrior Vitality Blend](#)

DIRECTIONS

Step 1: Bring 3 cups of water and ¼ tsp of salt to a boil.

Step 2: Add 1 cup of buckwheat, turn heat down to low, cover and simmer for about 10 minutes. Makes about 2 ½ cups.

DIRECTIONS

Step 3: Serve yourself about ¾ cups of cream of buckwheat and put the rest in the fridge for another breakfast.

Step 4: Top with berries and super foods and enjoy.

Optional Add-Ins

- Nutbutter
- Cinnamon
- Nutmeg
- Vanilla extract





Sweet Potato Toast

INGREDIENTS

- 1 sweet potato cut into ¼ inch thick slices
- unsweetened nut butter
- unsweetened shredded coconut
- dried or fresh blueberries
- hemp hearts
- cinnamon

You can toast your sweet potato slices it one of two ways.

Option 1 is to use a toaster and toast just like bread. You may need to run in through several times until the sweet potato is soft and starts to brown and crisp slightly.

DIRECTIONS

Option 2 is to lay several slices out on a cookie sheet and bake at 400 degrees for about 15 minutes until toast slices are soft in the middle and brown and crispy in spots.

Top toast with remaining ingredients. This is another option that can be topped to be either sweet or savory. There are literally dozens of options. Be creative and use your favorite flavors to keep it interesting. I also love my sweet potato toast topped with guacamole & salsa. Yum!



Pumpkin Parfait

INGREDIENTS

- ½ cup of unsweetened coconut milk yogurt or coconut milk kefir (the kefir is great for gut health)
- ¼ cup of vegan and gluten free pumpkin granola. This is my favorite brand. [Purely Elizabeth Pumpkin Granola](#)
- Pumpkin pie spice (choose one without sugar or just use cinnamon and nutmeg)
- Dried cranberries

DIRECTIONS

In a small mason jar or water glass layer coconut yogurt sprinkled with a little pumpkin pie spice, then granola, then a sprinkle of dried fruit and repeat until glass is full. It's that simple, but it looks pretty and tastes great.





Turmeric Veggie Breakfast Burrito

INGREDIENTS

- Food for life gluten free brown rice wrap
- Leftover sautéed mushrooms and eggplant. If you don't have leftover sautéed veggies from meals earlier in the week just toss some mushrooms and eggplant chopped into very small pieces in a sauté pan with coconut oil, pink Himalayan sea salt and black pepper. Cook until veggies are soft and browned. You can also use thinly sliced raw veggies like carrots, cucumbers, zucchini and spinach
- Spinach
- Kale
- Sprouts
- Turmeric Dressing (see recipe below)

DIRECTIONS

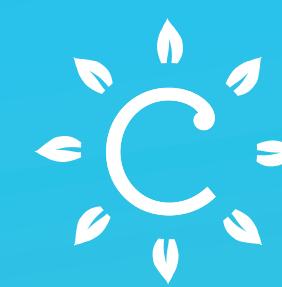
- Step 1:** To make your wrap soft and pliable, moisten with a little water on both sides and microwave for 10-15 seconds.
- Step 2:** Pile on the toppings, roll it up, and enjoy.

Turmeric Tahini Dressing (this stores in the fridge for 5-7 days)

- | | | |
|--------------------|---|-----------------------------------|
| INGREDIENTS | • ¼ cup of organic tahini | • ½ tsp ground ginger |
| | • 1 tablespoon lemon juice or apple cider vinegar | • 1/8 tsp black pepper |
| | • 1 tablespoon grape seed oil | • 1/8 tsp garlic powder |
| | • 1 tablespoon raw honey or organic maple syrup | • 1/8 tsp pink Himalayan sea salt |
| | • ½ tsp ground turmeric | |

Blend all ingredients in a blender or food processor and chill for a minimum of 30 minutes before serving.





Lunch

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Roasted Chickpea & Ranch Salad

Chickpea Salad Ingredients:

- INGREDIENTS**
- 1 BPA free can of organic chickpeas, rinsed and drained
 - Spinach
 - ¼ bell pepper, diced
 - 1 stalk of celery, thinly sliced
 - 2 green onions, thinly sliced
 - 1 tablespoon [Flavor God's Everything Spicy Mix](#)
 - Olive oil or coconut oil

DIRECTIONS

Step 1: In a large sauté pan, drizzle a tiny bit of coconut oil or olive oil. Toss in chickpeas over medium/high heat and sprinkle with Flavor God Everything Spicy Seasoning Mix. Stir continuously until the chickpeas are roasted, browned and start to pop. Turn off heat.

