

NEVER.DIET.AGAIN.

Why all of your diets thus far have failed and your guide to nourishing your body, eating more, and maintaining a fit, healthy weight.

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I hope you find this guide to be valuable and helpful on your journey. That being said, when dealing with chronic conditions or nutritional and lifestyle change, sometimes we need some guidance, support, and accountability. With so much conflicting nutrition information, quick fixes, and little to no focus on the psychology of weight loss, it can be challenging to move this mountain on your own.

If you'd like to connect to discuss whether or not Vitality can offer you the one on one support that you need, please reach out to me via email or feel free to complete the client application and book your free one hour consultation today!

Live with VITALITY.

xoxo Courtney

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<https://www.vitalityholisticchw.com/book>

Check out the website for more information as well as my favorite reads, products, and helpful information! <https://www.vitalityholisticchw.com/>

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My Struggle with Weight Loss

My weight has been up and down my entire life. I was a chubby kid that never quite fit in. Living off of the Standard American Diet (SAD) of mac n cheese, hot dogs, and (my personal favorites) oatmeal cream pies, honey buns, and brownies. My parents were big into strength training but our house was junk food central. Could you blame them? The marketing trap is real!

In my teens I struggled with poor body image, anorexia and bulimia, and most of my energy was spent worried about food or exercise. In high school, I once went four days without eating (before fasting was cool), would ask my boyfriend to get me diet pills, and would stay on the treadmill until I burned 1000 calories.

Luckily, over time, this cycle that very well could have killed me ended. However, what didn't end was the body dysmorphia and the constant desire to lose weight. Even as an adult with healthy eating patterns, the standard advice when it comes to weight loss is to restrict calories and move more. Oh, and DON'T EAT CARBS!

I found myself in a whole new disordered eating cycle. weighing my food, tracking calories and macros, focusing on hitting my protein goals. Well, friends, it does work... until it doesn't. I was in the best shape of my life (well, almost... best healthy shape after having had two kiddos) but I was still OBSESSED with food! Why? Because with the foods we have these days and the high protein, high fat advice we're given, you have to LOG everything or you won't ever lose a pound.

On top of that... I was never full. I was SO hungry all of the time. And if I got tired of tracking and ate until I was full, I would just gain the weight right back.

Sound familiar?

I looked great. Physically fit. Active. Ate "healthy." But on the inside, I was exhausted and lived on caffeine. My skin condition was getting worse. Joint pain. Migraine. Chronic IBS. Dozens of mystery symptoms.

Everything began to change when I decided to change my diet in efforts to improve migraine. I began eating a whole-foods, plant-based diet. At this time, my focus was finally not on weight loss, but on healing my body. Frankly, I wasn't moving as much as I should have been, but there is a season for everything. This season was for healing my body. My gut. My nervous system. My mind. My soul.

Now, you may or may not know this, but when you go plant-based, you do need to eat more. With lower caloric density foods, you need to eat more volume to get more calories and more nutrients.

I noticed that I could eat until I was full and satisfied. I didn't have to stop at 80% full like I have been told for the past two decades. I could actually eat vibrant, nourishing, delicious, carbohydrate rich food until I was bloody full and NOT GAIN WEIGHT! I had creamy nut-based dressings. Chocolate. Dates. Desserts. Smoothies. GINORMOUS salads. Potatoes on potatoes on potatoes. Ate what I wanted, when I wanted it, and ate as much of it as I wanted.

I found it folks. The holy grail. What all women want. To eat as much as you want and not gain weight. Now, you can consume a lot of oils, fake meats and cheeses, nuts and seeds, chocolate, and dried fruit and really consume calorically dense foods that contribute to weight gain, but if you do it right, you truly never have to diet again!

Now, I wish I could tell you that I lost a ton of weight and that's why I am sharing this information, but like I said, the past couple of years have not been about weight loss for me. Would I like to tighten up a bit, sure! But I have lived decades worried about my weight and my body side and what I look like in a bikini.

I did not limit higher calorically dense foods like nuts and seeds, nut butters, dressings, desserts, etc. I did not make a concerted effort to fill up on lower calorically dense foods first. I ate to my heart's content, and quite frankly, indulged in this new way of eating mayyyybe a little too much.

This guide shows you how you can do the same, and if desired, to actually lose weight. By following these principles, you can eat more AND weigh less! You can finally eat until you're full. You can nourish your body. You can get rid of the hangries. And you can finally stop yo-yo dieting.

You can finally decide to Never. Diet. Again.

Onward!

Imagine a way of eating that allows you to enjoy generous portions, feel truly satisfied, and lose excess weight naturally without counting calories, depriving yourself, or following rigid rules. The secret? A low-fat, whole-food, plant-based lifestyle focused on nutrient density, food volume, and a mindset rooted in abundance, not restriction. In this guide, we'll explore why most diets fail, how to make lasting changes, and the science behind eating more while weighing less using whole, plant-based foods.

Chapter 1: Why Most Diets Fail

Despite the billions spent on diet products and weight loss programs, long-term success remains elusive for most people. Why?

1. The Restriction Mindset

Most diets are rooted in a philosophy of deprivation: cut calories, eliminate entire food groups, or restrict portion sizes to the point of discomfort. This approach may produce short-term weight loss, but it often leads to long-term weight gain. The brain perceives restriction as a threat to survival, triggering powerful biological responses:

- Increased hunger hormones: Ghrelin levels rise, making you feel hungrier.
- Slowed metabolism: The body conserves energy to protect against perceived starvation.
- Increased cravings: Especially for high-calorie, highly palatable foods.

This deprivation eventually leads to bingeing or "cheating," which is often followed by guilt and further restriction—a cycle that undermines both physical and emotional health. When you focus on abundance and how to nourish your body with delicious food, everything begins to change.

2. Lack of Lasting Habit Change

Most diets are short-term interventions, not long-term lifestyle changes. Even if someone loses weight initially, without a sustainable strategy rooted in daily habits, the results are fleeting. Successful weight loss maintenance depends on:

- Routine: Consistently shopping, prepping, and cooking healthy meals.
- Awareness: Understanding triggers, emotional eating, and hunger cues.
- Support systems: Having accountability and encouragement from a community or coach.

Diets often fail to address these critical aspects, making it nearly impossible for people to maintain progress over time.

3. Micronutrient Deficiency

Many popular diets emphasize macronutrients (carbs, fats, proteins) while ignoring micronutrients (vitamins, minerals, antioxidants). A calorie-restricted diet made up of processed or low-nutrient foods may technically reduce weight, but it starves the body at the cellular level. Consequences include:

- Fatigue
- Hormonal imbalances
- Weak immunity
- Mental fog and mood swings
- Persistent cravings

Nourishing the body with colorful, whole plant foods provides the micronutrients necessary to regulate appetite, stabilize energy, and support long-term metabolic health.

Chapter 2: The Freedom of a Whole-Food, Plant-Based Diet

Rather than restricting your diet, imagine embracing abundance. A low-fat, whole-food, plant-based (WFPB) diet allows you to eat in a way that is aligned with your body's needs. It focuses on foods as close to nature as possible:

- Fruits: Rich in fiber, water, vitamins, and antioxidants.
- Vegetables: Low in calories but high in volume, fiber, and disease-fighting compounds.
- Legumes: Protein-packed, filling, and great for blood sugar regulation.
- Whole grains: Steady energy from complex carbs.
- Tubers: Satisfying and comforting, yet low in fat and high in nutrients.

This way of eating is inherently high in fiber and water, both of which are key for satiety. It's low in caloric density but high in volume, meaning you can eat large portions without overeating calories. Plus, by removing processed foods and added oils, your body can finally experience food as nourishment, not stimulation.

Chapter 3: Caloric Density – The Game Changer

What is Caloric Density?

Caloric density is a measure of how many calories are found in a given weight of food, typically per 100 grams. High-calorie-dense foods pack more energy into each bite, while low-calorie-dense foods provide fewer calories in a larger volume.

Here's a look at how this breaks down:

Food Type and Calories per pound

Vegetables, 200

Fruits, 300

Potatoes/Corn/Squash, 400

Pasta/Beans/Lentils/Legumes, 600

Avocados, 700

Animal meat, 1100

Dried fruit, 1200

Bread, 1500

Cheese, 1700

Crackers/cereal, 1800

Nuts and seeds, 2800

Chocolate, 3000

Butter, 3200

Oil, 4000

When you fill your plate with foods from the lower end of the spectrum at 600 calories per pound or less, you naturally consume fewer calories while feeling full and satisfied. That's the magic of caloric density.

For example, you could eat a large bowl of vegetable soup (around 200 calories) or a handful of chips (also 200 calories). One fills you up, the other leaves you wanting more.

Understanding caloric density empowers you to eat to fullness without overeating. It allows weight loss to happen naturally, without restriction or hunger.

Chapter 4: The 3 Keys to Satiation – Why You Feel Full

Feeling full and satisfied is crucial for sustainable eating. Satiation is the physiological and psychological response that tells you, "I've had enough." It's driven by three key factors:

1. Calories

Calories are a unit of energy. Your body needs a certain amount each day to function. However, the type of calories matters. Processed foods deliver a flood of energy with minimal fiber or nutrients. They spike your blood sugar and leave you feeling hungry soon after. Whole plant foods provide steady energy, keeping blood sugar and insulin levels balanced and reducing the urge to snack or binge.

2. Volume

Your stomach has stretch receptors that detect how much you've eaten. When these receptors are activated, they send a signal to your brain that you are full. Low-calorie-dense foods like fruits, veggies, and legumes fill up more space in the stomach, triggering satiety before excessive calorie intake occurs.

For example, compare:

- 400 calories of oil (about 3 tablespoons)
- 400 calories of potatoes (about 4 cups)

The volume difference is massive, and the latter leaves you far more satisfied.

3. Nutrients

Beyond calories and volume, your body craves nutrition. It knows when something is missing. If you eat a diet low in essential nutrients, you may feel driven to eat more in search of missing vitamins or minerals.

A diet rich in fiber, antioxidants, phytonutrients, and essential vitamins fuels every system in your body, including hunger regulation. When your cells are nourished, your body stops asking for more food.

Chapter 5: Eat More, Weigh Less – How it Actually Works

This may sound too good to be true, but science backs it up: eating more food, when it's the right kind of food, can actually help you lose weight.

Here's why it works:

- Low calorie density: You eat large volumes of food without overeating calories.
- High fiber content: Fiber slows digestion, stabilizes blood sugar, and keeps you full longer.
- Water-rich foods: Foods like fruits, vegetables, and cooked grains hydrate you and add bulk without added calories.
- Nutrient density: Your body gets what it needs, so it stops sending out hunger signals.

This way of eating doesn't just help with weight loss—it supports gut health, reduces inflammation, improves insulin sensitivity, balances hormones, and boosts overall energy and mood.

Sample comparison:

Meal A: 3 Tbsp olive oil = 360 calories → No fiber, no volume, not filling.

Meal B: 2 cups steamed broccoli + 1 cup brown rice + 1/2 cup chickpeas + lemon-tahini sauce = 360 calories → Full plate, packed with fiber and nutrients, very satisfying.

Chapter 6: Real Change = Real Freedom

When you stop dieting and start nourishing your body, everything changes. You no longer have to:

- Count calories
- Measure portions obsessively
- Rely on willpower to resist hunger

Instead, you begin to:

- Trust your body's signals
- Enjoy large, satisfying meals
- Feel energized and vibrant
- Release emotional attachments to food

This way of eating is not about perfection—it's about connection. Connection to your body, your health, and the natural world. It's about breaking free from food rules and learning to nourish yourself with love and intention.

Sustainable weight loss is a side effect of living in alignment with your biology and your values.

Chapter 7: Transition Tips

Transitioning to a low-fat, whole-food, plant-based lifestyle can be simple and empowering with the right mindset and tools. Here are some tips to help you make the switch with confidence and ease:

1. Start with Familiar Foods

You don't have to overhaul everything overnight. Begin by incorporating more plant-based meals you already enjoy—like oatmeal, bean chili, baked potatoes, or veggie stir-fries.

