

immune boosting meal plan



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DISCLAIMER

This book is for educational purposes, from the research, education and experience of Heather Nicholds. It is not intended as medical advice. You should consult with a nutritionist, dietitian or naturopath before beginning a new nutrition program, and if you run into any problems on this plan, do the same.

Do not take any nutritional supplements without first checking with your physician for potential adverse reactions with any medications you're taking. You should not stop taking prescribed medication without the advice of a medical doctor to do so.

Never disregard professional medical, health, nutrition or any and all related issues and advice, or delay in seeking it because of something you have read here. This is especially important if you have a serious health concern, are on medication, have had health problems in the past, or have had past indications that a vegan or vegetarian diet might cause adverse effects for your body.

This nutrition advice does not replace any advice or prescriptions you have been given by your physician.

veg•an•ook:

/vēgənōōk/

noun

vegan cooking to put some wow in your mouth.
zing pow healthy, baby.

3 facets of veganooking:

1. Veganize

No animal ingredients - just plants.

2. Healthify

Replacing empty calories with nutrient density.

3. Super Yumful

Infusing max flavor into every bite.

Cause if it tastes great, you'll be back for more.

About Your Nutritionist



Hi! My name's Heather. I'm a Certified Holistic Nutritionist helping vegans (or veg-curious) nourish their bodies through easy, wholesome, and delicious plant-based meals.

My goal is to show you how to get balanced nutrition and truly enjoy your food – so that you stick with being vegan for the long term.

I was drawn to a vegan lifestyle when I learned that eating plants was the single biggest thing I could do to help save our planet – in terms of greenhouse gas emissions, resource usage, rainforest destruction, reef destruction, and so much more... Way beyond switching to CFL lightbulbs or taking shorter showers.

I realized I could do something to make a difference in a problem that before had seemed too big for one person. Here was something that was within my control. Something that was so easy for me to do, and makes such a massive difference.

I wanted to make sure I was getting everything my body needed to thrive, so I went back to school to study holistic nutrition, from a vegan perspective.

After shifting to a healthy vegan lifestyle, I had more energy, I lost some extra weight without trying, and I didn't have chronic gas or digestion issues. I had no idea that this was how I was supposed to feel! I didn't realize how good "good" could feel!

I can help inspire and motivate you to take control of your own health and energy levels through conscious choices about what you eat.

But I'm not going to tell you what to do. You have to make your own choices. There are so many people who have so many "rules" about food that they wind up unbalanced and unhappy. My philosophy of healthy food and healthy living is simple: Eat and do the things that make you balanced and happy.

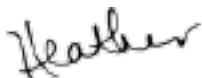
I eat lots of mangoes, chickpeas, squash, and chocolate.

I love kale, but I don't have a shrine to it.

I love maple syrup, but I don't need to use a lot of it.

I hope you find something in here that inspires your tastedbuds or your soul. Even better - I hope you find a tidbit of information or a meal to share with a friend.

Thanks for being here.



Heather Nicholds, C.H.N.

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About The Plan

Are you ready to boost the nutrition, flavor and energy you get from your food? It can all happen at once, I promise!

This meal plan is all about showing you how to make delicious vegan meals that give you balanced nutrition and nourishment to fuel your day.

If this is your first time trying plant-based meals, you might be buying and working with foods that are new to you, so cut yourself some slack and don't expect your very first week to go perfectly.

Your focus is to stick with whole foods and try the meals I've put together for you in the plan. If you do that, by the end of this week you'll start being more in touch with your body's natural cues and able to gauge when you're hungry and full—not just eating out of boredom or driven by cravings.

As you get more balanced nutrition in the long term, you should find your energy levels starting to balance out to sustain you throughout the day.

Eating plants, you may find your skin getting clear and glowing, your digestion improving, your mind more clear, your immune system more resilient, your moods more balanced, and your mind is more at ease with the choices you're making.

What I hear most often is that you struggle with knowing how to make meals on a regular basis and how to plan what you're going to eat for a full day.

This plan takes the guesswork out of cooking for the plant-based diet, giving you three meals a day and snacks to show you how to organize balanced meals, with full nutrition info to see what's going on and shopping lists to keep organized.

You'll find clear guidance and a solid action plan to transition to a fully nourishing plant-based diet, with a constant focus on delicious and wholesome foods. You might even make some meals that the meat-eaters in your life will fall in love with.

Weekday breakfasts and lunches are usually designed to be grab and go. You can find my suggestions for how to tackle prep for the week in the calendar, so that you can set yourself up for success.

I design meal plans to use leftovers to make your life easier, because most of us don't have the time to cook three meals a day. If you don't like having leftovers, swap in another recipe that you enjoy.

Members' Site

There are hundreds more healthy vegan recipes to browse in the members' site at veganook.club. This leaves room for flexibility, so if something in the meal plan doesn't appeal to you, swap it out for another recipe.

As part of the online meal plan, you also have access to:

- planner, where you can add the meals from this plan to your own calendar, adjust the portions, drag & drop to suit your schedule, swap recipes if you like, and generate your own customized grocery list.
- exclusive video tutorials to show you cooking techniques and healthy tips.
- a forum so that you can ask me any questions about healthy cooking & meal planning, and share with other members.
- downloadable ebooks (like this one, as pdf files) with more info and advice.

My goal is for you to feel healthy, energized and happy by the end of this week.

Because no matter your reason for switching to plants—whether it's to get more vegetables into your diet, make health changes as per doctor's orders, minimize chronic illness and symptoms, or, like me, shrink your carbon footprint—if the taste of the food you eat doesn't excite you, then there's no way you'll be able to maintain this way of eating.

Let's get started...

