



january jump start

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Published in Canada by Heather Nicholds.

Template design created by Parker Design House, www.parkerdesignhouse.com

Contact the author at heather@heathernicholds.com



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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.



Baked Banana French Toast

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

INGREDIENTS

1/2 banana
1/4 cup coconut milk
1/4 tsp vanilla extract
pinch nutmeg
pinch cinnamon
2 slices whole grain bread

DIRECTIONS

1. Preheat the oven to 350F. Line a small baking dish with parchment paper or a silicone mat, or use coconut oil to grease.
2. Puree or mash the banana well, and mix in the coconut milk, vanilla, nutmeg, and cinnamon.
3. Dip your slices of bread in the banana mixture, and then lay them out on the baking sheet. Pour any leftover banana mixture over the bread, and put the dish in the oven for about 30 minutes, or until the toasts are lightly browned.
4. You can also fry this, by heating a large pan to medium-high, and using coconut oil to keep the toast from sticking. Cook about 5 minutes per side, or until lightly browned.

NUTRITION FACTS

Per serving
Calories 360

% Daily Value*			
Total	Fat	15g	23%
Saturated	Fat	9g	45%
Polyunsaturated	Fat	2g	
Sodium		376mg	16%
Potassium		430mg	12%
Total	Carbohydrates	55g	18%
Dietary	Fiber	12g	48%
Sugars			19g
Protein		11g	22%
VitaminA			1%
VitaminC			28%
Calcium			4%
Iron			15%

Hints & Tricks

Serve topped with raspberry syrup: simmer frozen raspberries with maple syrup.



Raspberry Syrup

Prep Time: 10 min. Makes: 3 servings.

INGREDIENTS

1 1/2 cup raspberries
3 Tbsp maple syrup

DIRECTIONS

1. Put the raspberries and syrup in a small pot, and bring to a simmer.
2. Once the berries are soft, mash or puree until the berries and syrup are mixed together. Keep the syrup in the fridge.

NUTRITION FACTS

Amount Per Serving
Calories 78

		% Daily Value*	
Total	Fat	0.4g	1%
Saturated	Fat	0.01g	0%
Polyunsaturated	Fat	0.02g	
Monounsaturated	Fat	0.01g	
Sodium	3mg		0%
Potassium	41mg		1%
Total	Carbohydrates	19g	6%
Dietary	Fiber	4g	16%
Sugars		14g	
Protein	1g		2%
VitaminA			1%
VitaminC			25%
Calcium			3%
Iron			3%

Hints & Tricks

Try this with other berries, and feel free to scale the recipe up for guests!



Black Bean Taco Salad

Prep Time: 10 min. Makes: 1 serving.

INGREDIENTS

1 serving Spicy Black Bean Lime Salad

1 serving Guacamole

1/2 cup cooked quinoa

1/2 cup lettuce, shredded

1/2 cup tomatoes, chopped

2 Tbsp salsa

1/2 cup carrots, grated

DIRECTIONS

Layer the black bean filling over the quinoa, and top with the vegetables, guacamole and salsa.

NUTRITION FACTS

Per serving

Calories 496

% Daily Value*

14g	Total Fat	21%
2g	Saturated Fat	10%
0mg	Cholesterol	0%
272mg	Sodium	11%
81g	Carbohydrates	27%
20g	Dietary Fiber	80%
9g	Sugar	
20g	Protein	30%
13943IU	Vitamin A	303%
41mg	Vitamin C	68%
148mg	Calcium	15%
6mg	Iron	44%



Spicy Black Bean Lime Salad

Prep Time: 10 min. Makes: 3 servings.