2. Focus on Addition, Not Subtraction

Instead of obsessing over what to remove, focus on what to add. Load up your plate with vegetables, fruits, legumes, and whole grains. These foods will naturally crowd out less healthful options over time.

3. Batch Cook and Prep Ahead

Making big batches of grains, beans, soups, and chopped veggies helps you stay on track during busy days. Prep once, eat well all week.

4. Stock a Whole-Food Pantry

Keep staples like oats, brown rice, canned beans, lentils, frozen veggies, and spices on hand. Having the right ingredients available makes healthy eating much easier.

5. Learn Simple, Go-To Recipes

Master a few basic meals you love and can make on autopilot. Examples: baked sweet potatoes with black beans and salsa, veggie curry with brown rice, or hearty lentil soup.

6. Replace Oil with Whole-Food Fats

Instead of cooking with oil, use broth, water, or steam. For richness, incorporate whole-food fats like avocado, tahini, or a small handful of nuts and seeds.

7. Find Community Support

Change is easier with encouragement. Join online groups, follow plant-based chefs or educators, or connect with others on the same journey.

8. Practice Self-Compassion

Transitioning is a process, not a test. Be patient with yourself. Progress, not perfection, is the goal. Every plant-based meal you eat is a win for your health.

Next Steps

In the expanded version of this ebook, you will find:

- A 7-day sample meal plan
- Shopping and pantry lists
- Easy and delicious WFPB recipes
- Tips for transitioning to this lifestyle
- Tools for building lasting habits and overcoming challenges

Are you ready to eat more, weigh less, and live with VITALITY? Let's begin.



NOTE TO READERS

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Nourishing ebook

Created by Vitality Holistic Health and Wellness LLC



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Vitality Holistic Health and Wellness LLC

Nutrition and fitness shouldn't feel like a never-ending math problem!

Inside this recipe book, you'll find 50 anti-inflammatory, plant-based, low caloric density recipes designed to help you thrive.

If you've spent years dieting, counting, measuring, or trying to eat less in order to feel better in your body, these recipes offer a different path forward.

This recipe collection was created to support everything you're learning inside the Never. Diet. Again. ebook.

My goal is to help make nourishment and maintaining a healthy weight simple AND delicious... WITHOUT restriction, tracking, or willpower battles so you can eat satisfying portions, feel full, and support your body WITHOUT feeling deprived.

These recipes focus on, foods that naturally calm inflammation, high-volume, nutrient-dense meals that promote satiety, simple, realistic ingredients you can actually use consistently, and balanced meals that support energy, digestion, and recovery.

No calorie counting. No macro tracking. No restriction.

Just meals that help you eat more, weigh less, and feel better by working with your biology instead of against it.

This collection is especially helpful if you:

Feel burned out by dieting or restriction

Want to stop obsessing over food and numbers

Struggle with constant hunger, cravings, or overeating

Want meals that support long-term health without extremes

Nutrition and fitness isn't about perfection... it's about nourishment, consistency, and trust in yourself and your body.

Sustainable change doesn't come from restriction, weighing, and logging. It comes from fueling your body with food that nourishes you on a cellular level and feeling satisfied and confident around food!

I hope these recipes help make meal-time easier for you and your family!

FITNESS IS MORE THAN PHYSIQUE

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With love and vitality,

Court

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Cucumber Mojito Blender Juice with Aloe

7 ingredients · 15 minutes · 4 servings



Directions

1. Add all of the ingredients to a high-speed blender. Blend on high for one minute or until very smooth.
2. Strain the juice into a pitcher with a fine mesh sieve to remove the pulp.
3. Serve over ice and enjoy!

Notes

No Aloe

Use extra lime juice instead.

Storage

Juice will keep in the fridge for one day.

No Maple Syrup

Use honey or a few drops of stevia to taste instead.

Ingredients

- 2 cups Water
- 4 Lime (juiced)
- 3 fl ozs Pure Aloe Juice
- 1/4 cup Maple Syrup
- 2 Cucumber (large, peeled, seeded and chopped)
- 1 cup Mint Leaves (loosely packed)
- 1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	91	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	24g	Vitamin K	25µg
Fiber	2g	Thiamine	0.1mg
Sugar	15g	Riboflavin	0.3mg
Protein	1g	Niacin	0mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	103mg	Folate	22µg
Potassium	438mg	Vitamin B12	0µg
Vitamin A	452IU	Phosphorous	47mg
Vitamin C	19mg	Magnesium	40mg
Calcium	96mg	Zinc	1mg
Iron	1mg	Selenium	1µg

Ginger Lemon Juice

3 ingredients · 5 minutes · 2 servings



Directions

1. Combine all ingredients in a high-speed blender. Blend until very smooth.
2. Pour into a glass and enjoy immediately as is, or strain through a fine-mesh sieve or cheesecloth to remove the pulp. Enjoy!

Notes

Leftovers

Refrigerate in a glass jar for up to one day. Freeze leftovers in an ice cube tray for longer.

Serving Size

One serving is approximately 1/3 cup.

More Flavor

Add turmeric root or powder.

Make it Thinner

Add water as needed to thin the juice or to make more.

Ingredients

- 1 1/2 tbsps Ginger (peeled, chopped)
- 1 Lemon (peeled, seeds removed)
- 1 Navel Orange (peeled, seeds removed)

Nutrition

Amount per serving

Calories	43	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	11g	Vitamin K	0µg
Fiber	2g	Thiamine	0.1mg
Sugar	7g	Riboflavin	0mg
Protein	1g	Niacin	0mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	2mg	Folate	29µg
Potassium	160mg	Vitamin B12	0µg
Vitamin A	174IU	Phosphorous	20mg
Vitamin C	51mg	Magnesium	11mg
Calcium	32mg	Zinc	0mg
Iron	0mg	Selenium	0µg

Orange & Carrot Juice

3 ingredients · 10 minutes · 3 servings



Directions

1. Add all of the ingredients to a blender and blend until smooth.
2. Place a nut-milk bag or a fine strainer over a large bowl and pour in the juice. Using clean hands, squeeze out all the liquid. Pour the strained juice into a glass pitcher and serve. Enjoy!

Notes

Leftovers

Refrigerate in a glass pitcher for up to three days.

Serving Size

One serving is approximately 1 1/3 cup.

Save the Pulp

Freeze the pulp to use in smoothies or muffins.

Ingredients

- 2 Navel Orange (medium, peeled)
- 2 Carrot (medium, peeled, chopped)
- 3 cups Water

Nutrition

Amount per serving

Calories	62	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	16g	Vitamin K	5µg
Fiber	3g	Thiamine	0.1mg
Sugar	10g	Riboflavin	0.1mg
Protein	1g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	34mg	Folate	39µg
Potassium	285mg	Vitamin B12	0µg
Vitamin A	7024IU	Phosphorous	36mg
Vitamin C	58mg	Magnesium	20mg
Calcium	77mg	Zinc	0mg
Iron	0mg	Selenium	0µg

Cherry Banana Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately 1 1/2 cups.

No Sunflower Seed Butter

Use other nut or seed butter.

No Coconut Milk

Use any other milk.

Ingredients

1 cup Plain Coconut Milk (from a carton)

1 cup Cherries (frozen)

1/2 Banana (frozen)

1/4 cup Vanilla Protein Powder

2 tbsps Sunflower Seed Butter

Nutrition

Amount per serving

Calories	512	Vitamin D	101IU
Fat	24g	Vitamin E	7mg
Carbs	54g	Vitamin K	4µg
Fiber	7g	Thiamine	0.2mg
Sugar	37g	Riboflavin	0.6mg
Protein	27g	Niacin	3mg
Cholesterol	4mg	Vitamin B6	0.6mg
Sodium	75mg	Folate	102µg
Potassium	899mg	Vitamin B12	3.6µg
Vitamin A	652IU	Phosphorous	579mg
Vitamin C	17mg	Magnesium	180mg
Calcium	608mg	Zinc	3mg
Iron	3mg	Selenium	40µg

Vanilla Berry Protein Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in a sealed mason jar for up to 24 hours. Shake well before drinking.

Serving Size

One serving is equal to approximately two cups.

Soy-Free

Use coconut milk or oat milk instead.

More Fiber

Add in some chopped leafy greens like spinach or kale.

Consistency

If the smoothie is too thick, add more milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

Ingredients

- 1 1/2 cups Soy Milk
- 1/4 cup Vanilla Protein Powder
- 2 tbsps Hemp Seeds
- 1/2 cup Blueberries (fresh or frozen)
- 1/2 cup Raspberries (fresh or frozen)
- 1 tbsp Almond Butter

Nutrition

Amount per serving

Calories	523	Vitamin D	0IU
Fat	25g	Vitamin E	5mg
Carbs	42g	Vitamin K	30µg
Fiber	10g	Thiamine	0.6mg
Sugar	24g	Riboflavin	1.4mg
Protein	39g	Niacin	5mg
Cholesterol	4mg	Vitamin B6	0.5mg
Sodium	213mg	Folate	89µg
Potassium	1074mg	Vitamin B12	3.7µg
Vitamin A	63IU	Phosphorous	914mg
Vitamin C	23mg	Magnesium	304mg
Calcium	652mg	Zinc	5mg
Iron	5mg	Selenium	15µg

Beet Mango Smoothie

9 ingredients · 20 minutes · 2 servings



Directions

1. Steam the chopped beets for eight to 10 minutes or until almost tender. Let them cool completely.
2. Add all of the ingredients to a high-speed blender. Blend on high until smooth, scraping down sides as needed. Add more water if too thick.
3. Divide evenly between glasses and enjoy!

Notes

Leftovers

Best enjoyed fresh. To save time, steam the beets ahead of time and refrigerate for up to four days.

Serving Size

One serving is approximately 1 1/4 cups.

More Protein

Add a scoop of vanilla protein powder.

Ingredients

- 1 Beet (large, diced)
- 1 cup Frozen Mango
- 1 cup Frozen Berries
- 1 Carrot (small, peeled, chopped)
- 1 1/2 tsps Ginger (fresh, grated)
- 1 cup Baby Spinach
- 1 Lime (juiced)
- 2 tsps Mint Leaves
- 1 cup Water (or more as needed)

Nutrition

Amount per serving

Calories	131	Vitamin D	0IU
Fat	1g	Vitamin E	1mg
Carbs	32g	Vitamin K	80µg
Fiber	7g	Thiamine	0.1mg
Sugar	23g	Riboflavin	0.1mg
Protein	3g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.2mg
Sodium	69mg	Folate	119µg
Potassium	607mg	Vitamin B12	0µg
Vitamin A	7487IU	Phosphorous	51mg
Vitamin C	65mg	Magnesium	39mg
Calcium	73mg	Zinc	0mg

Iron

2mg

Selenium

1µg



Banana Spinach Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately two cups.

No Soy Milk

Use other milk alternative.