Prep Guide & Journal: Immune Boost

BATCH PREP:

Cook quinoa: 1 1/2 cups dry + 3 cups water, simmer 25-30 min

Cook beets (for Tues salad): 20 min

Cook sweet potatoes: 30 min (if boiled or steamed), 50 min (if baked)

Make chia-quinoa bites (10 min + 30 min chill)

Make chia pudding (5 min)

Make salad + pesto rolls (20 min)

Make soup + biscuits (40 min)

Make nori snack rolls (20 min)

Make cookies (25 min)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Food Prep		Make salad (10 min) Make beet salad for tomorrow (35 min, or 15 min if beets already cooked)	Make bean dip (15 min)	Make pasta (40 min)	Make soup (30 min)	Cook rice (45 min for brown) Make macro bowl (20 min)	Make scramble (25 min)
Breakfast	Fresh Ginger Tea + Avocado & White Bean Toast	Blueberry Almond Chia Pudding + Chia-Quinoa Protein Bites	Blueberry Almond Chia Pudding + Chia-Quinoa Protein Bites	Blueberry Almond Chia Pudding + Chia-Quinoa Protein Bites	Berry Apple Ginger Smoothie + Chia-Quinoa Protein Bites	Mango Blueberry Oatmeal	Tofu Veggie Scramble
Lunch	Orange Edamame Salad + Zesty Cilantro Pesto Rolls	Orange Edamame Salad + Zesty Cilantro Pesto Rolls	Mushroom Beet Salad + Zesty Cilantro Pesto Rolls	Mushroom Beet Salad + Zesty Cilantro Pesto Rolls	Veggie Wrap with Super Green White Bean Dip	Easy Chickpea Soup	Sesame-Ginger Macro Bowl
Dinner	Curried Sweet Potato Soup + Moist Sweet Potato Biscuits	Lemony Avocado Quinoa Salad	Curried Sweet Potato Soup + Moist Sweet Potato Biscuits	Curried Sweet Potato Soup + Moist Sweet Potato Biscuits	Easy Chickpea Soup	Sesame-Ginger Macro Bowl	Curried Sweet Potato Soup + Moist Sweet Potato Biscuits
Snack	Mushroom Ginger Nori Snack Rolls	Mushroom Ginger Nori Snack Rolls	Super Green White Bean Dip + veggie sticks	Super Green White Bean Dip + veggie sticks	Brazil Nuts	Super Green White Bean Dip + veggie sticks	Almond Date Boats
Snack	Cranberry Gingerbread Quinoa Cookies	Cranberry Gingerbread Quinoa Cookies + Chai Latte	Cranberry Gingerbread Quinoa Cookies + Dairy-Free Hot Chocolate	Cranberry Gingerbread Quinoa Cookies + Chai Latte	Cranberry Gingerbread Quinoa Cookies	Cranberry Gingerbread Quinoa Cookies + Chai Latte	Cranberry Gingerbread Quinoa Cookies + Dairy-Free Hot Chocolate
Water							
Exercise							
Digestion							
Stress, Mood & Energy							
Sleep							
Smile & Gratitude							

DAILY AVERAGE NUTRITION INFO

Calories: 1492; Total Fat: 63g; Saturated Fat: 10g; Cholesterol: 0mg;

Carbohydrates: 200g; Fiber: 50g; Sugar: 71g; Protein 52g;

Vitamin A: 631% DV; Vitamin C: 484% DV; Calcium 101% DV; Iron: 96% DV.



Grocery Shopping Tips

Grocery shopping, and having a good grocery list, is key to sticking to a healthy way of eating. That's where you choose the foods that are going into your home.

I put together a specific shopping list to tell you exactly what you need for the week, so that you don't need to do any of the planning - just head to the store.

I've included a variety of fruits, vegetables, nuts, seeds, grains and beans – but I also tried not to give too many so that you don't have to hunt for too long in the store. Feel free to swap ingredients for the same quantity of other foods you like.

If you can't find a specific food on the list, or if it's out of season and too expensive, replace it with something similar. I've organized the list into categories that I hope will help you see which foods can be substituted for one another. If you don't recognize a food, check the glossary at the end of this PDF. I included all the ingredients I could think of.

If you usually shop more often than once a week, it's a good idea to buy smaller quantities of the fresh fruits and veggies on each trip to make sure that they don't go bad on you.

You'll only need a small quantity of each spice and dried herb. If you're buying spices for the first time, getting them in bulk is very economical and you can buy only a small amount.

Grocery List: Immune Boost

VEGETABLES

<input type="checkbox"/> Alfalfa sprouts	1 cup
<input type="checkbox"/> Avocado	2
<input type="checkbox"/> Beets	2
<input type="checkbox"/> Bell pepper	2
<input type="checkbox"/> Broccoli	1 cup
<input type="checkbox"/> Cabbage	1 cup
<input type="checkbox"/> Carrots	3
<input type="checkbox"/> Cherry tomatoes	1/2 cup
<input type="checkbox"/> Cucumber	1
<input type="checkbox"/> Diced tomatoes	1 19oz can
<input type="checkbox"/> Green onion	2
<input type="checkbox"/> Kale	1 bunch
<input type="checkbox"/> Lettuce	1 head
<input type="checkbox"/> Mushrooms	3 1/2 cups
<input type="checkbox"/> Onion	2
<input type="checkbox"/> Snow peas	1 cup
<input type="checkbox"/> Spinach	1/2 cup
<input type="checkbox"/> Sweet potatoes	5
<input type="checkbox"/> Zucchini	1

FRUIT

<input type="checkbox"/> Apple	1
<input type="checkbox"/> Banana	2
<input type="checkbox"/> Blueberries	2 cups
<input type="checkbox"/> Dried cranberries	1/4 cup
<input type="checkbox"/> Goji berries	1/4 cup
<input type="checkbox"/> Lemon	3
<input type="checkbox"/> Medjool dates	3/4 cup
<input type="checkbox"/> Orange	5
<input type="checkbox"/> Strawberries	1 cup

FRESH HERBS & SPICES

<input type="checkbox"/> Fresh cilantro	1/4 cup
<input type="checkbox"/> Fresh garlic	5 cloves
<input type="checkbox"/> Fresh ginger	1/3 cup

GRAINS

<input type="checkbox"/> Cooked brown rice	1 cup
<input type="checkbox"/> Quinoa	1 1/2 cups
<input type="checkbox"/> Rolled oats	1/2 cup
<input type="checkbox"/> Whole grain bread	2 slices
<input type="checkbox"/> Whole grain wrap	3

BEANS AND LEGUMES

<input type="checkbox"/> Blackeyed peas	1 14oz can (1 cup)
<input type="checkbox"/> Chickpeas	1 14oz can (1 1/2 cups)
<input type="checkbox"/> Edamame beans	1 1/2 cups
<input type="checkbox"/> Tofu	1/2 cup
<input type="checkbox"/> White beans	1 19oz can (2 cups)