Step 2: Assemble salad with spinach, ¾ cup of your roasted chickpeas, celery, green onions and bell pepper. Drizzle with homemade vegan ranch.

Vegan Ranch

- INGREDIENTS**
- 1 cup [Sir Kensington's Vegan Mayo](#)
 - ¼ cup full fat unsweetened organic canned coconut milk
 - 1 tablespoon lemon juice (apple cider vinegar works too)

- 1 tsp garlic powder
- 1 tsp onion powder
- ¼ tsp dried dill
- 1/8 tsp pink Himalayan sea salt

Add all ingredients to a blender or food processor and mix well. Chill for 30 minutes before serving. Stays good in the fridge for up to 5 days.





Italian Rice Bowl

INGREDIENTS

- [Cucina Antica Organic Tomato Basil Sauce](#)
- ½ a small zucchini, quartered
- ½ a small yellow squash, quartered
- 1 cup of fresh spinach
- ¼ cup of brown rice
- ¼ cup of cauliflower rice (you can find it pre-bagged in the produce section or in the freezer section) You can easily make your own with a cheese grater. Just grate and steam for a few minutes until tender.
- ¼ tsp Italian seasoning mix
- optional...if you need extra protein for the day toss in ¾ cup of cannellini beans

DIRECTIONS

Step 1: Cook organic brown rice according to package directions. Set aside ¼ cup.

Step 2: In a large skillet warm your cauliflower rice, veggies, and 1 cup of marinara sauce together until squash and zucchini are tender. Pour over brown rice and sprinkle with Italian seasoning mix. Manga! (Italian for eat :D)





Simple Soothing Soup

INGREDIENTS

- 32 oz box of organic vegetable broth (low sodium)
- 2 cups of frozen kale
- 2 cups of frozen root veggies
- 2 cups of frozen broccoli
- 1/3 cup of fire roasted corn
- 1 fire roasted tomato chopped
- 5 cloves of garlic
- 1/2 tsp pink Himalayan sea salt
- 1/2 tsp black pepper
- 1/2 tsp turmeric
- 3/4 tsp curry powder

DIRECTIONS

Step 1: Combine all ingredients in a large soup pot and bring to a boil.

Step 2: Reduce heat to low and simmer 20 minutes until veggies are easy to poke with a fork.

DIRECTIONS

To fire roast tomatoes:

Slice your tomato in half and cut into thick slices (quartered is usually good but it depends on the size of your tomato) Place skin side up on a rimmed sheet pan. Rub with a tiny bit of olive oil and place the pan under the broiler for about 15 minutes until the skins are nicely blackened. They make a delicious addition to soups and salads as well as pizza.





Chilled Veggie Salad

INGREDIENTS

- ½ cucumber, quartered and sliced
- ½ bell pepper, diced
- ½ a small zucchini, quartered and sliced
- ¾ cup of black beans, rinsed and drained
- 2 tablespoons of salsa
- 2 tsp of spicy brown mustard

DIRECTIONS

Combine all the ingredients in a large bowl. Mix well and chill for 30 minutes before serving.





Stuffed Bell Pepper

INGREDIENTS

- ½ a raw bell pepper, deseeded
- 1 cup broccoli rabe
- 1 can of vegan refried beans
- pink Himalayan sea salt
- black pepper
- olive oil

DIRECTIONS

Sauté frozen or fresh broccoli rabe in a little bit of olive oil and sprinkle with pink Himalayan sea salt and black pepper to taste. Stuff pepper with broccoli rabe and warm $\frac{3}{4}$ cup of vegan refried beans in the same pan. Top pepper and broccoli rabe with beans and enjoy!





Buddha Bowls

Step 1: Choose your grain or grain like base

OPTIONS

- Brown rice
- Quinoa
- Cauliflower rice

Step 2: Choose a variety of veggies to amp up the nutrient density of your bowl. I like to mix a the the combination the of cooked veggies with the raw the veggies to enhance the flavor and the the texture of the bowl.