Ingredients

- 1 Banana (frozen)
- 1 cup Baby Spinach
- 4 Ice Cubes
- 1/2 cup Unsweetened Coconut Yogurt
- 1 cup Soy Milk
- 1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving

Calories	357	Vitamin D	0IU
Fat	8g	Vitamin E	1mg
Carbs	48g	Vitamin K	153µg
Fiber	6g	Thiamine	0.3mg
Sugar	24g	Riboflavin	1.1mg
Protein	28g	Niacin	2mg
Cholesterol	4mg	Vitamin B6	0.7mg
Sodium	202mg	Folate	112µg
Potassium	1009mg	Vitamin B12	4.0µg
Vitamin A	2889IU	Phosphorous	466mg
Vitamin C	19mg	Magnesium	139mg
Calcium	699mg	Zinc	2mg
Iron	3mg	Selenium	14µg

Raspberry Protein Overnight Oats

7 ingredients · 8 hours · 1 serving



Directions

1. Add the milk, oats, chia seeds, protein powder, and cinnamon to a bowl or container and stir to combine.
2. Refrigerate overnight then top with raspberries, chopped almonds, and cinnamon (optional) before eating. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

Additional Toppings

Unsweetened coconut flakes, flax seeds, and/or hemp seeds.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 cup Oats (rolled)
- 2 tbsps Chia Seeds
- 3 tbsps Vanilla Protein Powder
- 1/4 tsp Cinnamon (plus more for garnish)
- 1/2 cup Raspberries
- 2 tbsps Almonds (chopped)

Nutrition

Amount per serving

Calories	497	Vitamin D	101IU
Fat	22g	Vitamin E	5mg
Carbs	51g	Vitamin K	6µg
Fiber	20g	Thiamine	0.3mg
Sugar	4g	Riboflavin	0.7mg
Protein	29g	Niacin	2mg
Cholesterol	3mg	Vitamin B6	0.2mg
Sodium	196mg	Folate	40µg
Potassium	600mg	Vitamin B12	0.4µg
Vitamin A	522IU	Phosphorous	510mg
Vitamin C	16mg	Magnesium	170mg
Calcium	781mg	Zinc	3mg
Iron	5mg	Selenium	17µg

Cinnamon Pear Baked Oatmeal

8 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 375°F (190°C) and grease a baking dish, or line it with parchment paper.
2. Add the oats, cinnamon, baking powder, and salt to a large bowl and mix well. Add the milk, maple syrup, and vanilla and mix to combine. Fold in the pears.
3. Bake for 30 to 35 minutes or until cooked through. Remove from the oven and let it cool for ten minutes. Divide evenly between plates and enjoy!

Notes

Leftovers

Cover the dish and refrigerate for up to four days. Eat it cold or heat it up.

Serving Size

One serving is equal to one square piece. An 8 x 8-inch (20 x 20 cm) baking dish was used to make four servings.

Additional Toppings

Yogurt, maple syrup, nuts/seeds or nut/seed butter.

Ingredients

- 2 cups Oats (rolled)
- 1 tsp Cinnamon
- 3/4 tsp Baking Powder
- 1/8 tsp Sea Salt
- 2 cups Unsweetened Almond Milk
- 1/4 cup Maple Syrup
- 1/2 tsp Vanilla Extract
- 3 Pear (chopped)

Nutrition

Amount per serving

Calories	300	Vitamin D	50IU
Fat	4g	Vitamin E	0mg
Carbs	62g	Vitamin K	7µg
Fiber	9g	Thiamine	0.2mg
Sugar	26g	Riboflavin	0.4mg
Protein	6g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	252mg	Folate	22µg
Potassium	366mg	Vitamin B12	0µg
Vitamin A	285IU	Phosphorous	202mg
Vitamin C	6mg	Magnesium	79mg
Calcium	336mg	Zinc	2mg
Iron	2mg	Selenium	12µg

Avocado & Radish Sweet Potato Toast

8 ingredients · 15 minutes · 2 servings



Directions

1. Trim the pointy ends off the sweet potato then lay on its side on a cutting board. Slice it lengthwise into 1/4 inch (1/2 cm) slices.
2. Pop the sweet potato slices into the toaster and toast two to three times, depending on your toaster setting. If you do not have a toaster, set your oven to broil and cook in the oven on a lined baking sheet for three to six minutes per side.
3. While the sweet potatoes are cooking, mash the avocado, lime juice, garlic powder, onion powder, and salt together in a bowl.
4. Place the toasted sweet potato on a plate and divide the mashed avocado, watermelon radish, and green onion evenly between each piece. Top with a sprinkle of salt. Enjoy!

Notes

Leftovers

Best enjoyed immediately but can be refrigerated in an airtight container up to three days. Add the toppings when ready to eat.

Serving Size

One serving is two pieces of sweet potato toast.

Save on Time

Use premade guacamole instead.

More Flavor

Add caramelized onions and/or fresh herbs.

Ingredients

- 1 Sweet Potato (medium)
- 1 Avocado (medium)
- 1/2 Lime (juiced)
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/4 tsp Sea Salt (plus more for garnish)
- 1/2 cup Watermelon Radish (sliced)
- 2 stalks Green Onion (chopped)

Nutrition

Amount per serving

Calories	233	Vitamin D	0IU
Fat	15g	Vitamin E	2mg
Carbs	25g	Vitamin K	41µg
Fiber	10g	Thiamine	0.1mg
Sugar	5g	Riboflavin	0.2mg
Protein	4g	Niacin	2mg
Cholesterol	0mg	Vitamin B6	0.4mg
Sodium	347mg	Folate	102µg
Potassium	819mg	Vitamin B12	0µg
Vitamin A	9854IU	Phosphorous	99mg
Vitamin C	23mg	Magnesium	54mg
Calcium	50mg	Zinc	1mg
Iron	1mg	Selenium	1µg

Spicy Black Bean & Avocado Dip

7 ingredients · 5 minutes · 4 servings



Directions

1. Add the avocado, black beans, lime juice, and salt to a blender. Blend until smooth.
2. Transfer the mixture to a serving bowl. Add in the cilantro, jalapeño, and red onion. Mix well and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to 1/3 cup.

More Flavor

Add tomato and garlic.

Serve it With

Fresh-cut vegetables, tortilla chips, crackers, or on top of tacos or wraps.

Ingredients

- 1 Avocado (medium)
- 1 cup Black Beans (drained, rinsed)
- 1 Lime (juiced)
- 1/2 tsp Sea Salt
- 1 1/2 tbsps Cilantro (chopped)
- 1 Jalapeno Pepper (seeds removed, finely diced)
- 1/4 cup Red Onion (finely diced)

Nutrition

Amount per serving

Calories	145	Vitamin D	0IU
Fat	8g	Vitamin E	2mg
Carbs	17g	Vitamin K	14µg
Fiber	7g	Thiamine	0.1mg
Sugar	1g	Riboflavin	0.1mg
Protein	5g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.2mg
Sodium	300mg	Folate	109µg
Potassium	434mg	Vitamin B12	0µg
Vitamin A	145IU	Phosphorous	92mg
Vitamin C	13mg	Magnesium	47mg
Calcium	22mg	Zinc	1mg
Iron	1mg	Selenium	1µg

Black Bean Hummus Dip with Carrot Sticks

8 ingredients · 15 minutes · 3 servings



Directions

1. Add the beans, tahini, lemon juice, garlic, salt, and water to a food processor. Blend for one minute or until smooth. Add more water to thin slightly, if needed.
2. Transfer the dip to a bowl. Top with chili flakes and serve with carrot sticks. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1/3 cup of dip and 1/3 cup of carrot sticks.

More Flavor

Add cumin to the dip.

Ingredients

- 1 cup Black Beans (cooked)
- 2 tbsps Tahini
- 1 1/2 tps Lemon Juice
- 1 Garlic (small clove)
- 1/4 tsp Sea Salt
- 2 tbsps Water
- 1/4 tsp Chili Flakes
- 2 Carrot (medium, cut into sticks)

Nutrition

Amount per serving

Calories	154	Vitamin D	0IU
Fat	6g	Vitamin E	1mg
Carbs	20g	Vitamin K	7µg
Fiber	7g	Thiamine	0.3mg
Sugar	2g	Riboflavin	0.1mg
Protein	7g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	237mg	Folate	103µg
Potassium	382mg	Vitamin B12	0µg
Vitamin A	6804IU	Phosphorous	169mg
Vitamin C	4mg	Magnesium	55mg
Calcium	74mg	Zinc	1mg
Iron	2mg	Selenium	4µg

Blueberry & Peach Salsa

7 ingredients · 15 minutes · 5 servings



Directions

1. Add all of the ingredients to a bowl and gently toss to combine. Divide evenly between bowls or plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately half a cup.

More Flavor

Add diced tomatoes and avocado.

Serve It With

Grilled chicken or fish, pork tenderloin, tortilla chips, or crostinis.

Ingredients

- 1 1/4 cups Blueberries
- 1 Peach (large, diced)
- 1/4 cup Red Onion (finely chopped)
- 1/4 cup Cilantro (finely chopped)
- 1 Garlic (clove, minced)
- 1 Lime (juiced)
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	39	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	10g	Vitamin K	10µg
Fiber	2g	Thiamine	0mg
Sugar	7g	Riboflavin	0mg
Protein	1g	Niacin	0mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	119mg	Folate	6µg
Potassium	114mg	Vitamin B12	0µg
Vitamin A	176IU	Phosphorous	15mg
Vitamin C	9mg	Magnesium	7mg
Calcium	9mg	Zinc	0mg
Iron	0mg	Selenium	0µg

Lemon Tahini Chopped Salad

7 ingredients · 10 minutes · 2 servings



Directions

1. In a large bowl, add the tahini, lemon juice, and water. Whisk until smooth.
2. Add the tomato, cucumber, parsley, and salt to the same bowl. Mix to combine with the dressing. Divide evenly between bowls or onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup.

More Flavor

Add sumac to the dressing.

Ingredients

- 3 **tbps** Tahini
- 1 Lemon (small, juiced)
- 1 **tbsp** Water
- 1 Tomato (large, diced)
- 1/2 Cucumber (large, diced)
- 3 **tbps** Parsley (finely chopped)
- 1/4 **tsp** Sea Salt

Nutrition

Amount per serving

Calories	161	Vitamin D	0IU
Fat	12g	Vitamin E	0mg
Carbs	11g	Vitamin K	106µg
Fiber	3g	Thiamine	0.3mg
Sugar	2g	Riboflavin	0.2mg
Protein	5g	Niacin	2mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	349mg	Folate	57µg
Potassium	378mg	Vitamin B12	0µg
Vitamin A	1406IU	Phosphorous	204mg
Vitamin C	28mg	Magnesium	40mg
Calcium	121mg	Zinc	1mg
Iron	3mg	Selenium	8µg

Mediterranean Chopped White Bean Salad

10 ingredients · 20 minutes · 2 servings



Directions

1. Add all of the ingredients to a large bowl and toss well to combine. Divide evenly into bowls or plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately three cups.

More Flavor

Add salt and black pepper, oil, lemon juice, or extra fresh herbs. Add cooked brown rice or quinoa.

Ingredients

- 2 cups White Navy Beans (cooked)
- 1/4 head Green Lettuce (chopped)
- 1 Red Bell Pepper (medium, finely chopped)
- 1 Cucumber (small, finely chopped)
- 2 tbsps Red Onion (finely chopped)
- 2 tbsps Basil Leaves (chopped)
- 2 tbsps Fresh Dill (chopped)
- 3 tbsps Sun Dried Tomatoes (packed dry, not in oil, finely chopped)
- 1/3 cup Green Olives (chopped)
- 2 tbsps Pine Nuts (optional)

Nutrition

Amount per serving

Calories	394	Vitamin D	0IU
Fat	10g	Vitamin E	2mg
Carbs	63g	Vitamin K	51µg
Fiber	23g	Thiamine	0.6mg
Sugar	8g	Riboflavin	0.3mg
Protein	19g	Niacin	3mg
Cholesterol	0mg	Vitamin B6	0.5mg
Sodium	177mg	Folate	305µg
Potassium	1313mg	Vitamin B12	0µg
Vitamin A	2547IU	Phosphorous	386mg

Vitamin C	86mg	Magnesium	158mg
Calcium	190mg	Zinc	3mg
Iron	7mg	Selenium	6µg



Chickpea & Tahini Sesame Chopped Salad

11 ingredients · 20 minutes · 2 servings



Directions

1. In a large bowl, whisk together the coconut aminos, tahini, vinegar, and nutritional yeast. Add the water a little at a time until the dressing reaches your desired consistency.
2. Add the cucumber, carrot, mixed greens, cauliflower rice, chickpeas, and everything bagel seasoning. Toss well to coat all the ingredients evenly.
3. Divide evenly between bowls or plates and enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days. Add the dressing when ready to serve.

Serving Size

One serving is approximately two cups.

More Flavor

Add chopped fresh herbs like cilantro or parsley.

Additional Toppings

Sliced avocado, toasted nuts, seeds, or shredded cabbage.