NUTS & SEEDS

<input type="checkbox"/> Almonds	1 cup
<input type="checkbox"/> Brazil nuts	1/2 cup
<input type="checkbox"/> Cashews	2 Tbsps
<input type="checkbox"/> Chia seeds	2/3 cup
<input type="checkbox"/> Coconut	2 Tbsps
<input type="checkbox"/> Flaxseed	1/2 cup
<input type="checkbox"/> Nut/seed butter	2 Tbsps
<input type="checkbox"/> Pumpkin seeds	2 Tbsps
<input type="checkbox"/> Sesame seeds	2 Tbsps
<input type="checkbox"/> Tahini	2/3 cup
<input type="checkbox"/> Walnuts	1/2 cup

DRINKS

<input type="checkbox"/> Chai tea	3 bags
<input type="checkbox"/> Non-dairy milk	6 cups (48oz, 1.5 Litre)

OILS, VINEGARS & CONDIMENTS

<input type="checkbox"/> Apple cider vinegar	2 Tbsps
<input type="checkbox"/> Balsamic vinegar	3 Tbsps
<input type="checkbox"/> Coconut oil	1/4 cup
<input type="checkbox"/> Olive oil	3 Tbsps
<input type="checkbox"/> Pickled ginger	1 Tbsp
<input type="checkbox"/> Tamari	3 Tbsps
<input type="checkbox"/> Toasted sesame oil	2 Tbsps

DRIED SPICES & SEASONINGS

<input type="checkbox"/> Black pepper	pinch
<input type="checkbox"/> Cayenne pepper	pinch
<input type="checkbox"/> Cinnamon	1 Tbsp
<input type="checkbox"/> Cumin	1/2 Tbsp
<input type="checkbox"/> Curry powder	4 tsps
<input type="checkbox"/> Dried basil	1 Tbsp
<input type="checkbox"/> Dried oregano	1/2 Tbsp
<input type="checkbox"/> Ground cloves	1/8 tsp
<input type="checkbox"/> Ground ginger	1/2 tsp
<input type="checkbox"/> Nutmeg	1/4 tsp
<input type="checkbox"/> Paprika	1/2 Tbsp
<input type="checkbox"/> Sea salt	pinch
<input type="checkbox"/> Turmeric	1/2 tsp

BAKING NEEDS

<input type="checkbox"/> Baking powder	1 Tbsp
<input type="checkbox"/> Baking soda	1/2 tsp
<input type="checkbox"/> Cocoa powder	2 Tbsps
<input type="checkbox"/> Maple syrup	1/4 cup
<input type="checkbox"/> Molasses	2 Tbsps
<input type="checkbox"/> Unrefined sugar	1/3 cup
<input type="checkbox"/> Vanilla extract	1 tsp
<input type="checkbox"/> Whole grain flour	2 cups

SPECIALTY

<input type="checkbox"/> Nori	2 sheet
<input type="checkbox"/> Protein powder	1 scoop



Fresh Ginger Tea

Prep Time: 5 min. Makes: 1 serving.

INGREDIENTS

- 1 Tbsp fresh ginger
- 1/4 lemon (optional)
- 1/2 Tbsp maple syrup (optional)
- 1/4 tsp cinnamon (optional)

DIRECTIONS

1. Boil some water.
2. Grate the fresh ginger, and squeeze the juice into a mug. OR slice the ginger as thinly as possible and put into a mug.
3. Add the syrup, lemon and cinnamon if you want.
4. Pour the hot water over the ginger, and leave to steep for 2-3 minutes.

NUTRITION FACTS		
Per serving		
Calories 37		
		% Daily Value*
0 g	Total Fat	0%
0 g	Saturated Fat	0%
0 mg	Cholesterol	0%
2 mg	Sodium	0%
10 g	Carbohydrates	3%
1 g	Dietary Fiber	3%
6 g	Sugar	
0 g	Protein	0%
14 IU	Vitamin A	0%
28 mg	Vitamin C	47%
21 mg	Calcium	2%
0 mg	Iron	3%



Photo by Mariana Medvedeva

Avocado & White Bean Toast

Prep Time: 5 min. Makes: 1 serving.

Avocado toast is a simple and satisfying breakfast alternative to peanut butter toast. Here, white beans boost the protein content. You can make this in your dorm room without toasting the bread, but it does hold the avocado better if you have access to a toaster. Have it straight up or get creative with toppings.

INGREDIENTS

1/2 avocado
1/2 cup white beans cooked or
canned, rinsed and drained
1 tsp lemon juice or lime juice
sea salt
black pepper
2 slices whole grain bread or 1
bagel, sliced
cherry tomatoes for topping,
chopped
alfalfa sprouts for topping
(optional)
bell pepper any color, for
topping, chopped

DIRECTIONS

1. In a small bowl, smash the avocado and white beans together with a fork. Drizzle with the lemon juice and
2. Season to taste with salt and pepper. Stir to combine and set aside.
3. Toast the bread. Spread half the avocado mixture on each slice. Top as desired.

NUTRITION FACTS

Amount Per Serving
Calories 479

% Daily Value*

Total	Fat	15g	23%
Saturated	Fat	2g	10%
Polyunsaturated Fat 4g			
Monounsaturated Fat 7g			
Sodium	571mg		24%
Potassium	957mg		27%
Total	Carbohydrates	74g	25%
Dietary	Fiber	28g	112%
Sugars 15g			
Protein	22g		44%
Vitamin	A		62%
Vitamin	C		290%
Calcium			17%
Iron			29%



Orange Edamame Salad

Prep Time: 10 min. Cook Time: 30 min. Makes: 1 serving.

INGREDIENTS

1 cup lettuce torn
1/2 cup sweet potatoes
1 orange peeled and sliced
1/2 cup broccoli chopped
3/4 cup edamame beans
1 Tbsp cashews chopped

ORANGE GINGER

DRESSING

2 Tbsp tahini
1 orange zest and juice
1 Tbsp tamari
1 tsp toasted sesame oil pressed
2 tsp fresh ginger grated
pinch sea salt

DIRECTIONS

1. Put the sweet potato in a pot with enough water to cover, put a lid on, bring to a boil, then boil on low until the sweet potato is soft.
2. Puree the dressing ingredients, or whisk the tahini and orange juice in a small bowl until thick and creamy, then add the tamari, sesame oil, ginger and salt.
3. Mix together all the veggies and dressing, and lay the veggies on a bed of lettuce. Top with the chopped cashews.