INGREDIENTS

1 1/2 cup black beans cooked
1 1/2 cup corn fresh or frozen
1/4 cup fresh parsley or cilantro,
minced
2 Tbsp tahini
1 lime juice and zest
1 1/2 tsp chili powder

DIRECTIONS

1. In a large salad bowl, whisk the tahini, lime juice and chili powder together with a pinch of salt until smooth. Add water if you want to thin it out a bit.
2. Toss the beans, corn and parsley together with the dressing.
3. This tastes better if you have a chance to prep it in advance, so the flavors have time to merge. Keep leftovers in the fridge in an air-tight container

NUTRITION FACTS

Per serving

Calories 253

% Daily Value*

Total	Fat	8g	12%
Saturated	Fat	1g	5%
Polyunsaturated	Fat	1g	
Monounsaturated	Fat	0.4g	
Sodium	493mg	21%	
Potassium	652mg	19%	
Total	Carbohydrates	39g	13%
Dietary	Fiber	13g	52%
Sugars		3g	
Protein	13g	26%	
Vitamin	A	19%	
Vitamin	C	37%	
Calcium		6%	
Iron		21%	



Guacamole

Prep Time: 15 min. Makes: 4 servings.

INGREDIENTS

2 avocados
2 cloves fresh garlic pressed
1 lime zested and juiced
1 tsp cumin
pinch sea salt
pinch black pepper
pinch cayenne pepper optional

DIRECTIONS

1. Mash the avocados in a bowl, add the rest of the ingredients and stir to combine.
2. Some options for other additions to your guacamole are diced tomatoes, diced onion, chopped green onions or chives, lemon zest & juice rather than lime, paprika, or whatever you think would taste good!

NUTRITION FACTS

Amount Per Serving

Calories 128

% Daily Value*

Total	Fat	11g	17%
Saturated	Fat	2g	10%
Polyunsaturated Fat 1g			
Monounsaturated Fat 7g			
Sodium	7mg		0%
Potassium	396mg		11%
Total	Carbohydrates	9g	3%
Dietary	Fiber	6g	24%
Sugars 1g			
Protein	2g		4%
VitaminA			2%
VitaminC			22%
Calcium			2%
Iron			5%



Creamy Squash Zucchini Soup

Prep Time: 20 min. Cook Time: 30 min. Makes: 4 bowls.

INGREDIENTS

1 onion, peeled and chopped
1-2 cloves garlic, minced or pressed
1 tsp thyme
1 small butternut or kabocha squash, peeled and cubed (about 4 cups)
Pinch salt
1 zucchini, chopped
1 Tbsp nut/seed butter (optional)
2 Tbsp pumpkin seeds (garnish)
2 Tbsp fresh parsley, cilantro and/or chives, chopped (garnish)

DIRECTIONS

1. Put the onion and garlic in a large soup pot with just enough water to cover the bottom. For a richer flavor, use white wine or vegetable stock or broth here. To really concentrate the flavors, saute the onions and garlic in a teaspoon of olive oil. Heat this to medium-high, stirring the garlic and onions occasionally, until they're softened and then add the thyme, squash and a sprinkle of salt.
2. Pour 2 cups of water into the pot and bring to a boil. This happens much faster if you boil the water in advance. Cover, and leave to simmer for about 15 minutes, then add the zucchini.
3. Once the squash and zucchini are soft, you can puree the soup using a hand blender (easiest), food processor or blender. Add water as you like, for consistency. You can also leave it as a loose soup if you prefer. Add the nut/seed butter to thicken if you want, and serve garnished with pumpkin seeds and/or fresh herbs.

NUTRITION FACTS

Per serving
Calories 104

% Daily Value

4 g	Total Fat	6%
1 g	Saturated Fat	3%
0 mg	Cholesterol	0%
12 mg	Sodium	0%
17 g	Carbohydrates	6%
3 g	Dietary Fiber	13%
4 g	Sugar	
3 g	Protein	5%
10284	Vitamin A	224%
33 mg	Vitamin C	55%
76 mg	Calcium	8%
2 mg	Iron	15%



Garlic Toast

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

The aroma of garlic bread toasting is something that barely anyone can resist. You can make it dairy-free by using coconut oil, which has a solid texture at room temp, or olive oil if you don't like the flavor of coconut oil.

INGREDIENTS

1 slice whole grain bread
1 tsp coconut oil or olive
1/8 tsp sea salt
1 tsp nutritional yeast
1/4 tsp garlic powder

DIRECTIONS

1. Mix together the oil, salt, nutritional yeast and garlic. Optional: add some finely minced parsley.
2. You can either toast the bread and then spread the seasoned oil, or brush on and put in a toaster oven.