Ingredients

- 2 tbsps Coconut Aminos
- 1 tbsp Tahini
- 2 tsps Apple Cider Vinegar
- 2 tbsps Nutritional Yeast
- 2 tbsps Water (as needed to thin)
- 1/2 Cucumber (large, chopped)
- 1 Carrot (medium, peeled, chopped)
- 2 cups Mixed Greens (chopped)
- 1 cup Cauliflower Rice (thawed)
- 1/2 cup Chickpeas (cooked)
- 1 tbsp Everything Bagel Seasoning

Nutrition

Amount per serving

Calories	208	Vitamin D	0IU
Fat	5g	Vitamin E	0mg
Carbs	28g	Vitamin K	18µg
Fiber	8g	Thiamine	7.2mg
Sugar	9g	Riboflavin	7.5mg
Protein	12g	Niacin	40mg
Cholesterol	0mg	Vitamin B6	7.8mg
Sodium	659mg	Folate	89µg
Potassium	737mg	Vitamin B12	33.8µg
Vitamin A	5190IU	Phosphorous	153mg

Vitamin C	29mg	Magnesium	41mg
Calcium	111mg	Zinc	1mg
Iron	4mg	Selenium	4µg



Lentil & Cauliflower Salad with Orange Tahini Dressing

9 ingredients · 40 minutes · 4 servings



Directions

1. Cook the lentils according to the package directions. Once cooked, drain and rinse under cold water and set aside.
2. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
3. Toss the cauliflower with the Moroccan spice blend, salt, and pepper until well coated. Arrange the cauliflower on the prepared baking sheet and bake for 25 to 30 minutes until cooked and browned slightly, tossing halfway.
4. In a small bowl, whisk together the tahini, orange juice and zest, lemon juice, salt, and pepper.
5. Place the arugula on a platter and top with the cooked lentils, cauliflower, and dates. Drizzle the tahini dressing over the top. Divide evenly into bowls or plates, and enjoy!

Notes

Leftovers

Best served fresh.

Serving Size

One serving is approximately four cups of salad.

More Flavor

Add a squeeze of honey to the tahini dressing.

Additional Toppings

Fresh herbs such as mint and/or parsley.

Ingredients

- 1/2 cup Dry Green Lentils (rinsed)
- 1 head Cauliflower (medium, cut into florets)
- 1 tbsp Moroccan Spice Blend
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Tahini
- 1/2 Navel Orange (large, zested, juiced)
- 1/2 Lemon (juiced)
- 8 cups Arugula
- 1/2 cup Pitted Dates (chopped)

Nutrition

Amount per serving

Calories	282	Vitamin D	0IU
Fat	9g	Vitamin E	0mg
Carbs	44g	Vitamin K	68µg
Fiber	9g	Thiamine	0.5mg
Sugar	17g	Riboflavin	0.3mg
Protein	13g	Niacin	3mg
Cholesterol	0mg	Vitamin B6	0.5mg
Sodium	254mg	Folate	263µg
Potassium	967mg	Vitamin B12	0µg
Vitamin A	1014IU	Phosphorous	279mg
Vitamin C	91mg	Magnesium	77mg
Calcium	184mg	Zinc	2mg

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Iron

8mg

Selenium

7µg



Kale & Potato Soup

8 ingredients · 30 minutes · 2 servings



Directions

1. Heat a large pot over medium heat. Once hot, add the onion with a splash of water. Cook and stir occasionally for about two minutes. Add the garlic, turmeric, and potatoes. Stir and cook for another two to three minutes.
2. Add the broth, salt, and pepper. Cover the pot with a lid and simmer over low heat for about 20 minutes or until the potatoes are cooked.
3. Uncover the pot. Add the kale leaves and coconut milk and simmer for another five minutes. Adjust the seasoning to your taste and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Serving Size

One serving is approximately two cups.

More Flavor

Add lemon juice.

No Kale

Use spinach instead.

Ingredients

1/2 Yellow Onion (medium, chopped)

2 Garlic (clove, chopped)

1 1/2 **tsps** Turmeric (ground)

2 **cups** Mini Potatoes (halved)

2 **cups** Vegetable Broth (divided)

Sea Salt & Black Pepper (to taste)

2 **cups** Kale Leaves (chopped)

1/3 **cup** Canned Coconut Milk (full fat)

Nutrition

Amount per serving

Calories	227	Vitamin D	0IU
Fat	8g	Vitamin E	0mg
Carbs	35g	Vitamin K	87µg
Fiber	5g	Thiamine	0.2mg
Sugar	6g	Riboflavin	0.2mg
Protein	5g	Niacin	2mg
Cholesterol	0mg	Vitamin B6	0.5mg
Sodium	687mg	Folate	36µg
Potassium	912mg	Vitamin B12	0µg
Vitamin A	1540IU	Phosphorous	115mg
Vitamin C	51mg	Magnesium	49mg
Calcium	99mg	Zinc	1mg
Iron	4mg	Selenium	1µg

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Potato, Carrot & Red Lentil Soup

11 ingredients · 30 minutes · 5 servings



Directions

1. Heat a splash of broth in a large pot over medium heat. Add the onion, carrots, and potatoes and sauté for five minutes, stirring frequently. Add the garlic, ginger, cumin, and turmeric. Season with salt and pepper and cook for an additional one minute or until fragrant.
2. Add the lentils and the remaining broth. Bring to a boil, cover slightly, and reduce the heat. Simmer for 15 to 20 minutes or until everything is cooked through. Add the lemon juice and taste, seasoning with more salt and pepper if needed.
3. To serve, divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is approximately two cups.

Additional Toppings

Cilantro or parsley.

Ingredients

- 5 cups Vegetable Broth (divided)
- 1 Yellow Onion (medium, chopped)
- 3 Carrot (medium, sliced)
- 5 Yellow Potato (chopped into chunks)
- 4 Garlic (clove, minced)
- 1 tsp Ginger (minced)
- 1 1/2 tsps Cumin
- 1 tsp Turmeric (ground)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Dry Red Lentils (rinsed)
- 1 tbsp Lemon Juice

Nutrition

Amount per serving

Calories	284	Vitamin D	0IU
Fat	1g	Vitamin E	0mg
Carbs	60g	Vitamin K	11µg
Fiber	9g	Thiamine	0.3mg
Sugar	7g	Riboflavin	0.1mg
Protein	11g	Niacin	3mg
Cholesterol	0mg	Vitamin B6	0.7mg
Sodium	695mg	Folate	40µg
Potassium	1343mg	Vitamin B12	0µg
Vitamin A	6653IU	Phosphorous	150mg

Vitamin C	47mg	Magnesium	60mg
Calcium	68mg	Zinc	1mg
Iron	5mg	Selenium	1µg



Tuscan White Bean Soup

8 ingredients · 30 minutes · 2 servings



Directions

1. Heat a pot over medium heat. Add the onion and carrot with a splash of water. Sauté for five minutes or until slightly browned.
2. Add the garlic and thyme and sauté for another minute. Add the broth, cover the pot with a lid and simmer on low heat for ten minutes. Season with salt and pepper.
3. Add the beans and cook covered for another ten minutes. Remove the lid and stir in the Swiss chard. Simmer for two to three minutes, or until the chard is wilted and tender.
4. Divide evenly between serving bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is approximately two cups.

More Flavor

Add celery and rosemary when adding the onions.

Ingredients

- 1/2 Yellow Onion (medium, chopped)
- 2 Carrot (small, finely diced)
- 2 Garlic (clove, minced)
- 2 **tsps** Thyme (fresh)
- 2 **1/2 cups** Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 1 **1/2 cups** White Navy Beans (cooked)
- 1 **1/2 cups** Swiss Chard (chopped)

Nutrition

Amount per serving

Calories	252	Vitamin D	0IU
Fat	1g	Vitamin E	1mg
Carbs	49g	Vitamin K	235µg
Fiber	17g	Thiamine	0.4mg
Sugar	7g	Riboflavin	0.2mg
Protein	13g	Niacin	2mg
Cholesterol	0mg	Vitamin B6	0.4mg
Sodium	919mg	Folate	207µg
Potassium	938mg	Vitamin B12	0µg
Vitamin A	12538IU	Phosphorous	244mg
Vitamin C	16mg	Magnesium	106mg
Calcium	155mg	Zinc	2mg
Iron	5mg	Selenium	5µg

Miso Cabbage, Collards & Lentil Soup

9 ingredients · 30 minutes · 3 servings



Directions

1. Add the water to a large pot and bring to a boil. Add the miso paste and whisk well to incorporate. Reduce to a simmer.
2. Add the coconut aminos, garlic, and lentils. Cover and cook for 20 minutes.
3. Add the lemon juice, collard greens, cabbage, salt, and pepper. Continue to cook for longer if you'd prefer softer vegetables. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups of soup.

More Flavor

Add shallots, curry powder, and/or coconut milk.

Additional Toppings

Chopped cilantro.

Ingredients

- 4 cups Water
- 1 1/2 tbsps Miso Paste
- 1 tbsp Coconut Aminos
- 2 Garlic (clove, small, chopped)
- 1/2 cup Dry Red Lentils (rinsed, drained)
- 1/2 Lemon (medium, juiced)
- 1 1/2 cups Collard Greens (sliced)
- 2 cups Purple Cabbage (shredded)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	175	Vitamin D	0IU
Fat	1g	Vitamin E	0mg
Carbs	32g	Vitamin K	101µg
Fiber	7g	Thiamine	0.1mg
Sugar	5g	Riboflavin	0.1mg
Protein	11g	Niacin	0mg
Cholesterol	0mg	Vitamin B6	0.2mg
Sodium	531mg	Folate	36µg
Potassium	545mg	Vitamin B12	0µg
Vitamin A	1566IU	Phosphorous	26mg
Vitamin C	44mg	Magnesium	22mg
Calcium	111mg	Zinc	0mg

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Iron

3mg

Selenium

1µg



Pressure Cooker White Bean & Potato Soup

9 ingredients · 35 minutes · 4 servings



Directions

1. Turn your pressure cooker to "sauté" and add a splash of broth or water. Once hot, add the onion and cook, stirring often for three to four minutes, until softened.
2. Add the garlic, tomato paste, Italian seasoning, salt, and pepper, and cook for one to two minutes. Add the cannellini beans and potatoes and stir. Add the broth to deglaze the pot and scrape up any bits. Turn "sauté" off.
3. Add the tomatoes on top and do not stir. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for five minutes on high pressure. Once finished, let the pressure release naturally for ten minutes, then do a quick release.
4. Carefully remove the lid. Stir and then divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately equal to 1 1/2 cups.

More Flavor

Add chili flakes. To change the texture, blend one cup of the soup and add it back into the pot.

Additional Toppings

Top with chopped parsley, lemon zest and/or juice. Serve with a slice of toast or garlic bread.

Ingredients

- 1/2 Yellow Onion (medium, chopped)
- 4 Garlic (cloves, minced)
- 3 tbsps Tomato Paste
- 2 tsps Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 2 cups Cannellini Beans (drained, rinsed)
- 3 Russet Potato (medium, cut into large chunks)
- 3 cups Vegetable Broth
- 2 cups Crushed Tomatoes (from the can)

Nutrition

Amount per serving

Calories	301	Vitamin D	0IU
Fat	1g	Vitamin E	2mg
Carbs	64g	Vitamin K	12µg
Fiber	12g	Thiamine	0.2mg
Sugar	11g	Riboflavin	0.2mg
Protein	12g	Niacin	4mg
Cholesterol	0mg	Vitamin B6	0.7mg
Sodium	1082mg	Folate	51µg
Potassium	1253mg	Vitamin B12	0µg
Vitamin A	851IU	Phosphorous	150mg
Vitamin C	26mg	Magnesium	71mg
Calcium	105mg	Zinc	1mg

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Iron

6mg

Selenium

2µg



Veggie & Vermicelli Noodle Soup

10 ingredients · 30 minutes · 3 servings



Directions

1. In a large pot, add just the whites of the onion and a splash of broth. Sauté for two to three minutes. Add the carrots, garlic, salt, and pepper. Sauté for three to four minutes. Add more broth if needed.
2. Add the remaining broth and bring to a boil. Lower the heat to a simmer and cook for five to six minutes. Add the snow peas, broccoli, bok choy, and lime juice. Cook for another five minutes.
3. Add the rice noodles and cook for about three minutes or until they are cooked through.
4. Divide evenly between bowls and top with the green parts of the green onion. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately three cups.