NUTRITION FACTS

Per serving
Calories 439

% Daily Value*

Total	Fat	20g	31%
Saturated	Fat	3g	15%
Polyunsaturated	Fat	1g	
Monounsaturated	Fat	4g	
Sodium	70mg	3%	
Potassium	1113mg	32%	
Total	Carbohydrates	54g	18%
Dietary	Fiber	13g	52%
Sugars		25g	
Protein	16g	32%	
Vitamin	A	289%	
Vitamin	C	242%	
Calcium		16%	
Iron		25%	



Cilantro Pesto Rolls

Prep Time: 10 min. Chill Time: 30 min. Makes: 8 servings.

The combination of coconut, lemon and roasted brazil nuts makes for a really rich flavor. Sprouts are one of the most nutrient-dense foods available to us, and easy and cheap to grow at home through the winter. This tucks sprouts away to get them into those who may not like them.

INGREDIENTS

1/4 cup fresh cilantro chopped
1 clove fresh garlic pressed
2 Tbsp Brazil nuts ground
2 Tbsp coconut unsweetened
1 Tbsp coconut oil
pinch cayenne pepper
pinch sea salt
pinch black pepper
1 lemon zested and juiced
2 Tbsp flaxseed ground
1 Tbsp water for consistency
1 cup alfalfa sprouts or spinach
2 whole grain wrap corn if
needed for gluten-free

DIRECTIONS

1. Get the best flavor by buying whole brazil nuts, toasting them, and then grinding them in a coffee grinder.
2. Make the pesto by mixing everything up to the sprouts in a food processor, and mix thoroughly.
3. Spread the pesto out over the wrap, and spread a thin layer of sprouts over the pesto. Roll the wrap up and place it in the fridge for 30 minutes to set.
4. Remove the rolls from the fridge and slice them to serve as an appetizer or along with a soup or stew.

NUTRITION FACTS

Per serving

Calories 91

% Daily Value*

Total	Fat	6g	9%
Saturated	Fat	3g	15%
Polyunsaturated	Fat	1g	
Monounsaturated	Fat	0.3g	
Sodium		83mg	3%
Potassium		15mg	0%
Total	Carbohydrates	8g	3%
Dietary	Fiber	2g	8%
Sugars			1g
Protein		2g	4%
Vitamin	A		1%
Vitamin	C		5%
Calcium			2%
Iron			4%



Curried Sweet Potato Soup

Prep Time: 20 min. Cook Time: 20 min. Makes: 4 servings.

This soup is really tasty and simple, and is jam-packed with nutrients. Indian spices really pop with sweet potatoes for a delicious and comforting fall meal. Let me know what you think below.

INGREDIENTS

2 cup sweet potatoes peeled and cubed
1/2 cup onion chopped
1 cup zucchini chopped
1 cup kale optional
1 Tbsp fresh ginger grated and juiced (optional)
1 Tbsp curry powder
1/2 tsp toasted sesame oil
pinch sea salt to taste
2 Tbsp pumpkin seeds

DIRECTIONS

1. Put the sweet potato and onion in a pot with about a cup of water, a sprinkle of salt, and bring to a low boil with the lid on. Let them cook for about 15 minutes, or until the sweet potato is pretty soft. Add the zucchini to the pot, stir it in, and leave it for another 5 minutes - or longer if you want the zucchini to be really soft.
2. Puree the vegetables, along with the kale if you want to include it and maximize the nutrients in this soup. Add water as you need to (including the cooking water from the sweet potatoes) to get the consistency you want for your soup. You can use a hand blender, but a food processor or full blender is better if you're using the kale.
3. Season the soup with curry powder, or make your own with Indian spices like cumin, coriander and turmeric, and a pinch of salt. Fresh ginger adds lots of flavor and nutrients.
4. Serve topped with some pumpkin seeds.

NUTRITION FACTS

Per serving
Calories 141

% Daily Value*

Total	Fat	5g	8%
Saturated	Fat	1g	5%
Polyunsaturated	Fat	2g	
Monounsaturated	Fat	1g	
Sodium		49mg	2%
Potassium		481mg	14%
Total	Carbohydrates	22g	7%
Dietary	Fiber	5g	20%
Sugars		4g	
Protein		5g	10%
Vitamin	A		241%
Vitamin	C		47%
Calcium			8%
Iron			13%



Sweet Potato Biscuits

Prep Time: 60 min. Cook Time: 10 min. Makes: 12 biscuits.

It's no secret that I'm crazy about sweet potato, and these biscuits are another way to add them to a recipe. It was given to me by a friend a few years ago and although it wasn't vegan, it has easily been adapted to it!

INGREDIENTS

1 small sweet potato
3 Tbsp melted coconut oil
1 Tbsp maple syrup
1 cup whole grain flour
2 tsp baking powder
pinch salt

DIRECTIONS

1. Bake the sweet potato at 350F for about 45 minutes until tender. Allow it to cool, then remove the pulp and mash. Measure out 1 cup. Combine the mashed sweet potato in bowl with half the coconut oil and all of the maple syrup.
2. Mix the dry ingredients in a separate bowl, then add to the potato mixture and blend well with a fork.
3. On a floured board, pat the mixture out into a 1/2 inch thick circle and cut into 1 inch rounds, or simply drop spoonfuls of dough. Put them onto greased or parchment-lined cookie sheet, then brush each with some of the melted coconut oil.
4. Bake at 375F for 10 minutes, or until lightly golden on top. Serve hot.

NUTRITION FACTS

Per serving

Calories 109

% Daily Value*

Total	Fat	4g	6%
Saturated	Fat	3g	15%
Polyunsaturated	Fat	0.2g	
Monounsaturated	Fat	0.3g	
Sodium		106mg	4%
Potassium		193mg	6%
Total	Carbohydrates	18g	6%
Dietary	Fiber	3g	12%
Sugars		3g	
Protein		2g	4%
Vitamin	A		126%
Vitamin	C		2%
Calcium		6%	
Iron		4%	

Hints & Tricks

These are very quick and easy to make with leftover baked sweet potato, so next time you're making something in the oven just throw in an extra sweet potato. These biscuits freeze well, but should be thawed before reheating.



Mushroom Ginger Nori Snack Rolls

Prep Time: 15 min. Cook Time: 5-10 min. Makes: 2 servings.

These nori snack rolls are the perfect answer for a salty, savory snack that's healthy instead of relying on chips – and they're really quick to put together!