OPTIONS

- Asparagus, Red onion, Bell pepper
- Carrots, Onion, Celery
- Green beans,
- Broccoli, Kale, Cauliflower
- Zucchini, Eggplant, Mushrooms
- Yellow squash, Spinach

Step 3: Choose your protein

OPTIONS

- Organic, non-gmo tofu
- Kidney beans
- Cannellini beans
- Black beans
- Garbanzo beans
- Lentils

Step 4: Add flare and flavor with herbs

OPTIONS

- Cilantro
- Thyme
- Basil
- Sage
- Rosemary

Step 5: Drizzle with a healthy sauce or dressing

OPTIONS

- My homemade vegan ranch (see above ranch chickpea salad recipe)
- My homemade nooch sauce (see below protein rich mac n cheese recipe)
- Anything from the Tessamae's Family of dressings. My favorites are Green Goddess and Lemon Chesepeake

PRO TIP

Top your cooked foods with some raw options like cucumbers, diced tomatoes and herbs. Think about a flavor profile when designing your bowl. For example, if I wanted an Asian Inspired Buddha Bowl I might choose cauliflower rice, onion, carrot, celery mix, then toss in snap peas, daikon radish and asparagus and top with tofu, bamboo shoots and green onion and drizzle with this bonus recipe.

Lemon Ginger Dressing:

OPTIONS

- 1 ½ tsp toasted sesame oil
- ½ tsp ground ginger
- ¼ tsp red pepper flakes
- ¼ tsp garlic powder
- ¼ cup of rice vinegar
- Juice of ½ a lemon
- 2 Tablespoons of Bragg's Liquid Aminos or Coconut Aminos

Whisk, taste and adjust seasonings





Protein Rich Mac-N-Cheese

INGREDIENTS

- ¼ cup of cooked Ancient Harvest Quinoa Pasta shells
- 1 cup of steamed broccoli
- ¾ cup of roasted chickpeas
- 2 Tablespoons of Nooch Sauce

DIRECTIONS

Step 1: Drizzle your pan with olive oil and cook chickpeas until toasted, stirring frequently. They will start to brown and pop when they're ready.

Step 2: Cook Ancient Harvest Quinoa Pasta shells to package directions. While your pasta is simmering, steam your broccoli. Drain pasta and broccoli and combine them in a bowl. Top with chickpeas and nooch sauce

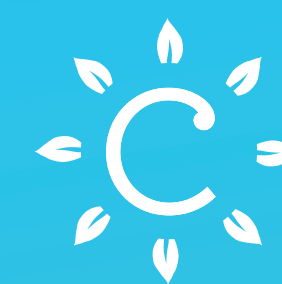
Nooch Sauce (make ahead...keeps in the fridge for up to 5 days in a sealed container)

INGREDIENTS

- 1 cup of unsweetened coconut milk
- 6 Tablespoons of [nutritional yeast](#)
- 1 Tablespoon of Earth Balance butter (or other vegan butter)
- 1 Tablespoon of [gluten-free all purpose flour](#)
- 2 Tablespoons of [Sir Kensington's Dijon Mustard](#)
- ½ tsp pink Himalayan sea salt
- ½ tsp black pepper
- ¼ tsp garlic powder
- ¼ tsp onion powder

DIRECTIONS

In a small sauce pan, melt the butter over low heat. While it's melting, mix the flour and coconut milk in a bowl until the mixture is clump free. Add your nutritional yeast and flour/milk mixture to the pot with the butter and begin whisking. Mix in the Dijon mustard and seasonings and continue to whisk until your sauce thickens. It usually takes about 5 minutes. To change the consistency you can slowly add more coconut milk to make it thinner or sprinkle in more nutritional yeast to thicken. This sauce makes a creamy and delicious mac-n-cheese, but it's also great on veggies and nachos!



Dinner

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Soy Ginger Tempeh Salad

INGREDIENTS

- ¾ cup of diced tempeh
- 1 cup of spinach
- 1 cup of diced cucumbers, bell peppers, and carrots
- 1 Tablespoon of wakame flakes
- 3 Tablespoons of [Tessamae's soy ginger dressing](#)
- 1 tsp of coconut oil

DIRECTIONS

Step 1: Marinate your tempeh in 2 tablespoons of Tessamae's soy ginger dressing. While it's soaking up all that delicious flavor, chop your veggies and prepare your salad.