No Vegetable Broth

Use any other broth.

More Flavor

Add ginger, Thai chili, and/or lemongrass.

Additional Toppings

Fresh cilantro or Thai basil.

Ingredients

- 4 stalks** Green Onion (chopped, whites and greens divided)
- 6 cups** Vegetable Broth, Low Sodium (divided)
- 1** Carrot (large, peeled, thinly sliced)
- 2** Garlic (clove, large, minced)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup** Snow Peas (trimmed, cut in half)
- 1 cup** Broccoli (chopped into small florets)
- 1 cup** Bok Choy (roughly chopped)
- 1** Lime (medium, juiced)
- 2 1/2 ozs** Rice Vermicelli Noodles (dry)

Nutrition

Amount per serving

Calories	147	Vitamin D	0IU
Fat	1g	Vitamin E	1mg
Carbs	32g	Vitamin K	72µg
Fiber	3g	Thiamine	0.1mg
Sugar	7g	Riboflavin	0.1mg
Protein	2g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.2mg
Sodium	268mg	Folate	49µg
Potassium	291mg	Vitamin B12	0µg
Vitamin A	5390IU	Phosphorous	50mg

Vitamin C	57mg	Magnesium	20mg
Calcium	64mg	Zinc	0mg
Iron	1mg	Selenium	1µg



Vegetarian Cabbage Roll Soup

10 ingredients · 50 minutes · 4 servings



Directions

1. Heat a nonstick pot over medium heat. Add the cabbage and onion with a splash of water. Cook for five to seven minutes until golden and soft, stirring occasionally.
2. Add the zucchini, garlic, and Mediterranean spice blend. Cook for another two to three minutes.
3. Add the tomato purée and broth. Bring to a simmer, then cover with a lid. Simmer on low for 15 minutes.
4. Add the rice and season with salt and pepper. Cover again and cook for an additional 15 to 20 minutes, or until everything is cooked through. Stir occasionally and add more broth if needed.
5. Taste and adjust the seasoning as needed. Divide evenly between bowls and top with cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is approximately two cups.

More Flavor

Add a squeeze of lime juice at the end.

No Mediterranean Spice Blend

Use Italian seasoning or a combination of garlic powder, onion powder, dried parsley, and dried oregano instead.

Ingredients

- 4 cups Green Cabbage (chopped)
- 1 Yellow Onion (medium, diced)
- 2 Zucchini (medium, sliced)
- 3 Garlic (clove, minced)
- 1 tbsp Mediterranean Spice Blend
- 1 1/2 cups Tomato Purée
- 4 cups Vegetable Broth, Low Sodium
- 3/4 cup Basmati Rice (dry, rinsed)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Cilantro (chopped, for garnish)

Nutrition

Amount per serving

Calories	234	Vitamin D	0IU
Fat	1g	Vitamin E	2mg
Carbs	52g	Vitamin K	78µg
Fiber	7g	Thiamine	0.1mg
Sugar	14g	Riboflavin	0.2mg
Protein	7g	Niacin	2mg
Cholesterol	0mg	Vitamin B6	0.4mg
Sodium	312mg	Folate	73µg
Potassium	873mg	Vitamin B12	0µg
Vitamin A	829IU	Phosphorous	102mg
Vitamin C	63mg	Magnesium	51mg

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Calcium	83mg	Zinc	1mg
Iron	4mg	Selenium	1µg



Spaghetti Squash & Lentil Soup

9 ingredients · 55 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
2. Place the squash on the prepared baking sheet, flesh-side down. Cook for 30 to 35 minutes, or until the squash is fork-tender. Once the squash has finished cooking, take a fork, and loosen the squash strands. Scrape them into a bowl and set these aside for later.
3. Meanwhile, heat a splash of broth in a large pot over medium-high heat. Add the onion, carrots, celery, and garlic and sauté for three to five minutes, or until the veggies are just tender.
4. Add the remaining broth, thyme, and celery salt. Bring to a boil then reduce to a simmer. Simmer for 10 to 12 minutes, or until the veggies are fully cooked.
5. Add the lentils and the cooked spaghetti squash noodles to the soup and stir. Cook until warmed through. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is approximately two cups.

More Flavor

Use white navy beans instead of lentils.

Additional Toppings

Top with parsley and/or parmesan cheese.

Ingredients

- 1 Spaghetti Squash (small, halved lengthwise, seeds removed)
- 6 cups Vegetable Broth (divided)
- 1 Yellow Onion (small, chopped)
- 3 Carrot (medium, diced)
- 2 stalks Celery (diced)
- 2 Garlic (clove, minced)
- 1 tsp Thyme (fresh)
- 2 tsps Celery Salt
- 2 cups Lentils (cooked)

Nutrition

Amount per serving

Calories	210	Vitamin D	0IU
Fat	1g	Vitamin E	0mg
Carbs	43g	Vitamin K	16µg
Fiber	12g	Thiamine	0.4mg
Sugar	8g	Riboflavin	0.2mg
Protein	12g	Niacin	3mg
Cholesterol	0mg	Vitamin B6	0.5mg
Sodium	1735mg	Folate	214µg
Potassium	1048mg	Vitamin B12	0µg
Vitamin A	8935IU	Phosphorous	250mg
Vitamin C	19mg	Magnesium	82mg

Calcium	101mg	Zinc	2mg
Iron	5mg	Selenium	4µg



Pressure Cooker Potato, Kale & White Bean Soup

12 ingredients · 30 minutes · 4 servings



Directions

1. Turn the pressure cooker to "sauté" mode. Add a splash of broth and once hot, add the onion, carrot, and celery. Sauté for three to four minutes until slightly softened. Add the garlic, oregano, and thyme and sauté for another 30 to 60 seconds. Cancel "sauté" mode.
2. Add the potatoes, beans, and remaining broth, and season with salt and pepper. Close the lid of the pressure cooker.
3. Set the pressure cooker to "sealing" and cook on high pressure for 10 minutes. Once finished, carefully release the pressure manually.
4. Carefully open the lid and add the kale and lemon juice. Let it sit until the kale is wilted. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is approximately two cups.

Additional Toppings

Parsley and/or a drizzle of olive oil.

Ingredients

- 4 cups Vegetable Broth
- 1 Yellow Onion (medium, chopped)
- 3 Carrot (medium, sliced)
- 3 stalks Celery (sliced)
- 4 Garlic (clove, minced)
- 1 tsp Oregano
- 1/2 tsp Dried Thyme
- 4 cups Mini Potatoes (quartered)
- 1 3/4 cups Cannellini Beans (cooked)
- Sea Salt & Black Pepper (to taste)
- 2 cups Kale Leaves (chopped)
- 2 tbsps Lemon Juice

Nutrition

Amount per serving

Calories	268	Vitamin D	0IU
Fat	1g	Vitamin E	1mg
Carbs	57g	Vitamin K	64µg
Fiber	12g	Thiamine	0.2mg
Sugar	8g	Riboflavin	0.2mg
Protein	9g	Niacin	3mg
Cholesterol	0mg	Vitamin B6	0.6mg
Sodium	1023mg	Folate	51µg
Potassium	1005mg	Vitamin B12	0µg

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Vitamin A	8822IU	Phosphorous	127mg
Vitamin C	48mg	Magnesium	51mg
Calcium	119mg	Zinc	1mg
Iron	5mg	Selenium	1µg



One Pan Spaghetti Squash Ratatouille

8 ingredients · 1 hour · 4 servings



Directions

1. Preheat the oven to 400°F (205°C). Line rimmed baking sheets with parchment paper.
2. Season the flesh of the squash with salt and pepper and arrange cut side down on the prepared baking sheet. Cook in the oven for 20 minutes.
3. Arrange the eggplant, bell peppers, and onions around the partially cooked squash. Season with herbes de provence. Continue cooking for 20 minutes.
4. Add the tomatoes and garlic. Continue cooking for 10 minutes.
5. Using a fork, scrape the squash into a serving platter. Spoon the roasted veggies on top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately two cups.

More Flavor

Add your protein of choice.

Additional Toppings

Fresh basil, parsley, parmesan cheese, or nutritional yeast.

Ingredients

- 1 Spaghetti Squash (medium, halved lengthwise, seeds removed)
- Sea Salt & Black Pepper
- 1 Eggplant (large, coarsely chopped)
- 1 Orange Bell Pepper (large, coarsely chopped)
- 1 Yellow Onion (large, coarsely chopped)
- 2 **tsps** Herbes de Provence
- 3 **cups** Diced Tomatoes (from the can, with juices)
- 4 Garlic (cloves, roughly chopped)

Nutrition

Amount per serving

Calories	144	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	32g	Vitamin K	5µg
Fiber	8g	Thiamine	0.2mg
Sugar	12g	Riboflavin	0.1mg
Protein	5g	Niacin	2mg
Cholesterol	0mg	Vitamin B6	0.4mg
Sodium	39mg	Folate	61µg
Potassium	838mg	Vitamin B12	0µg
Vitamin A	1270IU	Phosphorous	87mg
Vitamin C	119mg	Magnesium	60mg

Calcium	99mg	Zinc	0mg
Iron	3mg	Selenium	2µg



Harissa Mushroom Skewers & Hummus

6 ingredients · 20 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Thread the mushrooms onto the skewers. Brush the harissa all over the mushrooms and sprinkle with salt. Bake in the oven for 12 to 15 minutes or until cooked through.
3. Spread the hummus on a serving plate. Top with mushroom skewers and parsley. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately 1 1/2 cups.

More Flavor

Add vegetables to the skewers such as bell pepper and/or red onion.

Additional Toppings

Lemon juice and/or sesame seeds.

Ingredients

- 2 cups Oyster Mushrooms
- 4 Barbecue Skewers
- 2 tsps Harissa
- 1/8 tsp Sea Salt
- 1 cup Hummus
- 2 tbsps Parsley

Nutrition

Amount per serving

Calories	321	Vitamin D	25IU
Fat	22g	Vitamin E	2mg
Carbs	24g	Vitamin K	90µg
Fiber	9g	Thiamine	0.3mg
Sugar	2g	Riboflavin	0.5mg
Protein	13g	Niacin	6mg
Cholesterol	0mg	Vitamin B6	0.3mg
Sodium	689mg	Folate	98µg
Potassium	766mg	Vitamin B12	0µg
Vitamin A	390IU	Phosphorous	328mg
Vitamin C	5mg	Magnesium	110mg
Calcium	66mg	Zinc	2mg
Iron	5mg	Selenium	8µg

Harissa Roasted Eggplant with Tahini Sauce

9 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Score the flesh of the eggplant halves in a crosshatch pattern about one inch deep. Season the eggplant halves with salt and pepper and brush the harissa over the top.
3. Place the eggplants on the baking sheet and bake in the oven for 40 to 45 minutes or until charred and cooked through.
4. Meanwhile, in a bowl, whisk together the tahini, lemon juice, water, and garlic until smooth. Add more water if necessary, and season the mixture with salt and pepper.
5. Divide the eggplant evenly between plates. Drizzle with tahini sauce and garnish with sesame seeds and cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one eggplant half.