NUTRITION FACTS

Per serving

Calories 155

% Daily Value*

Total	Fat	7g	11%
Saturated	Fat	5g	25%
Polyunsaturated	Fat	1g	
Monounsaturated	Fat	0.4g	
Sodium	471mg	20%	
Potassium	128mg	4%	
Total	Carbohydrates	20g	7%
Dietary	Fiber	5g	20%
Sugars		4g	
Protein	6g	12%	
Vitamin	C	10%	
Calcium		2%	
Iron		7%	



Chocolate Krinkles

Prep Time: 10 min. Chill Time: 15 min. Makes: 6 cookies.

My grandmother (Nana) used to make chocolate krinkles when I was little. I've seen a lot of varieties of this basic concept, but this simple combo always has a special place in my heart. She used rice krispies, but I love using puffed rice, which is much less processed. You can sub in any kind of puffed cereal - wheat, corn, millet, quinoa.

INGREDIENTS

1/4 cup dark chocolate
1/4 cup peanut butter
1 Tbsp cocoa powder
1 cup puffed rice

DIRECTIONS

1. Melt the chocolate in a double boiler (or microwave) and stir in the peanut butter.
2. Add the puffed cereal, and then spoon onto a cookie sheet lined with parchment or waxed paper.
3. Put the sheet in the fridge to set, which should take about 15 minutes.
4. Once the chocolate has hardened again, store the krinkles in a sealed container or cookie tin in the fridge, to make sure they don't melt.

NUTRITION FACTS

Per serving

Calories 128

% Daily Value*

Total	Fat	9g	14%
Saturated	Fat	4g	20%
Polyunsaturated	Fat	2g	
Monounsaturated	Fat	3g	
Sodium		15mg	1%
Potassium		22mg	1%
Total	Carbohydrates	10g	3%
Dietary	Fiber	2g	8%
Sugars		3g	
Protein		3g	6%
Calcium			1%
Iron			4%



Pear Cinnamon Oatmeal

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

INGREDIENTS

1/4 cup rolled oats dry
1/2 tsp cinnamon
1 Tbsp flaxseed ground
1/2 cup pear chopped
1 serving Raspberry Syrup

DIRECTIONS

1. Mix the oats and flax together in a bowl. Boil some water, and pour over the oats. Let them soak about 5 min, then top with the fruit and seeds. You can also let the oats soak with cold or room temperature water, it just needs longer to soften - half an hour to overnight.
2. Once the oats are softened, stir in the flax and top your bowl with the pear and raspberry syrup.

NUTRITION FACTS

Per serving
Calories 156

		% Daily Value*	
Total	Fat	3g	5%
Saturated	Fat	0.3g	2%
Polyunsaturated	Fat	1g	
Monounsaturated	Fat	0.3g	
Sodium		4mg	0%
Potassium		104mg	3%
Total	Carbohydrates	29g	10%
Dietary	Fiber	7g	28%
Sugars		9g	
Protein		5g	10%
Vitamin	A		1%
Vitamin	C		7%
Calcium			5%
Iron			18%

Hints & Tricks

You can easily make this with raspberries and a drizzle of syrup rather than making the syrup if you already finished it.



Black Bean Guac Tacos

Prep Time: 10 min. Makes: 1 serving.

INGREDIENTS

1 large (or 2-3 small) whole grain wrap or corn tortilla
1 serving Spicy Black Bean Lime Salad
1 serving Guacamole
1/2 cup lettuce shredded
1/2 cup carrots grated
1/2 tomato chopped
1/4 lime to squeeze juice

DIRECTIONS

1. Warm the tortillas by putting in a dry skillet or oven for a couple of minutes, turning midway.
2. Scoop the bean mixture, guacamole and toppings into a tortilla, and serve along with a lime wedge to squeeze over it.