INGREDIENTS

2 sheet nori
1 Tbsp almond butter or other
nut butter
1 Tbsp tamari soy sauce
1 cup mushrooms sliced
1/2 cup carrots grated, optional
1 Tbsp pickled ginger

DIRECTIONS

1. Preheat the oven to 350F.
2. Mix together the nut butter and tamari, until smooth.
3. Lay a nori roll out on a rolling mat, and spread the nut butter mixture at the far end, leaving enough space to seal the roll.
4. Lay a row of mushroom slices, grated carrot and ginger along the near end and roll up.
5. Put the rolls in a oven for 10-15 min or in a toaster oven on toast/broil for 3-4 min.
6. Slice the rolls into 3 smaller pieces and serve as a snack or an appetizer.

NUTRITION FACTS

Per serving
Calories 79

% Daily Value*

TotalFat	5g	8%
SaturatedFat	0.5g	3%
Polyunsaturated	Fat 1g	
Monounsaturated	Fat 3g	
Sodium	650mg	27%
Potassium	173mg	5%
Total	Carbohydrates 7g	2%
Dietary	Fiber 2g	8%
Sugars		2g
Protein	3g	6%
VitaminA		126%
VitaminC		7%
Calcium		4%
Iron		5%



Quinoa Cranberry Cookies

Prep Time: 30 min. Chill Time: 15 min. Makes: 16 cookies.

Quinoa cookies create such great texture - and nutrition. So much good stuff packed into these ones - quinoa, tahini, flax, cinnamon - to show you it is possible to make healthy cookies.

INGREDIENTS

1 1/2 cups cooked quinoa
1 cup banana mashed
1/4 cup tahini
1/4 cup unrefined sugar
1/4 cup flaxseed ground
1 tsp vanilla extract
1 tsp baking powder
1/2 tsp baking soda
2 tsp cinnamon, optional
1 cup whole grain flour can grind
rolled oats to make flour
1/2 cup dried cranberries, or
raisins
1/4 cup non-dairy chocolate
chips (optional)

OPTIONAL ADDITIONS

1/4 cup non-dairy chocolate
chips
1 tsp dried lavender
1 Tbsp molasses, along with 1
Tbsp gingerbread or pumpkin
pie spices (ginger, nutmeg,
cloves, allspice)

DIRECTIONS

1. Preheat the oven to 350 degrees F.
2. Mash the banana, and mix in all the ingredients up to the flour until thoroughly combined.
3. Mix in the flour until just combined, then fold in the dried cranberries and any other additions.
4. Spoon the mixture onto a baking sheet lined with parchment or a silicone sheet, and put in the oven for about 15-20 minutes or until browned around the edges.

NUTRITION FACTS

Per serving
Calories 112

			% Daily Value*
Total	Fat	3g	5%
Saturated	Fat	0.4g	2%
Polyunsaturated	Fat	1g	
Monounsaturated	Fat	0.2g	
Sodium		75mg	3%
Potassium		133mg	4%
Total	Carbohydrates	19g	6%
Dietary	Fiber	3g	12%
Sugars			8g
Protein		3g	6%
Vitamin	A		0.1%
Vitamin	C		1%
Calcium			3%
Iron			8%

Hints & Tricks

Note: Cook the quinoa by putting the dry grain in a pot with twice the amount of water and a pinch of salt, bring to a boil then simmer covered for 25 minutes. To make 1 1/2 cups cooked you would need 1/2 cup dry, or you can make more to have leftovers for dinner.



Blueberry Almond Chia Pudding

Prep Time: 5 min. Chill Time: 30 min. Makes: 3 servings.

INGREDIENTS

1 1/2 cups non-dairy milk
4 Tbsp chia seeds whole or ground
1 Tbsp unrefined sugar or 10-15 drops liquid stevia, optional
1 1/2 cup blueberries
3 Tbsp almonds

DIRECTIONS

1. Mix together the non-dairy milk, chia seeds and sweetener (if using) and pour into 3 small bowls.
2. Chill in the fridge for about 30 minutes, then serve one bowl topped with 1/2 cup blueberries and 1 Tbsp almonds.

NUTRITION FACTS

Amount Per Serving

Calories 237

		% Daily Value*	
Total	Fat	13g	20%
Saturated	Fat	1g	5%
Polyunsaturated Fat		5g	
Monounsaturated Fat		6g	
Sodium		81mg	3%
Potassium		261mg	7%
Total	Carbohydrates	25g	8%
Dietary	Fiber	11g	44%
Sugars		12g	
Protein		8g	16%
Vitamin	A		6%
Vitamin	C		12%
Calcium			37%
Iron			14%

Hints & Tricks

If this isn't filling enough, make some oatmeal as well, as a base layer, and top it with the chia pudding, blueberries and almonds.



Chia-Quinoa Protein Bites

Prep Time: 10 min. Chill Time: 30 min. Makes: 8 bites.

INGREDIENTS

1/2 cup medjool dates pitted
1/2 cup walnuts or sunflower seeds
4 Tbsp chia seeds and/or hemp seeds
1 cup cooked quinoa
1 scoop protein powder optional
1/4 cup goji berries optional

DIRECTIONS

1. Put everything in a food processor and pulse until it comes together in a sticky mixture.
2. Form into balls and lay out on a lined tray or plate, and chill in the fridge for 30 minutes.

NUTRITION FACTS

Per serving
Calories 219

% Daily Value			
Total	Fat	7g	11%
Saturated	Fat	0.4g	2%
Polyunsaturated	Fat	1g	
Sodium		54mg	2%
Potassium		241mg	7%
Total	Carbohydrates	33g	11%
Dietary	Fiber	6g	24%
Sugars		19g	
Protein		8g	16%
Vitamin	A		36%
Vitamin	C		5%
Calcium			8%
Iron			11%

Hints & Tricks

Add a sprinkle of cocoa nibs for a little crunch, or a bit of mint extract for a minty fresh finish.



Lemony Avocado Quinoa Salad

Prep Time: 10 min. Makes: 1 serving.

This is a simple, savory, creamy soup. The recipe calls for curry powder and a couple extra spices, but you can use whatever seasoning you like, so if you prefer another flavor just switch it in.