Ingredients

- 1 Eggplant (large, halved lengthwise)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tbsps Harissa
- 1 1/2 tbsps Tahini
- 1/2 Lemon (medium, juiced)
- 1 tbsp Water (cold)
- 1 Garlic (clove, minced)
- 2 tsps Sesame Seeds (black)
- 1 tbsp Cilantro

Nutrition

Amount per serving

Calories	158	Vitamin D	0IU
Fat	8g	Vitamin E	1mg
Carbs	21g	Vitamin K	11µg
Fiber	10g	Thiamine	0.3mg
Sugar	10g	Riboflavin	0.2mg
Protein	5g	Niacin	3mg
Cholesterol	0mg	Vitamin B6	0.3mg
Sodium	20mg	Folate	77µg
Potassium	709mg	Vitamin B12	0µg
Vitamin A	105IU	Phosphorous	170mg
Vitamin C	11mg	Magnesium	61mg
Calcium	106mg	Zinc	1mg

Iron

2mg

Selenium

6µg



Cranberry Tahini Coleslaw

8 ingredients · 10 minutes · 2 servings



Directions

1. In a large bowl, whisk together the tahini, water, lemon juice, and maple syrup. Season the dressing with salt and pepper.
2. Add the coleslaw mix, parsley, and cranberries to the bowl. Toss everything together and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately 1 1/4 cups.

More Flavor

Add red onion.

No Parsley

Add cilantro or dill instead.

Ingredients

- 2 tbsps Tahini
- 2 tbsps Water
- 1/2 Lemon (medium, juiced)
- 1 1/2 tpsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 2 cups Coleslaw Mix
- 1/4 cup Parsley (chopped)
- 1/3 cup Dried Unsweetened Cranberries

Nutrition

Amount per serving

Calories	193	Vitamin D	0IU
Fat	8g	Vitamin E	0mg
Carbs	28g	Vitamin K	125µg
Fiber	5g	Thiamine	0.2mg
Sugar	20g	Riboflavin	0.1mg
Protein	4g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0mg
Sodium	52mg	Folate	29µg
Potassium	127mg	Vitamin B12	0µg
Vitamin A	3651IU	Phosphorous	115mg
Vitamin C	51mg	Magnesium	20mg
Calcium	122mg	Zinc	1mg
Iron	2mg	Selenium	5µg

One Pan Curried Chickpeas, Broccoli & Cabbage

10 ingredients · 15 minutes · 3 servings



Directions

1. Add the broth to a large pan over medium heat. Bring to a simmer and add the shallots, broccoli, and cabbage. Cook for two minutes.
2. Add the chickpeas, salt, tomatoes, garam masala, and curry powder. Mix well and cook for about five minutes or until the broccoli is bright green and the cabbage has softened.
3. Garnish with the nigella seeds and serve. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 3/4 cup.

More Flavor

Add coconut milk.

Additional Toppings

Chopped cilantro.

Ingredients

- 3/4 cup Vegetable Broth
- 1/4 cup Shallot (chopped)
- 2 cups Broccoli (chopped in florets)
- 2 cups Green Cabbage (sliced)
- 1 1/2 cups Chickpeas (cooked)
- 1/4 tsp Sea Salt
- 1/3 cup Crushed Tomatoes (from the can)
- 2 tsps Garam Masala
- 1 tsp Curry Powder
- 1 tsp Nigella Seeds

Nutrition

Amount per serving

Calories	204	Vitamin D	0IU
Fat	3g	Vitamin E	1mg
Carbs	37g	Vitamin K	113µg
Fiber	12g	Thiamine	0.2mg
Sugar	9g	Riboflavin	0.2mg
Protein	11g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.4mg
Sodium	453mg	Folate	213µg
Potassium	673mg	Vitamin B12	0µg
Vitamin A	648IU	Phosphorous	214mg
Vitamin C	81mg	Magnesium	73mg

Calcium	122mg	Zinc	2mg
Iron	4mg	Selenium	5µg



Black Bean & Hummus Stuffed Sweet Potato

5 ingredients · 30 minutes · 2 servings



Directions

1. Place the sweet potato in a steaming basket over boiling water. Steam for 25 minutes or until cooked through.
2. Carefully remove the sweet potatoes and use a fork to create a space for the black beans in the potato's flesh. Spoon the black beans into the sweet potato.
3. Mix the hummus and water to make a dressing. Drizzle this over the sweet potato. Garnish with the green onion, and enjoy!

Notes

Leftovers

Refrigerate ingredients in separate airtight containers for up to three days.

Serving Size

One serving is half a sweet potato and 1/2 cup of black beans.

No Steaming Basket

Cook in the oven at 400°F (205°C), flesh side down, for 25 to 30 minutes or until cooked through.

More Flavor

Sauté the black beans with garlic and onions.

Additional Toppings

Shredded cheese and/or chopped cilantro.

Ingredients

- 1 Sweet Potato (large, halved lengthwise and pricked with a fork)
- 1 cup Black Beans (cooked)
- 2 tbsps Hummus
- 2 tbsps Water
- 1 stalk Green Onion (chopped)

Nutrition

Amount per serving

Calories	207	Vitamin D	0IU
Fat	3g	Vitamin E	1mg
Carbs	36g	Vitamin K	17µg
Fiber	10g	Thiamine	0.3mg
Sugar	3g	Riboflavin	0.1mg
Protein	10g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.2mg
Sodium	103mg	Folate	144µg
Potassium	582mg	Vitamin B12	0µg
Vitamin A	9470IU	Phosphorous	180mg
Vitamin C	2mg	Magnesium	89mg
Calcium	55mg	Zinc	1mg
Iron	3mg	Selenium	2µg

Lemon Brussels Sprouts

6 ingredients · 25 minutes · 4 servings



Directions

1. In a large pan, heat the vegetable broth over medium heat. Add shredded Brussels sprouts and season with salt, pepper, garlic powder, and onion powder.
2. Sauté for eight to ten minutes or until slightly wilted and browned. Add a splash of broth if needed. Remove from the heat and drizzle the lemon juice all over. Toss to combine. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately one cup.

No Vegetable Broth

Use chicken broth instead.

More Flavor

Top with grated Parmigiano Reggiano.

Ingredients

- 1/3 cup Vegetable Broth
- 4 cups Brussels Sprouts (trimmed, shredded)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/2 Lemon (medium, juiced)

Nutrition

Amount per serving

Calories	42	Vitamin D	0IU
Fat	0g	Vitamin E	1mg
Carbs	9g	Vitamin K	156µg
Fiber	3g	Thiamine	0.1mg
Sugar	2g	Riboflavin	0.1mg
Protein	3g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.2mg
Sodium	77mg	Folate	55µg
Potassium	360mg	Vitamin B12	0µg
Vitamin A	708IU	Phosphorous	64mg
Vitamin C	77mg	Magnesium	21mg
Calcium	39mg	Zinc	0mg
Iron	1mg	Selenium	2µg

Tahini Miso Mushroom Pasta

8 ingredients · 30 minutes · 2 servings



Directions

1. Heat a pan over medium-high heat. Once hot, add the mushrooms with a splash of water. Cook and stir occasionally for about 10 minutes or until browned.
2. Meanwhile, cook the spaghetti according to package directions. Once done, drain the pasta and reserve some of the pasta water.
3. Add the miso, tahini, and chili flakes to the mushrooms. Turn down the heat to medium and stir well. Add the pasta to the pan along with the pasta water, adding a little at a time as needed. Stir and cook for about five minutes.
4. Add salt and pepper and adjust the seasoning to your taste.
5. Divide the pasta evenly between plates. Top with parsley and more chili flakes, if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1 1/2 cups. 1/2 cup of dry spaghetti is equal to 128 grams or 4.5 ounces.

More Flavor

Add shallot and garlic.

Ingredients

- 10 Cremini Mushrooms (sliced)
- 1/2 cup Brown Rice Spaghetti
- 1/2 cup Water (reserved from cooking pasta)
- 1 tbsp Miso Paste
- 1/4 cup Tahini
- 1 tsp Chili Flakes
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Parsley (for garnish)

Nutrition

Amount per serving

Calories	415	Vitamin D	6IU
Fat	18g	Vitamin E	0mg
Carbs	55g	Vitamin K	62µg
Fiber	6g	Thiamine	0.4mg
Sugar	3g	Riboflavin	0.5mg
Protein	13g	Niacin	5mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	457mg	Folate	50µg
Potassium	592mg	Vitamin B12	0.1µg
Vitamin A	340IU	Phosphorous	299mg
Vitamin C	7mg	Magnesium	40mg
Calcium	142mg	Zinc	2mg
Iron	4mg	Selenium	19µg

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Thai Red Curry Chickpeas with Broccoli

6 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 375°F (190°C). Line a baking dish with parchment paper.
2. Mix the curry paste and water together. Toss the chickpeas in the mixture and put them in the baking dish. Place in the oven and cook for 20 minutes or until the chickpeas just start to get crispy.
3. Meanwhile, steam the broccoli for three to five minutes, or until bright green and tender-crisp.
4. Serve the chickpeas with the broccoli and garnish with the radishes and cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is 3/4 cup of chickpeas and two cups of broccoli.

More Flavor

Add olive oil and/or lime juice to the curry paste.

Additional Toppings

Sliced avocado.

Ingredients

- 1 **tblsp** Thai Red Curry Paste
- 1/4 **cup** Water
- 1 1/2 **cups** Chickpeas (cooked)
- 4 **cups** Frozen Broccoli
- 1/4 **cup** Radishes (sliced)
- 1 **tblsp** Cilantro (chopped)

Nutrition

Amount per serving

Calories	276	Vitamin D	0IU
Fat	4g	Vitamin E	2mg
Carbs	48g	Vitamin K	192µg
Fiber	14g	Thiamine	0.3mg
Sugar	9g	Riboflavin	0.3mg
Protein	17g	Niacin	2mg
Cholesterol	0mg	Vitamin B6	0.5mg
Sodium	280mg	Folate	330µg
Potassium	969mg	Vitamin B12	0µg
Vitamin A	2702IU	Phosphorous	330mg
Vitamin C	167mg	Magnesium	99mg
Calcium	153mg	Zinc	3mg
Iron	5mg	Selenium	9µg

Zucchini, Bell Pepper & Chickpea Yellow Curry

10 ingredients · 45 minutes · 2 servings



Directions

1. Heat a pot over medium-high heat. Add the onion with a splash of water and cook for about five minutes or until translucent. Add the bell pepper and zucchini, stir, and cook for another five minutes.
2. Add the curry powder, salt, and pepper. Cook for two to three minutes, then add the chickpeas and vegetable broth. Stir and cover the pot with a lid. Turn down the heat to low and simmer for about 20 minutes.
3. Remove the lid, add the coconut milk, and simmer for another five minutes.
4. Remove from the heat and stir in the lime juice. Divide evenly between bowls and top with cilantro. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Serving Size

One serving is equal to approximately two cups.

Additional Toppings

Top with green onion.

Serve it With

Enjoy as is or serve with rice or bread.

Ingredients

- 1 Yellow Onion (medium, diced)
- 1/2 Red Bell Pepper (medium, chopped)
- 1 Zucchini (large, chopped)
- 2 **tsps** Curry Powder
- Sea Salt & Black Pepper (to taste)
- 1 **cup** Chickpeas (cooked)
- 3 **cups** Vegetable Broth, Low Sodium
- 1 **cup** Canned Coconut Milk
- 1/2 Lime (juiced)
- 2 **tsps** Cilantro (chopped)

Nutrition

Amount per serving

Calories	418	Vitamin D	0IU
Fat	24g	Vitamin E	1mg
Carbs	41g	Vitamin K	14µg
Fiber	11g	Thiamine	0.2mg
Sugar	17g	Riboflavin	0.2mg
Protein	11g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.4mg
Sodium	215mg	Folate	181µg
Potassium	862mg	Vitamin B12	0µg
Vitamin A	1223IU	Phosphorous	192mg
Vitamin C	64mg	Magnesium	67mg

Calcium	96mg	Zinc	2mg
Iron	5mg	Selenium	4µg



Roasted Eggplant & Chickpea Salad with Tahini Dressing

9 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Add the chickpeas and eggplant to the baking sheet. Sprinkle with salt, pepper, and sumac, and drizzle half of the lime juice on top. Toss to combine.
3. Cook in the oven for 25 to 30 minutes, flipping halfway through, or until everything has cooked.
4. Meanwhile, in a small bowl whisk together the tahini, water, the remaining lime juice, salt, and pepper. Taste and adjust the seasoning to your taste.
5. Arrange the mixed greens into a serving bowl, top with cucumber, roasted eggplant, and chickpeas. Drizzle the tahini dressing on top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 2 1/4 cups.

