

Vibrant Life

Nutrition, Fitness and Lifestyle Coaching

Week 2 Lunch





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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 1tsp 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 you 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
- Carrot
- Cucumber
- Greens
- Capsicum
- Mushrooms
- Roasted vegetables
- 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.



Salad

Falafel salad

Salad

- Spinach and rocket
- Tomatoes
- Red onion
- Cucumber

Falafel

- 1 can chickpeas
- 1/2 red onion
- 2 garlic cloves
- 1/2 cup cilantro
- 1/2 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
- 1/2 cup cooked brown rice
- 1/2 cup black beans
- 1/4 - 1/2 avocado

Fajita vegetables

- 1/4 Onion
- 1/4 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
- 1/2 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.



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.