INGREDIENTS

3/4 cup cooked quinoa
1/2 cup spinach
1/2 cup cucumber
1/2 cup carrots
1/2 cup avocado
1 clove fresh garlic
1/2 lemon

DIRECTIONS

1. Chop the veggies, grating the carrot if you want it easier to digest.
2. Mash or puree the avocado with the garlic (pressed) and lemon until smooth. Add some water to make more of a dressing if you like.
3. Top the quinoa with the veggies and the dressing.

NUTRITION FACTS

Per serving
Calories 380

% Daily Value*

TotalFat	14g	22%
SaturatedFat	2g	10%
PolyunsaturatedFat	2g	
MonounsaturatedFat	7g	
Sodium	78mg	3%
Potassium	781mg	22%
TotalCarbohydrates	55g	18%
DietaryFiber	13g	52%
Sugars	7g	
Protein	11g	22%
VitaminA		246%
VitaminC		54%
Calcium		9%
Iron		22%

Hints & Tricks

Add a little pinch of cayenne or chili powder to the avocado mixture to give this some spice and help stimulate your digestion.



Chai Latte

Prep Time: 10 min. Makes: 1 latte.

Chai lattes in coffee shops are made with chai-flavored syrup. You can make a more flavorful and wholesome version by using actual chai tea. Bump it up a notch by adding some fresh ginger juice.

INGREDIENTS

1 bag chai tea
1/2 cup non-dairy milk
1/2 Tbsp unrefined sugar*
1/2 tsp vanilla extract*
*OR replace both with 6 drops
vanilla stevia

DIRECTIONS

1. Boil some water, pour it over a bag of chai tea (fill the mug about halfway, leaving room for milk) and leave to steep for 2-3 minutes.
2. While that steeps, heat up some non-dairy milk and use a frother to increase its volume. Add the vanilla and sweetener here, unless you're using sweetened and/or vanilla-flavored milk.
3. Pour the milk into the tea.

NUTRITION FACTS

Per serving
Calories 48

% Daily Value*

1 g	Total Fat	2%
0 g	Saturated Fat	0%
0 mg	Cholesterol	0%
75 mg	Sodium	3%
8 g	Carbohydrates	3%
1 g	Dietary Fiber	2%
4 g	Sugar	
1 g	Protein	1%
250 IU	Vitamin A	5%
0 mg	Vitamin C	0%
225 mg	Calcium	23%
0 mg	Iron	3%

Hints & Tricks

You can also do this with Earl Grey tea, for a London Fog, or with coffee for a regular or decaf latte. Try different flavors of stevia drops, like hazelnut or chocolate, for flavored lattes.



Mushroom Beet Salad with Orange Balsamic Dressing

Prep Time: 10 min. Cook Time: 25 min. Makes: 2 servings.

INGREDIENTS

1 cup mushrooms
pinch sea salt
1 Tbsp balsamic vinegar
1 cup beets root portion only
2 cup lettuce green or red
1/2 cup almonds toasted and chopped

DRESSING

1 cup orange zested and juiced
(about 1/4 of juice)
2 Tbsp olive oil
1 Tbsp balsamic vinegar
pinch sea salt

DIRECTIONS

1. Slice the mushrooms, put them in a covered container, sprinkle with sea salt and balsamic vinegar and shake. Leave them aside to marinate – the longer the better!
2. Put the beets whole, unpeeled, into a pot with a small amount of water. Bring to a boil, and cook the beets for about 20 minutes.
3. Prepare the dressing by combining the orange juice, zest, oil, vinegar and salt in a jar and shake, or a bowl and whisk.
4. Toast the almonds at 350 for about 5 minutes, or until you can start to smell them. Remove them from the oven immediately.
5. When the beets are soft when pierced with a skewer or fork, remove them from the pot and allow them to cool. Peel and slice them into thick bite-size chunks.
6. Rinse and dry the lettuce, and then tear it into bite-size pieces into a large salad bowl. Add the mushrooms along with the beets to the bowl. Pour the dressing over the salad and toss. Save any leftovers in the fridge for your next salad.

NUTRITION FACTS

Per serving
Calories 438

% Daily Value*

Total	Fat	33g	51%
Saturated	Fat	3g	15%
Polyunsaturated	Fat	6g	
Monounsaturated	Fat	22g	
Sodium	67mg	3%	
Potassium	875mg	25%	
Total	Carbohydrates	29g	10%
Dietary	Fiber	9g	36%
Sugars		18g	
Protein	12g	24%	
Vitamin	A	58%	
Vitamin	C	98%	
Calcium		15%	
Iron		16%	



Super Green White Bean Dip

Prep Time: 10 min. Makes: 4 servings.

White beans + kale = awesome protein-rich spread for wraps, sandwiches, crackers, cucumber slices...

INGREDIENTS

1 1/2 cup white beans cooked or
canned, drained and rinsed
1 lemon juice and zest, or 1 1/2
Tbsp white wine or apple cider
vinegar
1 Tbsp nut/seed butter
1 cup kale or more if you like
1 tsp curry powder (mild or hot,
whichever you prefer)
1 tsp cumin
1 tsp paprika smoked or regular
1/4 tsp sea salt to taste

DIRECTIONS

1. Put everything in a food processor and pulse until it comes together.
2. Taste for seasoning, adding more spices, vinegar or salt to your tastes.

NUTRITION FACTS

Per serving

Calories 86

% Daily Value*

TotalFat	2g	3%
SaturatedFat	0.3g	2%
Polyunsaturated	Fat 0.1g	
Monounsaturated	Fat 0.1g	
Sodium	231mg	10%
Potassium	124mg	4%
Total Carbohydrates	13g	4%
Dietary Fiber	5g	20%
Sugars	1g	
Protein	5g	10%
VitaminA		57%
VitaminC		46%
Calcium		8%
Iron		10%



Dairy-Free Hot Chocolate

Prep Time: 10 min. Makes: 1 serving.

INGREDIENTS

1 tbsp cocoa powder or pure solid chocolate or carob powder
1 Tbsp maple syrup or 1 tsp stevia
1 cup water boiling
1 cup non-dairy milk

DIRECTIONS

1. Put the cocoa and maple syrup in a mug and stir until it makes a paste. Pour in the water and/or non-dairy milk and stir until fully combined.
2. Add the non-dairy milk and stir again to mix.