Step 2: Melt your coconut oil in a skillet, add your marinated tempeh and cook on medium heat for 3-4 minutes until warmed through.

Step 3: Top your salad with the cooked tempeh and drizzle the entire salad with one tablespoon of the Tessamae's Soy Ginger Dressing.





Grilled Eggplant Burgers with Cauliflower Confetti Rice

Burger:

INGREDIENTS

- 2 thick slices of eggplant
- 2 romaine leaves
- 2 slices of tomato
- coconut oil
- Italian seasoning mix
- pink Himalayan sea salt
- black pepper
- vegan mayonnaise
- Sir Kensington's Dijon mustard

DIRECTIONS

Step 1: Preheat your grill pan or gas grill. Rub each side of the eggplant with a little coconut oil and sprinkle each side with Italian seasoning mix plus pink Himalayan sea salt and black pepper.

Step 2: Grill until tender in the middle with nice brown grill lines. About 5 minutes on medium heat on each side.

Step 3: Place grilled eggplant burgers on top of lettuce leaves and top with mayo, mustard and tomato slices and any other veggies you like.

Cauliflower Rice:

INGREDIENTS

- 1 cup of cauliflower rice (if you can't find it pre-shredded in the freezer or produce section just grate a full head of cauliflower on a cheese grater.)
- 1/2 orange bell pepper, diced
- 1/4 cup of shredded purple cabbage

DIRECTIONS

Step 1: In a large skillet, melt your coconut oil and add your cauliflower rice. Sprinkle with pink Himalayan sea salt and black pepper to taste.

Step 2: Cook, stirring frequently, for about 3-4 minutes. Add your bell pepper and cabbage and cook until the bell peppers are tender. About another 4 minutes.





Cheesy Buckwheat Brussels

INGREDIENTS

- ¼ cup of cooked buckwheat noodles
(check the package for 100% buckwheat noodles to ensure they're gluten-free)
- ½ cup of brussel sprouts, cut in halves
- ½ cup of chopped kale
- ¼ cup of broccoli florets
- 2 tablespoons of homemade nooch sauce
(see protein rich mac-n-cheese lunch for nooch sauce recipe)

DIRECTIONS

Step 1: Cook buckwheat noodles to package directions. While they are simmering, sauté your broccoli and brussels in a large skillet with a drizzle of olive oil and a sprinkle of pink Himalayan sea salt and black pepper. Stir frequently for about 7-10 minutes until Brussels and broccoli start to brown and are tender enough to pierce with a fork. Add the kale and cook until kale is wilted.

Step 2: Drain your buckwheat noodles and add about ¼ cup to your serving dish. Top with 1 cup of cooked veggies and drizzle with 2 Tablespoons of nooch sauce. Mix well until coated and creamy. Sprinkle with additional black pepper.



Stuffed Spaghetti Squash

INGREDIENTS

- 1 large spaghetti squash, cut in half
- ¼ cup of Daiya shredded mozzarella style cheese
- [Tomato sauce](#)
- 1 cup of kale, chopped
- ½ a yellow onion, diced
- ¼ cup of mushrooms, diced
- 1 clove of garlic, minced
- olive oil
- pink Himalayan sea salt
- black pepper
- Italian seasoning mix

DIRECTIONS

Step 1: Preheat oven to 400 degrees. Cut spaghetti squash in half, scoop out the seeds and massage the meat with a drizzle of olive oil. Sprinkle each half with minced garlic, pink Himalayan sea salt and black pepper. Place meat side up on a large baking sheet lined with parchment paper or a [silpat mat](#) and bake for 1 hour.

Step 2: While the squash is baking, place a drizzle of olive oil in a sauté pan and cook onions over medium heat for 3-4 minutes. Add the mushrooms and sauté for an additional 2-3 minutes. Toss in the kale and cook until wilted. Season with a sprinkle of sea salt and pepper and set aside.

Step 3: In the sauté pan where you cooked your veggies warm 1 cup of your favorite spaghetti sauce. Mine is linked in the ingredient list.

Step 4: Remove squash from the oven. Top each ½ of the squash with sauce, sautéed veggies and shredded cheese. Place back in the oven until cheese begins to melt, approximately 5 minutes. Remove from oven, sprinkle with Italian seasoning mix and serve.