NUTRITION FACTS

Per serving

Calories 380

% Daily Value*

Total	Fat	16g	25%
Saturated	Fat	2g	10%
Polyunsaturated	Fat	3g	
Monounsaturated	Fat	9g	
Sodium	321mg	13%	
Potassium	742mg	21%	
Total Carbohydrates	55g	18%	
Dietary Fiber	14g	56%	
Sugars		19g	
Protein	10g	20%	
Vitamin A		66%	
Vitamin C		75%	
Calcium		11%	
Iron		33%	



Cranberry Pear Salad with Maple Balsamic Vinaigrette

Prep Time: 15 min. Makes: 1 serving salad. 4 servings dressing.

SALAD INGREDIENTS

1/2 cup lettuce torn
1/2 cup pear chopped
1 Tbsp dried cranberries
1/8 cup fresh parsley minced

VINAIGRETTE INGREDIENTS

3 Tbsp tahini
3 Tbsp balsamic vinegar
1/8 cup water
1 Tbsp maple syrup
1 clove fresh garlic - pressed

SALAD INGREDIENTS

Toss everything together, and drizzle with dressing.

VINAIGRETTE DIRECTIONS

Whisk together (or puree in a small blender) until smooth. Keep extra in the fridge

NUTRITION FACTS

Salad, Per Serving
Calories 100

% Daily Value*			
Total	Fat	0.4g	1%
Saturated	Fat	0.04g	0%
Polyunsaturated	Fat	0.2g	
Monounsaturated	Fat	0.1g	
Sodium		9mg	0%
Potassium		184mg	5%
Total Carbohydrates		26g	9%
Dietary Fiber		4g	16%
Sugars		18g	
Protein		1g	2%
Vitamin A		16%	
Vitamin C		24%	
Calcium		3%	
Iron		5%	

NUTRITION FACTS

Dressing, Per serving
Calories 91

% Daily Value*			
Total	Fat	7g	11%
Saturated	Fat	1g	5%
Polyunsaturated	Fat	0.01g	
Monounsaturated	Fat	0.003g	
Sodium		7mg	0%
Potassium		19mg	1%
Total Carbohydrates		7g	2%
Dietary Fiber		1g	4%
Sugars		5g	
Protein		2g	4%
Vitamin C		1%	
Calcium		0.3%	
Iron		4%	



Salty Rice Cake

Prep Time: 2 min. Makes: 1 serving.

This isn't so much a "recipe" but an idea from which to improvise. Essentially there are three components: a base, a spread, and a topper. And a pinch of salt for those who want it. Branch out to figure out what works for you, both taste-wise and in functionality.

INGREDIENTS

rice cake (or crackers, or toast,
or 1/2 pita, or any kind of base)
1 Tbsp nut/seed butter (or 1/4
cup bean dip or mashed
avocado)
pinch sea salt
handful lettuce (or spinach,
sprouts, sliced cucumber,
tomato, zucchini or any other
leafy green or fresh veggie)

DIRECTIONS

1. Smear some nut/seed butter, bean dip or avocado onto a rice cake. Sprinkle with a bit of salt and pepper if you want, then top it with a piece of lettuce or some sliced veggies.

NUTRITION FACTS

Per serving

Calories 132

% Daily Value*

Total	Fat	8g	12%
Saturated	Fat	1g	5%
Polyunsaturated	Fat	0.01g	
Monounsaturated	Fat	0.001g	
Sodium		24mg	1%
Potassium		19mg	1%
Total	Carbohydrates	12g	4%
Dietary	Fiber	2g	8%
Sugars		1g	
Protein		4g	8%
VitaminA			1%
VitaminC			0.5%
Calcium			3%



Red Pepper Hummus

Prep Time: 10 min. Makes: 4 servings.

INGREDIENTS

1 1/2 cup chickpeas cooked
1/2 cup bell pepper roughly cut
up
1 Tbsp tahini
1/2 lemon juice and zest
1 clove fresh garlic pressed
1 tsp cumin
1/2 tsp paprika
1/4 tsp sea salt

DIRECTIONS

Put all of the ingredients in a food processor (or blender) and puree until smooth. If you have time, roasting the red pepper is a lovely way to enhance the flavor.