NUTRITION FACTS

Per serving

Calories 94

% Daily Value*

Total	Fat	3g	5%
Saturated	Fat	0.4g	2%
Polyunsaturated	Fat	1g	
Monounsaturated	Fat	2g	
Sodium	168mg	7%	
Potassium	158mg	5%	
Total	Carbohydrates	17g	6%
Dietary	Fiber	3g	12%
Sugars		12g	
Protein	2g	4%	
Vitamin	A	10%	
Calcium		47%	
Iron		7%	



Berry Apple Ginger Smoothie

Prep Time: 5 min. Makes: 1 serving.

INGREDIENTS

1 cup strawberries and/or raspberries
1 apple cored and chopped
1 banana
1 cup non-dairy milk optional
1 Tbsp fresh ginger peeled
1 Tbsp chia seeds or ground flax, optional

DIRECTIONS

Puree everything in a blender until smooth, adding enough water for the consistency you enjoy in your smoothie.

NUTRITION FACTS

Per serving

Calories 317

% Daily Value*

Total	Fat	7g	11%
Saturated	Fat	0.1g	1%
Polyunsaturated	Fat	3g	
Monounsaturated	Fat	2g	
Sodium		163mg	7%
Potassium		853mg	24%
Total	Carbohydrates	64g	21%
Dietary	Fiber	16g	64%
Sugars			41g
Protein		6g	12%
Vitamin	A		13%
Vitamin	C		166%
Calcium			56%
Iron			14%



Veggie Wrap/Sandwich

Prep Time: 10 min. Makes: 1 serving.

Pair this simple wrap with your choice of salad dressing, bean dip, veggie burger, or anything that appeals to you.

INGREDIENTS

1 large whole grain wrap, pita or bread
1/2 cup hummus
1/2 cup cherry tomatoes chopped
1/2 cup cucumber chopped
1/2 cup bell pepper chopped
1/2 cup carrots grated
1/2 cup lettuce or sprouts

DIRECTIONS

Arrange everything down the centre of the wrap, along with a sauce or dip. Fold in the ends and roll together.

If you're taking this to go, tinfoil makes a sturdy wrap to keep it together. Otherwise, I often toss the salad together in a container and take the wrap and lettuce on the side to assemble when I eat.

NUTRITION FACTS

Per serving
Calories 201

% Daily Value*

Total	Fat	4g	6%
Saturated	Fat	1g	5%
Polyunsaturated	Fat	0.3g	
Monounsaturated	Fat	0.1g	
Sodium		383mg	16%
Potassium		654mg	19%
Total	Carbohydrates	40g	13%
Dietary	Fiber	9g	36%
Sugars		10g	
Protein		8g	16%
Vitamin	A	279%	
Vitamin	C	261%	
Calcium		7%	
Iron		14%	

Hints & Tricks

If your fillings are particularly moist, toss them together as a salad and take the wrap on the side, to assemble when you're ready to eat.



Chickpea Noodle Soup

Prep Time: 10 min. Cook Time: 20 min. Makes: 2 bowls.

This soup is easy and quick to put together, as well as super tasty, with some wonderful rich flavors. It's perfect for a quick weeknight dinner and will make enough to take for lunch the next day. If you're cooking for two or more, the recipe will double or triple easily.

INGREDIENTS

1/2 onion, chopped
3 cloves garlic, minced
1 cup mushrooms, chopped
1-2 tsp olive oil or veggie broth
pinch sea salt
1 Tbsp dried basil
1/2 Tbsp dried oregano
1-2 Tbsp balsamic vinegar or red wine
14-19 oz can diced tomatoes
14-19 oz can chickpeas (1 1/2 - 2 cups cooked)
2 cups water (more or less)
1-2 cups kale, chopped
another pinch sea salt

DIRECTIONS

1. Saute the onion, garlic and mushrooms in a soup pot with the olive oil (or broth) and salt until softened.
2. Add the dried herbs, then the vinegar or wine to deglaze, then pour in the tomatoes and chickpeas. Stir to combine, adding enough water to get the soup or stew consistency you like.
3. Add the chopped kale and another pinch of salt, then cover and let simmer for 5-15 minutes.

NUTRITION FACTS

Per serving
Calories 363

		% Daily Value	
Total	Fat	6g	9%
Saturated	Fat	1g	5%
Polyunsaturated	Fat	2g	
Monounsaturated	Fat	3g	
Sodium		448mg	19%
Potassium		942mg	27%
Total	Carbohydrates	62g	21%
Dietary	Fiber	15g	60%
Sugars			18g
Protein		18g	36%
Vitamin	A		230%
Vitamin	C		156%
Calcium			24%
Iron			40%

Hints & Tricks

This is delicious topped with a tablespoon of toasted walnuts and a sprinkle of nutritional yeast.



Basic Blueberry Oatmeal

Prep Time: 5 min. Makes: 1 serving.

This makes a perfect to-go breakfast if you make it in a travel mug or small thermos. Or simply put the ingredients in a small container and make it when you arrive at work or school. It's also ready quickly if you eat at home while rushing to get ready.

INGREDIENTS

1/2 cup rolled oats, dry
1/4 tsp cinnamon, optional
1/2 cup non-dairy milk
1 Tbsp flaxseed, ground
1/2 cup blueberries

DIRECTIONS

1. Mix the oats, cinnamon (if using) and flax together in a bowl.
2. Boil some water, and pour over the oats.
3. Let them soak about 5 min, and top with the fruit and milk.
4. You can also let the oats soak with cold or room temperature water, it just needs longer to soften - half an hour to overnight.

NUTRITION FACTS

Per serving
Calories 238

% Daily Value*			
Total	Fat	6g	9%
Saturated	Fat	1g	5%
Polyunsaturated	Fat	2g	
Monounsaturated	Fat	1g	
Sodium		83mg	3%
Potassium		77mg	2%
Total	Carbohydrates	40g	13%
Dietary	Fiber	9g	36%
Sugars			8g
Protein		9g	18%
Vitamin	A		6%
Vitamin	C		12%
Calcium			27%
Iron			30%

Hints & Tricks

If you want a bit more sweetness, drizzle with maple syrup or a sprinkle of coconut sugar.



Sesame-Ginger Macro Bowl

Prep Time: 20 min. Makes: 2 servings.

Here's a yummy sesame-ginger dressed bowl with all the plant food groups represented, in proportion and at an average portion size. Scale up or down, based on your energy needs. Choose the bowl size that works for you, and fill it with wonderful foods to fuel your body.

