

Sushi

Choose your rice

Most sushi is made with sushi rice but you can also make sushi with brown rice. I usually use brown rice as it is more nutrient dense and more filling.

Prepare your rice

Prepare your rice according to package directions and then add 1 tsp of sushi seasoning.

Choose your filling

This is where you can get creative. Lots of different vegetables are great in sushi, experiment with your favorites. Here are a few of my favorite fillings

- Avocado
- Avocado and cucumber
- Roasted sweet potato
- Carrots, red capsicum, cucumber and avocado
- Grilled mushroom
- Teriyaki marinated tofu and veg

Lay your nori sheet out on a dry surface, shiny side facing down. Spread $\frac{1}{2}$ your rice on the sheet leaving an inch clean at the edge of the nori sheet furthest from yourself. Add your toppings in a thin line 1.4 down on your sheet. Role the sushi tightly, when your get the end wet the area of the nori that does not have rice and finish rolling the sushi. Allow the sushi to rest for a few minutes before you cut it with a sharp knife.

Avocado Sushi

- 1 cup rice
- 1 tsp sushi seasoning
- 2 nori sheets
- $\frac{1}{4}$ - $\frac{1}{2}$ avocado
- Soy sauce for dipping

Teriyaki Tofu Sushi

- 1 cup rice
- 1 tsp sushi seasoning
- 2 nori sheets
- 4 slices of teriyaki marinated tofu
- $\frac{1}{4}$ red capsicum slides thin
- $\frac{1}{4}$ cucumber sliced thin
- Soy sauce for dipping



Spring rolls

Choose your vegetable

Thinly slice your vegetables

- Avocado
- Cucumber
- Capsicum
- Roasted vegetables
- Carrot
- Greens
- Mushrooms
- Purple cabbage

Choose your herb

- Cilantro
- Green onion
- Mint
- parsley

Choose your add ins

- Rice noodles
- Tofu
- Roasted chickpeas
- Rice

Add a dipping sauce

- Soy sauce
- Spicy soy – mix 1 tsp of sriracha into your soy sauce
- Sweet chili
- Sweet mustard – mix 1 tbsp dijon mustard with 1 tbsp maple syrup
- Teriyaki sauce

Teriyaki Tofu Roll

- 4 spring roll wrappers
- 4 slices of teriyaki marinated tofu
- ¼ red capsicum thinly sliced
- Purple cabbage
- Cilantro

Spicy Chickpea Roll

- 4 spring roll wrappers
- ¼ cucumber thinly sliced
- ¼ red pepper thinly sliced
- ½ avocado
- 1 cup spicy roasted chickpeas
- Cilantro

Fill a shallow bowl or plate with some warm water. Soak one spring roll wrapper into the water until it softens. Place on a dry plate. Fill the wrapper with your herbs, vegetables and add ins, leaving space around the edges. Bring the right and left sides of the wrappers over the filling and then roll the spring roll like a burrito. Repeat with the rest of your ingredients. Place a lettuce leaf or parchment paper between each spring roll to stop them from sticking.



Wraps

Pick your wrap

Use an oil free whole wheat wrap or a lettuce leaf as your wrap

Pick your vegetable

Raw vegetables

- Greens
- Cucumber
- Tomato
- Shredded carrot
- Red onion
- Mushroom

Grilled vegetables

Slice your grilled vegetables and place on a parchment lined baking tray.

Bake at 180° for around 10 minutes.

- Mushrooms, capsicum, onion, eggplant, zucchini

Choose you add ins

- Roasted chickpeas (recipe in snack section from week 1)
- Marinated tofu (use your favorite sauce to marinate the tofu)
- Hummus
- Rice
- Beans

Add some flavor

- Herbs
- Teriyaki sauce
- Hummus
- Sweet mustard sauce – 1 tbsp dijon mustard and 1 tbsp maple syrup
- Pico de gallo (recipe with fajita salad)

Burrito

1 wrap

¼ cup rice cooked

¼ cup black beans cooked

¼ capsicum sliced thin

5 mushrooms sliced

¼ onion sliced thin

1 tbsp fajita seasoning

Pico de gallo (recipe with fajita salad)

¼ avocado

Mix vegetables with fajita seasoning and bake at 180° for 10-15 minutes.

Spread avocado on wrap and fill with rice, beans, cooked vegetables, and pico de gallo. Wrap it up and enjoy

Spicy Chickpea wrap

1 wrap

Handful of spinach

½ sliced tomato

3 mushrooms sliced

½ cup spicy chickpeas (recipe in snack section of week 1)

Fill the wrap with all the ingredients and wrap.



Salad

Falafel salad

Salad

- Spinach and rocket
- Tomatoes
- Red onion
- Cucumber

Falafel

- 1 can chickpeas
- ½ red onion
- 2 garlic cloves
- ½ cup cilantro
- ½ cup parsley
- 1 tsp cumin
- 1-3 tbsp oat or whole wheat flour

In a food processor, add onions and garlic until finely chopped. Add all the other ingredients, process until everything is well combined. Add the flour 1 tbsp at a time until a dough is formed.

Make small rounds with the dough and place them on a parchment lined baking tray. Bake at 180° for 15-20 min

Chop all the salad ingredients and place in a bowl. Top with cooked falafel.



Fajita salad

Salad

- Spinach or your favorite leafy greens
- ½ cup cooked brown rice
- ½ cup black beans
- ¼ - ½ avocado

Fajita vegetables

- ¼ Onion
- ¼ Capsicum
- 5 Mushrooms
- 1 tbsp Fajita seasoning

Thinly slice the vegetables and mix them with the seasoning. Place on a parchment lined backing tray and bake at 180° until soft.