More Flavor

Add red onion and bell pepper. Add sweetener of choice to the tahini dressing.

Ingredients

- 1 cup Chickpeas (cooked)
- 1 Eggplant (Japanese, medium, chopped)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Ground Sumac
- 1 Lime (juiced, divided)
- 2 tbsps Tahini
- 2 tbsps Water
- 2 cups Mixed Greens
- 1/2 Cucumber (medium, chopped)

Nutrition

Amount per serving

Calories	319	Vitamin D	0IU
Fat	11g	Vitamin E	1mg
Carbs	48g	Vitamin K	26µg
Fiber	17g	Thiamine	0.4mg
Sugar	15g	Riboflavin	0.3mg
Protein	14g	Niacin	3mg
Cholesterol	0mg	Vitamin B6	0.4mg
Sodium	48mg	Folate	224µg
Potassium	1167mg	Vitamin B12	0µg
Vitamin A	185IU	Phosphorous	338mg
Vitamin C	19mg	Magnesium	106mg
Calcium	171mg	Zinc	3mg

Iron

5mg

Selenium

10µg



Avocado Sushi

7 ingredients · 30 minutes · 2 servings



Directions

1. Cook the rice according to the package directions.
2. In a bowl, whisk together the rice vinegar, sugar, and salt. Add the cooked rice and stir well. If the rice is still warm, let it come to room temperature.
3. Place a nori sheet on a bamboo mat. Spread about three to four tablespoons of rice over the nori sheet then add the avocado slices. Roll the sushi tight.
4. Using a sharp knife, slice the sushi into six or eight equal pieces. Serve with tamari and enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to one day.

Serving Size

One serving is equal to one full roll.

More Flavor

Add cucumber or carrot to the roll.

Additional Toppings

Top with sesame seeds.

Ingredients

1/3 cup Calrose Rice (rinsed until water runs clear, drained)

1 tbsp Rice Vinegar

1 tsp Cane Sugar

1/4 tsp Sea Salt

2 Nori Sheets

1 Avocado (thickly sliced)

3 tbsps Tamari

Nutrition

Amount per serving

Calories	310	Vitamin D	0IU
Fat	15g	Vitamin E	2mg
Carbs	39g	Vitamin K	21µg
Fiber	8g	Thiamine	0.1mg
Sugar	3g	Riboflavin	0.2mg
Protein	8g	Niacin	3mg
Cholesterol	0mg	Vitamin B6	0.3mg
Sodium	1813mg	Folate	86µg
Potassium	545mg	Vitamin B12	0µg
Vitamin A	547IU	Phosphorous	87mg
Vitamin C	13mg	Magnesium	40mg
Calcium	28mg	Zinc	1mg
Iron	2mg	Selenium	1µg

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Carrot & Cabbage Sushi

8 ingredients · 30 minutes · 2 servings



Directions

1. Cook the rice according to the package directions.
2. In a bowl, whisk together the rice vinegar, sugar, and salt. Add the cooked rice and stir well. If the rice is still warm, let it come to room temperature.
3. Place a nori sheet on a bamboo mat. Spread about three to four tablespoons of rice over the nori sheet then add the cabbage and carrot. Roll the sushi tight.
4. Using a sharp knife, slice the sushi into six or eight equal pieces. Serve with tamari and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to one full roll.

More Flavor

Add cucumber or avocado.

Ingredients

1/3 cup Calrose Rice (rinsed until water runs clear, drained)

1 tbsp Rice Vinegar

1 tsp Cane Sugar

1/4 tsp Sea Salt

2 Nori Sheets

1 cup Purple Cabbage (thinly sliced)

2 Carrot (shredded)

3 tbsps Tamari

Nutrition

Amount per serving

Calories	188	Vitamin D	0IU
Fat	0g	Vitamin E	0mg
Carbs	40g	Vitamin K	25µg
Fiber	4g	Thiamine	0.1mg
Sugar	7g	Riboflavin	0.1mg
Protein	7g	Niacin	2mg
Cholesterol	0mg	Vitamin B6	0.2mg
Sodium	1860mg	Folate	24µg
Potassium	361mg	Vitamin B12	0µg
Vitamin A	11087IU	Phosphorous	70mg
Vitamin C	32mg	Magnesium	25mg
Calcium	56mg	Zinc	0mg

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Iron

2mg

Selenium

1µg



Veggie Sushi Spring Rolls

10 ingredients · 40 minutes · 2 servings



Directions

1. Cook the rice according to the package directions.
2. In a bowl, whisk together the rice vinegar, sugar, and salt. Add the cooked rice and stir well. If the rice is still warm, let it come to room temperature.
3. Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the nori, rice, cabbage, carrot, and green onion on top.
4. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
5. Serve the sushi spring rolls with tamari and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

Serving Size

One serving is approximately two spring rolls.

More Flavor

Add cucumber or avocado.

Ingredients

1/3 cup Calrose Rice (rinsed until water runs clear, drained)

1 tbsp Rice Vinegar

1 tsp Cane Sugar

1/4 tsp Sea Salt

4 Rice Paper Wraps

1 Nori Sheets (quartered)

1 1/2 cups Purple Cabbage (thinly sliced)

2 Carrot (shredded)

2 stalks Green Onion (cut in big pieces)

1/4 cup Tamari

Nutrition

Amount per serving

Calories	269	Vitamin D	0IU
Fat	0g	Vitamin E	1mg
Carbs	59g	Vitamin K	52µg
Fiber	4g	Thiamine	0.1mg
Sugar	9g	Riboflavin	0.1mg
Protein	8g	Niacin	2mg
Cholesterol	0mg	Vitamin B6	0.3mg
Sodium	2399mg	Folate	34µg
Potassium	453mg	Vitamin B12	0µg
Vitamin A	11616IU	Phosphorous	91mg

Vitamin C	45mg	Magnesium	34mg
Calcium	69mg	Zinc	0mg
Iron	2mg	Selenium	1µg



Oil-Free Broccoli & Cashew Stir Fry

11 ingredients · 20 minutes · 2 servings



Directions

1. Cook the rice according to the package directions. Set aside.
2. While the rice is cooking, heat a pan over medium heat. Add the onion and half of the broth. Sauté for two to three minutes or until the onion has softened.
3. Add the garlic, broccoli, salt, pepper, and remaining broth. Cover and steam the broccoli for three to four minutes or until slightly tender. Remove the lid and add the cashews and coconut aminos.
4. Mix the arrowroot powder with water to make a slurry. Pour it into the pan and stir for one to two minutes until the sauce thickens.
5. Divide the rice and stir fry into bowls. Top with chopped green onion. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

More Flavor

Add ginger and/or chili flakes.

Additional Toppings

Add sesame seeds.

Ingredients

- 1/2 cup** Basmati Rice (dry, rinsed)
- 1** Yellow Onion (small, diced)
- 1/2 cup** Vegetable Broth (divided)
- 2** Garlic (clove, minced)
- 2 cups** Broccoli (chopped into florets)
- Sea Salt & Black Pepper (to taste)
- 2/3 cup** Cashews
- 1/4 cup** Coconut Aminos
- 1 tbsp** Arrowroot Powder
- 2 tbsps** Water
- 1 stalk** Green Onion (chopped)

Nutrition

Amount per serving

Calories	549	Vitamin D	0IU
Fat	22g	Vitamin E	1mg
Carbs	78g	Vitamin K	118µg
Fiber	7g	Thiamine	0.2mg
Sugar	15g	Riboflavin	0.2mg
Protein	14g	Niacin	1mg
Cholesterol	0mg	Vitamin B6	0.3mg
Sodium	745mg	Folate	91µg
Potassium	659mg	Vitamin B12	0µg
Vitamin A	939IU	Phosphorous	293mg

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Vitamin C	83mg	Magnesium	141mg
Calcium	95mg	Zinc	3mg
Iron	6mg	Selenium	8µg



Zucchini & Lemon White Bean Skillet

10 ingredients · 25 minutes · 3 servings



Directions

1. In a food processor, add the walnuts, nutritional yeast, sunflower seeds, garlic powder, salt, and pepper. Process until it resembles a breadcrumb-like consistency. Set aside.
2. Heat a large oven-safe pan over medium heat. Add the leeks, zucchini, salt, pepper, and a splash of broth. Sauté for seven to nine minutes or until the vegetables have softened.
3. Stir in the beans, remaining broth, lemon juice, and about 1/4 of the nut and seed mixture. Cook for another few minutes or until most of the liquid has reduced.
4. Sprinkle the remaining nut and seed mixture all over. Place in the oven under broil for three to four minutes or until slightly browned on top.
5. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup.

Additional Toppings

Top with lemon, parsley and/or dill.

Ingredients

- 1/4 cup Walnuts
- 3 tbsps Nutritional Yeast
- 2 tbsps Sunflower Seeds
- 1/2 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 1 Leeks (medium, trimmed, chopped)
- 1 Zucchini (medium, chopped)
- 1/3 cup Vegetable Broth (divided)
- 1 1/2 cups Cannellini Beans (cooked)
- 1/2 Lemon (medium, juiced)

Nutrition

Amount per serving

Calories	275	Vitamin D	0IU
Fat	10g	Vitamin E	2mg
Carbs	34g	Vitamin K	17µg
Fiber	11g	Thiamine	7.1mg
Sugar	5g	Riboflavin	7.5mg
Protein	14g	Niacin	40mg
Cholesterol	0mg	Vitamin B6	7.9mg
Sodium	449mg	Folate	59µg
Potassium	521mg	Vitamin B12	33.8µg
Vitamin A	685IU	Phosphorous	135mg
Vitamin C	19mg	Magnesium	44mg

Calcium	69mg	Zinc	1mg
Iron	4mg	Selenium	5µg



Edamame, Rice & Veggie Meal Prep Bowls

9 ingredients · 45 minutes · 2 servings



Directions

1. Cook the rice according to the package directions. Set aside.
2. Whisk together the peanut butter, tamari, water, and maple syrup.
3. Divide the cooked rice, edamame, cabbage, and carrots evenly into bowls. Top with the peanut sauce.
4. Season with salt and pepper and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Add the sauce when ready to eat.

Serving Size

One serving is approximately half a cup of rice, 3/4 cups of edamame, one heaping cup of vegetables, and three tablespoons of sauce.

Meal Prep

To meal prep, divide the ingredients evenly between to-go containers. Leave the sauce on the side in a smaller container and add just before serving.

More Flavor

Add garlic to the sauce.

Ingredients

- 1/2 cup Brown Rice (dry, rinsed)
- 1/4 cup All Natural Peanut Butter
- 2 tbsps Tamari
- 2 tbsps Water
- 1 tsp Maple Syrup
- 1 1/2 cups Frozen Edamame (thawed)
- 1 1/2 cups Purple Cabbage (shredded)
- 1 cup Matchstick Carrots
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	569	Vitamin D	0IU
Fat	24g	Vitamin E	4mg
Carbs	67g	Vitamin K	57µg
Fiber	12g	Thiamine	0.6mg
Sugar	15g	Riboflavin	0.4mg
Protein	28g	Niacin	9mg
Cholesterol	0mg	Vitamin B6	0.7mg
Sodium	1087mg	Folate	415µg
Potassium	1010mg	Vitamin B12	0µg
Vitamin A	5569IU	Phosphorous	492mg
Vitamin C	50mg	Magnesium	201mg
Calcium	147mg	Zinc	4mg

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Iron

5mg

Selenium

11µg



Cold Noodles with Crunchy Tahini Corn Slaw

9 ingredients · 20 minutes · 2 servings



Directions

1. Cook the noodles according to the package directions. Drain, rinse under cold water, and set aside.
2. In a large bowl, whisk together the tahini, maple syrup, lime juice, salt, and pepper. Add a splash of water to thin the sauce if needed.
3. Add the cabbage, carrot, corn, and cilantro to the bowl and toss to combine. Divide the slaw and noodles evenly between bowls or plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup of noodles and one heaping cup of slaw.