NUTRITION FACTS

Amount Per Serving

Calories 137

		% Daily Value*	
Total	Fat	4g	6%
Saturated	Fat	1g	5%
Polyunsaturated Fat 1g			
Monounsaturated Fat 0.4g			
Sodium	153mg	6%	
Potassium	247mg	7%	
Total	Carbohydrates	20g	7%
Dietary	Fiber	6g	24%
Sugars 4g			
Protein	7g	14%	
Vitamin	A	15%	
Vitamin	C	67%	
Calcium		4%	
Iron		14%	

Hints & Tricks

Make sure you rinse and drain the chickpeas really well before using them. Rinse until any foaming stops, as this is part of what causes the gas.



Sundried Tomato Quinoa

Prep Time: 15 minutes. Cook Time: 15 min. Makes: 2 servings.

INGREDIENTS

2 cup quinoa cooked
1 onion
1 tsp olive oil or vegetable broth
1 clove fresh garlic pressed
1/2 zucchini
1 Tbsp fresh basil chopped, or dried
4 sundried tomatoes chopped
1 Tbsp balsamic vinegar
pinch sea salt

DIRECTIONS

1. Heat a pan to medium-high, and saute the onion in olive oil (or water saute), then the garlic. Add the zucchini once the onion has softened. Once the zucchini is soft, stir in the basil and sun-dried tomatoes.
2. Sprinkle the balsamic vinegar over the vegetables, add a portion of cooked quinoa (or millet) and toss everything together.

NUTRITION FACTS

Per serving

Calories 422

% Daily Value*

Total	Fat	8g	12%
Saturated	Fat	1g	5%
Polyunsaturated	Fat	2g	
Monounsaturated	Fat	3g	
Sodium		81mg	3%
Potassium		1085mg	31%
Total	Carbohydrates	77g	26%
Dietary	Fiber	9g	36%
Sugars		9g	
Protein		14g	28%
Vitamin	A		7%
Vitamin	C		45%
Calcium			10%
Iron			48%



Banana Nut Smoothie

Prep Time: 5 min. Makes: 1 serving.

INGREDIENTS

- 1 banana
- 1 Tbsp almond butter or another nut/ seed butter
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg
- 1-2 Tbsp dates or maple syrup
- 1 cup non-dairy milk

DIRECTIONS

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

NUTRITION FACTS

Per serving

Calories 286

% Daily Value*

Total	Fat	12g	18%
Saturated	Fat	1g	5%
Polyunsaturated	Fat	2g	
Monounsaturated	Fat	8g	
Sodium		234mg	10%
Potassium		637mg	18%
Total	Carbohydrates	45g	15%
Dietary	Fiber	7g	28%
Sugars			31g
Protein		5g	10%
VitaminA			12%
VitaminC			15%
Calcium			50%
Iron			9%



Stir-Fried Veggies

Prep Time: 15 minutes. Cook Time: 15 min. Makes: 2 servings.

The key to a good stir fry is to get the pan really hot before you put any of the veggies in to cook. This way, they sear on the outside but don't cook through the middle. The water at the end is to lightly steam them to finish off the cooking.

INGREDIENTS

- 1 onion chopped
- 1 tsp toasted sesame oil
- 1 cup bell pepper chopped
- 1 cup snap peas stemmed and halved
- 1 cup peas fresh or frozen-thawed
- 1 cup spinach

DIRECTIONS

1. Cut up the veggies before you start, because they'll cook quickly and need your full attention.
2. Heat a wok or large frying pan to high heat, then add the oil and veggies and a pinch of salt.
3. Keep them moving around the pan constantly so that they don't burn.
4. When they've softened on the outside, add a tablespoon or so of water and keep stirring. This should sizzle and steam, which is what finishes the vegetables cooking.
5. Turn off the heat, and serve immediately.

NUTRITION FACTS

Per serving
Calories 150

% Daily Value*

Total	Fat	3g	5%
Saturated	Fat	0.5g	3%
Polyunsaturated	Fat	0.3g	
Monounsaturated	Fat	0.05g	
Sodium		97mg	4%
Potassium		463mg	13%
Total	Carbohydrates	26g	9%
Dietary	Fiber	7g	28%
Sugars			12g
Protein		7g	14%
Vitamin	A		115%
Vitamin	C		314%
Calcium			8%
Iron			31%



Peanut Sesame Sauce

Prep Time: 10 min. Makes: 6 servings.