INGREDIENTS

- 1 cup cooked brown rice
- 1 cup cooked blackeyed peas
- 1 cup red cabbage, sliced
- 1 bell pepper, thinly sliced
- 1 cup snow or snap peas, trimmed and sliced in half width-wise
- 2 Tbsp green onion, chopped
- 1 cup kale or spinach, chopped
- 1 avocado, thinly sliced
- 2 Tbsp sesame seeds (white or black)

DRESSING INGREDIENTS

- 2 Tbsp tahini (or almond or cashew butter)
- 2 Tbsp rice or apple cider vinegar
- 1 tsp toasted sesame oil
- 1 Tbsp fresh ginger, grated then juiced
- pinch-1/4 tsp salt, to taste

DIRECTIONS

1. Make sure your rice and blackeyed peas are cooked in advance.
2. Heat a pan to medium-high, and saute the cabbage with water, broth or olive or un-toasted sesame oil. Once it's softened lightly, add the bell pepper. Then add the snow/snap peas, the kale or spinach, and green onion last, to warm for a minute, until it just wilts, before turning off the heat.
3. Make the dressing by whisking together the dressing ingredients, or pureeing in a small blender, adding about 2-3 Tbsp water as needed to make a creamy consistency.
4. Arrange your bowl, with the vegetables on one side, the rice in one quarter, the peas in the other quarter.
5. Top with the sliced avocado, a long drizzle of dressing and a sprinkle of sesame seeds.

NUTRITION FACTS

Per serving
Calories 585

% Daily Value

30 g	Total Fat	46%
4 g	Saturated Fat	22%
0 mg	Cholesterol	0%
52 mg	Sodium	2%
67 g	Carbohydrates	22%
20 g	Dietary Fiber	79%
10 g	Sugar	
19 g	Protein	29%
7900 IU	Vitamin A	172%
162 mg	Vitamin C	270%
312 mg	Calcium	31%
7 mg	Iron	53%

Hints & Tricks

Make a double (or triple) batch of the dressing, so that you can whip up an easy salad or bowl.



Tofu Veggie Scramble

Prep Time: 5 min. Cook Time: 20 min. Makes: 1 serving.

INGREDIENTS

1/2 onion chopped
1 tsp olive oil or 1 Tbsp vegetable broth
1/2 cup mushrooms chopped
1/2 cup bell pepper chopped
1/2 cup kale chopped
1/2 tsp paprika smoked paprika for best flavor
1/2 tsp cumin
1/2 tsp turmeric
1/2 cup tofu firm

DIRECTIONS

1. Drain and pat the tofu to dry it.
2. Saute the vegetables, starting with the onion and saving the kale for last, in olive oil, vegetable broth or water. Add a pinch of sea salt to help them soften.
3. Add the spices, toss to coat, then add the tofu, breaking it up with a spatula.
4. Serve warm, along with a rice cake with tahini if you like.

NUTRITION FACTS

Per serving
Calories 224

% Daily Value*			
Total	Fat	11g	17%
Saturated	Fat	1g	5%
Polyunsaturated	Fat	1g	
Monounsaturated	Fat	4g	
Sodium		44mg	2%
Potassium		646mg	18%
Total	Carbohydrates	22g	7%
Dietary	Fiber	6g	24%
Sugars		8g	
Protein		15g	30%
Vitamin	A		162%
Vitamin	C		315%
Calcium			21%
Iron			28%

Hints & Tricks

Try with different vegetables and different seasonings to make a new creation each time.



Almond Date Boats

Prep Time: 2 min. Makes: 1 serving.

This isn't much of a "recipe" but is one of those snack ideas that deserves to be given a moment to appreciate. There's something about the combo of super-sweet dates with mineral- and healthy fat-rich nuts that makes it a winner.

INGREDIENTS

2 Tbsp dates
1 Tbsp almonds (or walnuts or
cashews or sunflower seeds)

DIRECTIONS

1. Take the pit out of the dates and replace with almonds. Or - just eat the dates and eat the almonds!

NUTRITION FACTS

Per serving
Calories 169

% Daily Value*

Total	Fat	8g	12%
Saturated	Fat	1g	5%
Polyunsaturated	Fat	2g	
Monounsaturated	Fat	5g	
Sodium		1mg	0%
Potassium		302mg	9%
Total	Carbohydrates	25g	8%
Dietary	Fiber	4g	16%
Sugars		19g	
Protein		4g	8%
VitaminC			0.2%
Calcium			5%
Iron			5%

Hints & Tricks

This is also lovely with almond (or another nut) butter. If you feel hungry and need something ASAP, this is a great fall-back snack.

Congrats!

You've now seen how to nourish your body with healthy food. Even if you didn't stick to everything exactly, or at all - if you ate more vegetables than you did last month that's a step in the right direction. And if you had fun making some healthy food, and enjoyed eating it, that's a success.

You should have noticed at least a slight change in your sleep, digestion, energy level, and mood. Seeing and feeling those connections between what you eat and how you feel are great ways to stay motivated to keep eating healthy when faced with temptations.

Note which recipes you liked, what prep you found easy to work into your daily routine, and anything else you found useful. Pick out a few meals that you really enjoy, and those can become your new go-tos: those meals you can whip up any day of the week in no time flat. Make them again and again, changing up the vegetables and seasonings to keep it interesting.

When making food for an average weeknight, stick with the basics—steamed veggies and rice with tahini dressing, baked sweet potato with avocado dip, or just a super simple soup with veggies and lentils in a pot with whatever seasonings you like. Don't make this hard on yourself; it doesn't need to be complicated.

After following a plan like this, a lot of people start saying to themselves, "I've been so good! I deserve a treat." You definitely do, you've done well. But keep the big picture in mind, and try to think about healthy options to indulge your cravings, or reward yourself with a spa day or a movie night.

Don't stop here - get yourself set for next week, either improvising with your own ideas, using ideas from this plan and recipes on my site, or check out my other [meal plans](#) for full strategies of what and how much to buy, cook and eat.

And most importantly, share a meal or a recipe with a friend or loved one, so you can show them how delicious it can be to eat in a healthy, sustainable, and compassionate way. Just don't tell them it's plant-based until after they finish eating and tell you how delicious it tastes.

I'd love to hear how you found this plan! What worked, what could have been better, if you're struggling with anything or just want some support or accountability.

Please email me at heather@heathernicholds.com to let me know. I'm here.