More Protein

Add cooked protein of choice.

Additional Toppings

Top with sesame seeds and green onion.

More Flavor

Toss both the noodles and slaw in the dressing. Add additional dressing as needed.

Ingredients

- 4 ozs Rice Vermicelli Noodles (dry)
- 2 tbsps Tahini
- 1 1/2 tsps Maple Syrup
- 1/2 Lime (medium, juiced)
- Sea Salt & Black Pepper (to taste)
- 2 cups Purple Cabbage (thinly sliced)
- 1 Carrot (medium, julienned)
- 1/2 cup Corn (cooked)
- 2 tbsps Cilantro (chopped)

Nutrition

Amount per serving

Calories	398	Vitamin D	0IU
Fat	9g	Vitamin E	0mg
Carbs	72g	Vitamin K	41µg
Fiber	6g	Thiamine	0.3mg
Sugar	10g	Riboflavin	0.2mg
Protein	5g	Niacin	2mg
Cholesterol	0mg	Vitamin B6	0.3mg
Sodium	74mg	Folate	47µg
Potassium	486mg	Vitamin B12	0µg
Vitamin A	6270IU	Phosphorous	178mg
Vitamin C	58mg	Magnesium	44mg
Calcium	122mg	Zinc	1mg

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Iron

3mg

Selenium

6µg



Creamy One Pot Vegetable Pasta

10 ingredients · 25 minutes · 2 servings



Directions

1. In a large pot, combine the milk, water, Italian seasoning, and nutritional yeast. Bring to a boil.
2. Add the pasta, carrots, and shallot. Reduce the heat to medium, cover, and cook for four minutes, stirring occasionally to keep the pasta from sticking together.
3. Add the broccoli, peas, and tomatoes. Cook, covered, for three to five minutes until the pasta is al dente.
4. Let rest for three minutes, or until the sauce thickens. Divide evenly between plates while warm and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Add additional vegetables like squash, zucchini, and mushrooms. Add sun-dried tomatoes or olives. Season with salt and pepper to taste.

Additional Toppings

Plant-based parmesan cheese alternative, chili flakes, or fresh herbs.

Ingredients

- 1 1/4 cups Unsweetened Almond Milk
- 1 cup Water
- 1/2 tsp Italian Seasoning
- 1 tbsp Nutritional Yeast
- 4 ozs Chickpea Pasta (spaghetti, dry)
- 3/4 cup Matchstick Carrots
- 2 tbsps Shallot (chopped)
- 3/4 cup Broccoli (florets)
- 1/2 cup Frozen Peas (thawed)
- 3/4 cup Cherry Tomatoes (halved)

Nutrition

Amount per serving

Calories	303	Vitamin D	63IU
Fat	5g	Vitamin E	1mg
Carbs	50g	Vitamin K	49µg
Fiber	14g	Thiamine	3.7mg
Sugar	12g	Riboflavin	3.8mg
Protein	21g	Niacin	21mg
Cholesterol	0mg	Vitamin B6	4.0mg
Sodium	255mg	Folate	57µg
Potassium	435mg	Vitamin B12	16.9µg
Vitamin A	5189IU	Phosphorous	73mg
Vitamin C	46mg	Magnesium	37mg

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Calcium	382mg	Zinc	1mg
Iron	7mg	Selenium	1µg



Chocolate Chickpea Cookie Dough Bites

7 ingredients · 50 minutes · 10 servings



Directions

1. Line a baking sheet with parchment paper.
2. In a food processor combine the chickpeas, oat flour, cashew butter, maple syrup, vanilla, and salt. Process until the mixture is smooth and holds together.
3. Add 1/4 of the chocolate chips and stir to combine. Roll the dough into balls using about 1 1/2 tbsp and place on the prepared baking sheet. Transfer to the freezer for 30 minutes.
4. In a large bowl, add the remaining chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
5. Remove the balls from the freezer and drizzle or dunk completely with chocolate. Place back on the baking sheet and transfer to the freezer until set, about 10 minutes.
6. Keep stored in the freezer until ready to enjoy. Let them soften a few minutes at room temperature before enjoying.

Notes

Leftovers

Freeze for up to three months.

Serving Size

One serving is two cookie dough bites.

Additional Toppings

Top with coarse sea salt.

Ingredients

- 1 1/4 cups Chickpeas (drained, rinsed)
- 1/2 cup Oat Flour
- 1/2 cup Cashew Butter
- 1/3 cup Maple Syrup
- 1/2 tsp Vanilla Extract
- 1/8 tsp Sea Salt
- 1 1/2 cups Dark Chocolate Chips (divided)

Nutrition

Amount per serving

Calories	381	Vitamin D	0IU
Fat	19g	Vitamin E	0mg
Carbs	40g	Vitamin K	1µg
Fiber	2g	Thiamine	0.1mg
Sugar	25g	Riboflavin	0.2mg
Protein	8g	Niacin	0mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	34mg	Folate	44µg
Potassium	155mg	Vitamin B12	0µg
Vitamin A	6IU	Phosphorous	93mg
Vitamin C	0mg	Magnesium	45mg
Calcium	31mg	Zinc	1mg
Iron	2mg	Selenium	2µg

Vegan Cinnamon Roll Mug Cake

10 ingredients · 5 minutes · 1 serving



Directions

1. In a mug, whisk the flour, protein powder, sugar, baking powder, and cinnamon. Add the milk, applesauce, and vanilla. Stir thoroughly until well combined.
2. Microwave for 90 seconds until the cake is spongy to the touch.
3. In a small bowl, whisk together the icing sugar and water until fully combined to form a glaze. Pour the glaze over the cake and enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is one mug cake.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

Less Sweet

Omit the glaze and enjoy as is.

Gluten-Free Flour

This recipe was tested using Bob's Red Mill 1:1 Gluten-Free Baking Flour. If using another type of flour, please note that results may vary.

Ingredients

- 3 1/2 tbsps All Purpose Gluten-Free Flour
- 2 tbsps Vanilla Protein Powder
- 1 tbsps Coconut Sugar
- 1/2 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 cup Unsweetened Almond Milk
- 2 tbsps Unsweetened Applesauce
- 1/4 tsp Vanilla Extract
- 2 tbsps Icing Sugar
- 1 tsp Water

Nutrition

Amount per serving

Calories	274	Vitamin D	25IU
Fat	1g	Vitamin E	0mg
Carbs	57g	Vitamin K	1µg
Fiber	7g	Thiamine	0.1mg
Sugar	27g	Riboflavin	0.3mg
Protein	11g	Niacin	0mg
Cholesterol	2mg	Vitamin B6	0.1mg
Sodium	304mg	Folate	5µg
Potassium	106mg	Vitamin B12	0.3µg
Vitamin A	141IU	Phosphorous	214mg
Vitamin C	0mg	Magnesium	31mg

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Calcium	333mg	Zinc	1mg
Iron	1mg	Selenium	4µg



No Bake Mango Cheesecake Bites

7 ingredients · 2 hours 35 minutes · 12 servings



Directions

1. Line a muffin tray with muffin liners or use a silicone muffin tray.
2. In a food processor or high-powered blender, add the pecans and dates. Blend until everything is combined into small crumbly pieces.
3. Take approximately two tablespoons of the mix and place into each muffin cup. Press down to make a crust. If it becomes too sticky, wet your hands.
4. In a blender, add the coconut milk, mango, cashews, lemon juice, and vanilla extract. Blend until smooth. Add approximately two to three tablespoons to each cheesecake crust.
5. Freeze for at least two hours. When ready to eat, remove from the freezer and thaw for five to ten minutes. Enjoy!

Notes

Leftovers

Freeze in an airtight container for up to three weeks.

Serving Size

One serving is one cheesecake bite.

More Flavor

Add lemon zest on top before freezing.

Short on Time

Soak the cashews in boiled water for 10 minutes.

Ingredients

- 1 cup Pecans
- 1 cup Pitted Dates (soaked in warm water for ten minutes)
- 1 cup Canned Coconut Milk
- 1 cup Frozen Mango
- 1/2 cup Cashews (raw, soaked for at least one hour, rinsed)
- 3 tbsps Lemon Juice
- 1/2 tsp Vanilla Extract

Nutrition

Amount per serving

Calories	169	Vitamin D	0IU
Fat	12g	Vitamin E	0mg
Carbs	15g	Vitamin K	3µg
Fiber	2g	Thiamine	0.1mg
Sugar	11g	Riboflavin	0mg
Protein	2g	Niacin	0mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	6mg	Folate	15µg
Potassium	204mg	Vitamin B12	0µg
Vitamin A	155IU	Phosphorous	61mg
Vitamin C	7mg	Magnesium	32mg
Calcium	16mg	Zinc	1mg

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Iron

1mg

Selenium

1µg



Mini Raw Blueberry Cheesecakes

7 ingredients · 1 hour 30 minutes · 8 servings



Directions

1. Prepare a muffin tray with muffin liners or use a silicone muffin tray.
2. Pulse the almond flour and dates in a food processor until you create a crumbly, somewhat sticky mixture. Divide the mixture into your prepared muffin tray. Press the mixture down firmly to create a crust and set aside in the freezer.
3. Wipe clean the food processor and add the cashews, blueberries, lemon juice, coconut milk, and banana. Blend the mixture until you get a smooth, creamy texture. Remove the muffin tray from the freezer and spread approximately two tablespoons of the cashew mixture on top of the crusts, being sure to evenly distribute the mixture.
4. Put the muffin tray back in the freezer for at least one hour to set. When you are ready to enjoy the cheesecakes, remove them from the freezer five to ten minutes before to soften the cheesecake slightly. Enjoy!

Notes

Leftovers

Freeze in an airtight container for up to one week.

Serving Size

One serving is one cheesecake.

More Flavor

Add maple syrup or honey to the cashew mixture for more sweetness.

Additional Toppings

Fresh or frozen blueberries and/or coconut whipped cream.

Short on Time

Soak the cashews in boiled water for 10 minutes.

Ingredients

- 1/2 cup Almond Flour
- 1/2 cup Pitted Dates
- 1 cup Cashews (soaked for at least two hours)
- 1/2 cup Frozen Blueberries
- 2 tsps Lemon Juice
- 1/4 cup Canned Coconut Milk
- 1/2 Banana

Nutrition

Amount per serving

Calories	190	Vitamin D	0IU
Fat	13g	Vitamin E	0mg
Carbs	17g	Vitamin K	8µg
Fiber	2g	Thiamine	0.1mg
Sugar	9g	Riboflavin	0.1mg
Protein	5g	Niacin	0mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	5mg	Folate	16µg
Potassium	202mg	Vitamin B12	0µg
Vitamin A	10IU	Phosphorous	93mg
Vitamin C	1mg	Magnesium	71mg
Calcium	28mg	Zinc	1mg
Iron	1mg	Selenium	2µg

Peanut Butter Stuffed Dates with Walnuts

3 ingredients · 5 minutes · 1 serving



Directions

1. Open the dates up wide. Spread the peanut butter into the dates and add the walnuts on top. Enjoy!

Notes

Leftovers

Refrigerate the leftovers in an airtight container for up to three days.

Serving Size

One serving is three stuffed dates.

Additional Toppings

Flaky sea salt.

Ingredients

1/2 cup Pitted Dates

1 tbsp All Natural Peanut Butter

1 tbsp Walnuts (chopped)

Nutrition

Amount per serving

Calories	353	Vitamin D	0IU
Fat	13g	Vitamin E	2mg
Carbs	60g	Vitamin K	2µg
Fiber	7g	Thiamine	0.1mg
Sugar	48g	Riboflavin	0.1mg
Protein	7g	Niacin	3mg
Cholesterol	0mg	Vitamin B6	0.2mg
Sodium	4mg	Folate	35µg
Potassium	605mg	Vitamin B12	0µg
Vitamin A	7IU	Phosphorous	126mg
Vitamin C	0mg	Magnesium	71mg
Calcium	44mg	Zinc	1mg
Iron	1mg	Selenium	3µg