INGREDIENTS

6 Tbsp peanut butter or sunflower seed butter
4 Tbsp apple cider vinegar
1/4 cup water start with 2 Tablespoons, and add until you get the consistency you want
1 clove fresh garlic pressed
1 tsp fresh ginger grated (optional)
2 Tbsp tamari
1/2 Tbsp toasted sesame oil
1 Tbsp maple syrup optional
pinch cayenne pepper or red pepper flakes, optional

DIRECTIONS

1. Whisk or puree everything together until smooth. Keep extra sauce in the fridge.

NUTRITION FACTS

Amount Per Serving

Calories 123

% Daily Value*

Total	Fat	9g	14%
Saturated	Fat	2g	10%
Polyunsaturated Fat 3g			
Monounsaturated Fat 4g			
Sodium	337mg	14%	
Potassium	18mg	1%	
Total	Carbohydrates	6g	2%
Dietary	Fiber	1g	4%
Sugars 3g			
Protein	4g	8%	
Vitamin	C	0.3%	
Calcium		0.2%	
Iron		3%	
Iron		22%	

Hints & Tricks

This is perfect served thick as a dipping sauce or thinned slightly as a salad or stir fry dressing.



Choc-Banana Quinoa

Prep Time: 10 min. Makes: 1 serving.

INGREDIENTS

1/2 cup cooked quinoa
1 Tbsp nut/seed butter
1 Tbsp flaxseed ground
1 cup banana
2 Tbsp cocoa powder
1 Tbsp maple syrup
1/4 cup water
1/4 cup puffed rice

DIRECTIONS

Puree all the ingredients except the quinoa and puffed cereal, and then pour the chocolate mixture over the quinoa in a bowl, and top with the puffed cereal.

NUTRITION FACTS

Per serving

Calories 466

% Daily Value*

Total	Fat	14g	22%
Saturated	Fat	2g	10%
Polyunsaturated	Fat	1g	
Monounsaturated	Fat	1g	
Sodium	26mg	1%	
Potassium	598mg	17%	
Total	Carbohydrates	82g	27%
Dietary	Fiber	14g	56%
Sugars		35g	
Protein	13g	26%	
Vitamin	A	2%	
Vitamin	C	15%	
Calcium		9%	
Iron		28%	



Baked Veggie Burritos

Prep Time: 10 min. Cook Time: 20 min. Makes: 4 servings.

INGREDIENTS

2 cup mushrooms sliced
1/2 onion chopped
1/2 bell pepper chopped
1 cup corn
1 cup peas
2 cup tomatoes diced
1 cup spinach chopped
1 1/2 cup blackeyed peas (1 14oz can)
1/4 cup salsa
4 whole grain wrap

DIRECTIONS

1. Preheat the oven to 375 degrees F.
2. Saute the vegetables in a small amount of olive oil or water, until soft, adding the spinach last to just barely wilt.
3. Toss the cooked vegetables with the salsa, and put a scoop of vegetables down the center of each wrap. Fold in the ends, roll them up, and place them in a baking dish (a brownie dish works well).
4. Spread a spoonful of salsa on top of each burrito, then put in the oven to bake for about 20 minutes, or until heated through but before the top dries out too much.

NUTRITION FACTS

Per serving
Calories 333

% Daily Value			
Total	Fat	4g	6%
Saturated	Fat	1g	5%
Polyunsaturated	Fat	1g	
Monounsaturated	Fat	0.2g	
Sodium		834mg	35%
Potassium		1126mg	32%
Total Carbohydrates		65g	22%
Dietary	Fiber	16g	64%
Sugars		11g	
Protein		17g	34%
Vitamin	A		70%
Vitamin	C		165%
Calcium			11%
Iron			27%

Hints & Tricks

Set extra burritos aside to take for lunch, with a side salad.



Mushroom Marinara Pasta

Prep Time: 30 min. Makes: 2 servings.