Dressing - Pico de gallo

- 2 tomatoes
- 1 garlic clove
- 1 tbsp red onion
- ½ cup cilantro

Finely chop the ingredients and mix well.

Add all the salad ingredients in a bowl. Top with the fajita vegetables and the pico de gallo.

Stir fry

Pick your grain

Rice
Quinoa
Noodles
Farrow

Pick your sauce

Teriyaki sauce

1/4 cup tamari (or soy sauce)

1 tbsp rice vinegar

2 tbsp maple syrup

1/2 tsp corn starch

1 tbsp fresh grated ginger

3 cloves garlic (minced)

1/4 cup water

Spicy Garlic Sauce

1 garlic clove minced

2 tbsp soy sauce

1 tbsp sriracha

Cook your grain according to the package directions. Slice your vegetables and add them to a pan with a little bit of water instead of oil. Cook until they soften slightly. Add in your tofu and stir fry for 3-5 minutes. Add the sauce and stir though until everything is warm. Fill your bowl with greens (I prefer a spinach and rocket mix). Top with your grain and then add your stir fry mix.

Choose your vegetables

My favorite combo

Onion

Mushroom

Red pepper

Zucchini

Other delicious veg

Cauliflower

Broccoli

Snap peas

Carrots

Choose your protein

Tofu

Tempeh

Edamame



Pizza

1. Choose your base
2. Choose your sauce
3. Choose your vegetables
4. Choose your cheese
5. Choose your extras

1. Choose your base

- Potato Crust

Peel and dice 3 potatoes.
Boil until soft and then mash
until smooth. Place on a lined baking tray
and bake at 180°
for 20 minutes each side.

- Quinoa crust

Blend 1 cup quinoa with 1 cup water.
Bake on a lined baking tray at
180° for 15 min each side.

- Whole wheat store bought

Look for something with
Minimal ingredients and
No oil

2. Choose your sauce

- Store bought sauce

Look for minimal
ingredients and no oil

- Tomato paste
this is basic but
Very delicious

- Homemade
Mix tomato paste
with Italian seasoning

3. Choose your vegetables

I would suggest precooking the vegetables that hold more moisture like mushrooms and eggplant before you put them on the pizza so they don't make your pizza soggy. With harder vegetables like capsicum an onion I would just slice them thin and cook them on the pizza. Below are some of my favorite combinations but you can add whatever vegetables you like

Roasted eggplant
Zucchini
Sundried tomato
Red onion

Mushroom
Onion
Red capsicum
Green capsicum

Tomato slices
Onion
Artichoke

Pizza

4. Choose your cheese

White bean cheese

- 1 can cannellini beans
- 2 cups of vegetable broth
- 1 jalapeno
- 1 tsp garlic powder
- 1 tsp cumin
- 1/3 cup of nutritional yeast
- 2 tbsp dijon mustard
- 2 tablespoons of
- 1/2 red capsicum

Add everything but the flour to a pot. Bring to a boil and then simmer, whisking in the flour until the sauce thickens. Blend until smooth

Nutritional yeast

This is my favorite option. It comes like a powder and you can sprinkle it over the pizza to add a cheesy flavor

Potato cheese

- 2 cups chopped peeled potatoes
- 1 cup chopped carrots
- 3/4 cup water
- 3 tbsp soy sauce
- 2 tbsp lemon juice
- 2 tsp garlic powder

Boil the potatoes and carrots until soft and blend everything until smooth.

5. Choose your extras

Toppings – beans, fresh basil

Sauce – bbq sauce

Cook your pizza base according to directions. Top with sauce and vegetables. Add your cheese topping and bake at 180° for 10-15 minutes. Be sure to keep an eye on it so it does not burn.

Top with your choose of extras.



Burgers

Burger patties

Bean burger

- 1 can black beans
- 1/4 cup cilantro
- 1 tsp ground cumin
- 1/2 tsp dried oregano
- 1/2 tsp cayenne
- 1/4 cup oats

Add all the ingredients to the food processor and blend until well combined. Make patties to your desired size and place on a parchment lined baking tray. Bake at 180° for 5-10 minutes on each side

Veggie burger

Use a portebello mushroom or a thick slice of eggplant. Marinate in 3tbsp balsamic vinegar, 1 tbsp soy sauce, 1 tsp garlic powder and 1 tsp onion powder for 20-30 minutes. Bake on a lined baking tray at 180° for 10-15 minutes.

Assemble your burger
Choose your bun – whole wheat bun, thick sliced bread, lettuce leaves
Top with your choose of burger.

Add your favorite toppings.
Mine are lettuce, tomatoes, red onions and mustard.



Nuggets

Chickpea nuggets

1 can chickpeas
1 tsp garlic powder
1 tsp onion powder
½ tsp salt
1 tbsp nutritional yeast
1 tbsp flour

Panko crumbs for breading

Drain and rinse the chickpeas. Put everything except the panko crumbs in the food processor and blend until smooth. Pour some panko crumbs on a plate. Form nuggets with the mixture and roll in the panko crumbs. Place on a parchment lined baking tray and bake at 180° for 10-15 minutes each side.

Tofu nuggets

1 block of firm tofu
2 tbsp flour
1 tbsp vegetable stock powder (or your favorite seasoning blend) I often make it without seasoning so I can add different dips and sauces once I have cooked the nuggets.

1-2 tbsp water

Panko crumbs for breading

Dice the tofu into small squares. Mix the flour, stock and water to create a paste. Pour some panko crumbs on a plate. Dip the tofu into the flour mixture and then into the panko crumbs. Place on a lined baking tray and bake at 180° for 20-30 min flipping half way through.