DIRECTIONS





Jackfruit Fiesta Bowl

INGREDIENTS

- 1 package [Upton Naturals Chili Lime Carnitas Jack Fruit](#)
- ¼ cup of your favorite salsa
- ¼ cup of sweet potatoes, diced
- ¼ yellow onion, diced
- 1 handful purple cabbage, shredded
- 1 handful spinach, chopped
- ¼ avocado, diced
- 1 tsp coconut oil
- 1 Tablespoon coconut kefir
- Juice of ½ a lime + a lime wedge
- Flavor God's everything spicy seasoning mix or homemade taco seasoning

DIRECTIONS

Step 1: Melt coconut oil in a large skillet and begin by cooking sweet potatoes until tender to the fork. Add the jack fruit, remaining vegetables and salsa. Cook for approximately 5 minutes until completely warmed through and spinach is wilted.

Step 2: Transfer to a serving bowl and top with avocado, coconut kefir, lime juice and a sprinkle of Flavor God's everything spicy seasoning mix or taco seasoning.



Portobello Stir Fry

INGREDIENTS

- 1 large Portobello mushroom, diced
- 1 small zucchini, diced
- 1 small eggplant, diced
- 1 tsp olive oil
- Italian Seasoning Mix
- Pink Himalayan sea salt
- Black pepper
- ½ cup of quinoa, cooked

DIRECTIONS

Step 1: In a small saucepan, bring 1 cup of water and ½ cup of quinoa to a boil over high heat. Stir the quinoa, reduce heat to medium/low, cover and let simmer until all the water is absorbed.

Step 2: While the quinoa is simmering, cook your veggies over medium/high heat with a little olive oil and a sprinkle of Italian Seasoning Mix. Stir frequently and cook until eggplant is easily pierced with a fork. Taste for seasoning and add more until flavored to your liking.

Step 3: Serve veggie mix over quinoa with a sprinkle of pink Himalayan sea salt and black pepper.





Butternut Squash Burrito

INGREDIENTS

- 1 medium sized butternut squash, peeled and diced
- spinach
- avocado
- bell pepper
- black beans
- salsa
- homemade taco seasoning mix
- [NUCO Vegan Coconut Wraps](#)

DIRECTIONS

Step 1: Preheat the oven to 425 degrees.

Step 2: Peel your squash with a vegetable peeler. Cut off the top and bottom to create a flat stable base then cut in half lengthwise. Scoop out the seeds. Massage the squash with a little coconut oil and place inside up on a baking sheet with a silpat mat. Sprinkle with homemade taco seasoning and roast in the oven for about 45 minutes until soft and easily pierced with a fork.

Step 3: Remove from the oven; let the squash cool for about 10 minutes then cut into cubes.

Step 4: In a coconut wrap, layer roasted squash, black beans, diced bell peppers, spinach leaves, salsa and avocado. Quick, easy and flavorful!

DIRECTIONS





Favorite On The Go Vegan Snacks:

Life gets busy and we all need a little help sometimes with healthy snacks we can grab and go. Here are 7 of my favorite vegan snacks to keep on hand for those busy days when I don't have time to prepare something from scratch or when I just need a treat!

OPTIONS

- Hope Spicy Avocado Hummus
- Hail Merry Miracle Tarts
- Simple Mills Rosemary & Sea Salt Crackers
- Oloves Chili & Oregano olives
- Kind Bars Raspberry, Cashew & Chia bar
- Brad's Raw Crunchy Kale Nacho chips
- Justin's almond butter packets (squeezed into a medjool date with a pecan!)





Loving These Plant-Based Recipes?

Want to expand your plant-based recipe rolodex? Check out my upcoming [30 Day Plant Based Challenge!](#)

- Learn to eat a plant based diet to curb your cravings, jump start weight loss, increase your energy and get glowing skin in this fun + easy to follow 30 day online challenge
- Weekly plant-based meal plan, shopping list and recipes
- Accountability and coaching via our private online group
- Cleanse & detox tips
- Weekly self-care challenges + tutorials
- Live video kick-off call to help you prepare and get your plant-based questions answered

For more information or to be added to the notification list for our next group email calie.calabrese@gmail.com with Plant Based Challenge Group in the subject line.