One of my favorite dishes to make when I want something quick and comforting is tomato sauce. It's fun to add lots of veggies to it, making it more filling and more nutrient-dense. Adding a tablespoon or two of red wine after sauteeing the veggies adds a rich flavor.

INGREDIENTS

4 oz whole grain pasta dry measure
1 cup onion chopped
1 tsp olive oil or 1 Tbsp veg broth
1 clove fresh garlic pressed or minced
1 cup carrots chopped small
1 cup mushrooms sliced
1 28 oz can diced tomatoes
2 tsp dried basil
1 tsp dried oregano
1/4 tsp sea salt

DIRECTIONS

1. Bring a pot of water to a boil, then add the pasta and leave to boil until cooked to your liking.
2. In a large pot, heated to medium, saute the mushrooms in oil, broth or water. Let them cook until they are soft and have released their juice. Then add the rest of the veggies (except the tomatoes) and saute them until they're lightly softened.
3. Stir in the tomatoes, along with the herbs, salt, and pepper. Leave this to simmer for at least 15 minutes, though longer is better for flavor.

NUTRITION FACTS

Per serving
Calories 350

% Daily Value			
Total	Fat	4g	6%
Saturated	Fat	0.4g	2%
Polyunsaturated	Fat	1g	
Monounsaturated	Fat	2g	
Sodium		741mg	31%
Potassium		531mg	15%
Total	Carbohydrates	68g	23%
Dietary	Fiber	12g	48%
Sugars			17g
Protein		13g	26%
Vitamin	A		237%
Vitamin	C		27%
Calcium			10%
Iron			15%



Greek Salad

Prep Time: 15 minutes. Makes: 2 servings.

INGREDIENTS

1/2 cucumber chopped
1 tomato chopped
1 bell pepper chopped
1/2 cup fresh parsley minced
1/4 cup onion chopped
3 Tbsp black olives pitted and chopped
1/4 lemon
1 tsp olive oil or 1 Tbsp tahini
pinch sea salt

DIRECTIONS

1. Toss all of the veggies together.
2. Whisk together (or puree in a small blender) the olive oil or tahini and lemon juice until smooth. Add some pressed fresh garlic to the dressing if you want. Toss with the salad.

NUTRITION FACTS

Per serving

Calories 107

% Daily Value*

Total	Fat	5g	8%
Saturated	Fat	1g	5%
Polyunsaturated	Fat	1g	
Monounsaturated	Fat	3g	
Sodium		206mg	9%
Potassium		633mg	18%
Total	Carbohydrates	16g	5%
Dietary	Fiber	5g	20%
Sugars			8g
Protein		3g	6%
Vitamin	A		96%
Vitamin	C		312%
Calcium			9%
Iron			15%



Grilled ALT

Prep Time: 10 min. Makes: 1 serving.

INGREDIENTS

2 slices whole grain bread
1/4 avocado sliced
1/2 cup lettuce
1/2 tomato sliced
1 tsp olive oil optional
pinch sea salt
pinch black pepper

DIRECTIONS

Either toast the bread and then brush with olive oil, or brush the bread with olive oil and put in a toaster oven. Otherwise, you can reheat them in a pan with an extra drizzle of oil or have them cold.

Arrange the vegetables on the toast, sprinkle with sea salt, and slice in half.

NUTRITION FACTS

Per serving

Calories 323

% Daily Value*

Total	Fat	15g	23%
Saturated	Fat	2g	10%
Polyunsaturated Fat 3g			
Monounsaturated Fat 7g			
Sodium		370mg	15%
Potassium		675mg	19%
Total	Carbohydrates	46g	15%
Dietary	Fiber	14g	56%
Sugars 11g			
Protein		12g	24%
Vitamin	A		19%
Vitamin	C		46%
Calcium			6%
Iron			15%



Grilled Portobellos

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

INGREDIENTS

1 portobello mushroom
sprinkle sea salt
drizzle olive oil

DIRECTIONS

1. Take the stem out of the mushroom caps, and brush off any dirt or wash and then dry them.
2. Spray the caps with olive oil or put some oil in your hand and rub it on. Rub the oil onto the top and bottom of each mushroom, then sprinkle them with a bit of salt on top and bottom. Add any other seasonings you like! Try some paprika, cajun seasoning, celery salt, whatever your taste buds desire.
3. Put the mushrooms in an oven at 350F or on a BBQ on medium for about for 30-45 minutes. The larger the mushroom, the longer they will take. Wait until they're nice and soft, and wrinkling around the edge. If you keep them bottom up, all of the delicious roasting juice will pool in the cap.

NUTRITION FACTS			
Amount Per Serving			
Calories 55			
		% Daily Value*	
Total	Fat	4g	6%
Saturated	Fat	1g	5%
Polyunsaturated Fat 0.4g			
Monounsaturated Fat 3g			
Sodium		15mg	1%
Potassium		300mg	9%
Total	Carbohydrates	3g	1%
Dietary	Fiber	1g	4%
Protein 3g 6%			
Vitamin	C		2%
Iron			2%



Creamy Potato Salad

Prep Time: 20 min. Cook Time: 15-20 min. Makes: 8 servings.

This is classic potato salad made vegan, with a rich and creamy cashew mayo, to have for your summer picnics and BBQs. Adding chickpeas boosts the protein content, and celery adds crunch. Feel free to add your own family favorites for a potato salad everyone will love.

CASHEW MAYO INGREDIENTS

1 cup cashews
1/2 lemon, juice
1 tsp apple cider vinegar
1 clove fresh garlic pressed, or 1 tsp garlic powder
1/4 tsp sea salt to taste
1 tsp dijon mustard optional

SALAD INGREDIENTS

12 potatoes scrubbed
2 cup celery chopped
1 1/2 cups chickpeas cooked or canned
4 Tbsp green onion, chopped

DIRECTIONS

1. Start by cooking the potatoes. Put them in a pot with water and a pinch of salt, bring to a boil and cook for 15-20 minutes, or until they are soft. Drain them and put them in a bowl to cool.
2. Make the mayo by pureeing the ingredients in a blender or food processor, with enough water to keep it moving. Start with 1/4 cup, and use more if necessary.
3. Once the potatoes are cooled off, cut them into bite-size cubes and put them in a large bowl.
4. Add the celery and chickpeas together in a large bowl, then scoop the mayo over them and toss.

NUTRITION FACTS

Amount Per Serving
Calories 390

% Daily Value*

Total	Fat	14g	22%
Saturated	Fat	2g	10%
Polyunsaturated Fat 3g			
Monounsaturated Fat 7g			
Sodium		595mg	25%
Potassium		1123mg	32%
Total	Carbohydrates	59g	20%
Dietary	Fiber	8g	32%
Sugars 6g			
Protein		12g	24%
Vitamin	A		2%
Vitamin	C		50%
Calcium			5%
Iron			18%

Hints & Tricks

If you're not using a high-powered blender, you will want to soak the cashews in water for 1-2 hours before making the mayo.



Rasp-Banana Ice Cream

Prep Time: 5 min. Makes: 1 serving.

INGREDIENTS

1 cup banana frozen
1/2 cup raspberries frozen
1/2 cup alfalfa sprouts optional

DIRECTIONS

To make this into ice cream, start with everything frozen. Put in a food processor and puree until smooth and creamy, adding a couple tablespoons of water or almond milk as necessary.

NUTRITION FACTS

Per serving

Calories 141

% Daily Value*

Total	Fat	1g	2%
Saturated	Fat	0.01g	0%
Polyunsaturated	Fat	0.1g	
Monounsaturated	Fat	0.01g	
Sodium	3mg	0%	
Potassium	393mg	11%	
Total	Carbohydrates	36g	12%
Dietary	Fiber	8g	32%
Sugars		23g	
Protein	2g	4%	
Vitamin	A	3%	
Vitamin	C	42%	
Calcium		3%	
Iron		5%	

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.

A handwritten signature in black ink that reads "Heather". The script is cursive and fluid.

Heather Nicholds, C.H.N.

heather@heathernicholds.com