

# january jump start



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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.



# Blue Banana Smoothie

Prep Time: 5 min. Makes: 1 serving.

## INGREDIENTS

- 1 cup blueberries
- 1 banana
- 2 Tbsp flaxseed, ground, or chia seeds
- 1 Tbsp nut/seed butter
- 1 Tbsp dates (optional)
- 1/2 cup greens (spinach, lettuce, sprouts, etc)
- 1/2 cup almond 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 548

% Daily Value\*

|       |               |     |
|-------|---------------|-----|
| 27g   | Total Fat     | 41% |
| 3g    | Saturated Fat | 13% |
| 0mg   | Cholesterol   | 0%  |
| 85mg  | Sodium        | 4%  |
| 78g   | Carbohydrates | 26% |
| 15g   | Dietary Fiber | 60% |
| 47g   | Sugar         |     |
| 11g   | Protein       | 17% |
| 526IU | Vitamin A     | 11% |
| 36mg  | Vitamin C     | 60% |
| 323mg | Calcium       | 32% |
| 3mg   | Iron          | 23% |

## Hints & Tricks

This one is fantastic as ice cream, just leave the flax seeds if you want to try that.



# Chai Chia Smoothie

Prep Time: 5 min. Makes: 1 serving.

Chai spices can aid digestion, improve blood sugar balance, and boost metabolism. Chia seeds are a fantastic source of omega-3 fatty acids, as well as calcium, phosphorus, and manganese. Whip this up as a nourishing alternative to a coffee shop chai latte.

## INGREDIENTS

- 1 banana
- 1/2 cup greens (spinach, lettuce, sprouts, etc), optional
- 1 Tbsp chia seeds (or ground flaxseed)
- 1/2 Tbsp fresh ginger, or 1/2 tsp ground
- 1/2 tsp cinnamon
- 1/2 tsp cardamom

## DIRECTIONS

Put all the ingredients in a blender and puree until smooth.

### NUTRITION FACTS

Per serving  
Calories 179

|       |               | % Daily Value* |
|-------|---------------|----------------|
| 4g    | Total Fat     | 6%             |
| 1g    | Saturated Fat | 3%             |
| 0mg   | Cholesterol   | 0%             |
| 6mg   | Sodium        | 0%             |
| 38g   | Carbohydrates | 13%            |
| 7g    | Dietary Fiber | 27%            |
| 19g   | Sugar         |                |
| 4g    | Protein       | 6%             |
| 173IU | Vitamin A     | 4%             |
| 21mg  | Vitamin C     | 35%            |
| 51mg  | Calcium       | 5%             |
| 1mg   | Iron          | 10%            |



# 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%  |



# Emerald Green Smoothie

Prep Time: 5 min. Makes: 1 serving.

## INGREDIENTS

- 1/2 avocado
- 1/2 cup kiwi or pineapple
- 1/2 cup grapes
- 1 tsp greens powder (optional)
- 1/2 cup almond 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 242

% Daily Value\*

|       |               |      |
|-------|---------------|------|
| 13g   | Total Fat     | 20%  |
| 2g    | Saturated Fat | 9%   |
| 0mg   | Cholesterol   | 0%   |
| 108mg | Sodium        | 5%   |
| 37g   | Carbohydrates | 12%  |
| 9g    | Dietary Fiber | 35%  |
| 19g   | Sugar         |      |
| 5g    | Protein       | 7%   |
| 496IU | Vitamin A     | 11%  |
| 92mg  | Vitamin C     | 153% |
| 273mg | Calcium       | 27%  |
| 2mg   | Iron          | 13%  |



# Blueberry Ginger Smoothie

Prep Time: 5 min. Makes: 1 serving.

## INGREDIENTS

- 1 cup blueberries
- 1 banana
- 1/4 cup rolled oats
- 1 Tbsp fresh ginger (optional)
- 1 cup greens (spinach, lettuce, sprouts, etc), optional
- 1 Tbsp flaxseed, ground, or chia seeds (optional)
- 1/2 cup non-dairy milk (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 326       |       |     |
| % Daily Value*     |       |     |
| TotalFat           | 5g    | 8%  |
| SaturatedFat       | 0.3g  | 2%  |
| PolyunsaturatedFat | 2g    |     |
| MonounsaturatedFat | 1g    |     |
| Sodium             | 109mg | 5%  |
| Potassium          | 701mg | 20% |
| TotalCarbohydrates | 68g   | 23% |
| DietaryFiber       | 13g   | 52% |
| Sugars             |       | 36g |
| Protein            | 8g    | 16% |
| VitaminA           |       | 65% |
| VitaminC           |       | 53% |
| Calcium            |       | 29% |
| Iron               |       | 24% |





# Berry Melon Smoothie

Prep Time: 5 min. Makes: 1 serving.

## INGREDIENTS

- 1/2 cup strawberries
- 1 cup cantaloupe
- 1 banana
- 2 Tbsp fresh basil (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 212

% Daily Value\*

|        |               |      |
|--------|---------------|------|
| 1g     | Total Fat     | 2%   |
| 0g     | Saturated Fat | 2%   |
| 0mg    | Cholesterol   | 0%   |
| 32mg   | Sodium        | 1%   |
| 54g    | Carbohydrates | 18%  |
| 7g     | Dietary Fiber | 28%  |
| 34g    | Sugar         |      |
| 4g     | Protein       | 6%   |
| 6417IU | Vitamin A     | 140% |
| 130mg  | Vitamin C     | 217% |
| 49mg   | Calcium       | 5%   |
| 2mg    | Iron          | 11%  |

# Mango Pear Smoothie

Prep Time: 5 min. Makes: 1 serving.

You can also eat this as is, or baked, rather than making into a smoothie.

## INGREDIENTS

1 banana  
1/2 cup mango  
1 pear  
1/8 tsp cardamom (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 269

|       |               | % Daily Value* |
|-------|---------------|----------------|
| 1g    | Total Fat     | 1%             |
| 0g    | Saturated Fat | 1%             |
| 0mg   | Cholesterol   | 0%             |
| 5mg   | Sodium        | 0%             |
| 70g   | Carbohydrates | 23%            |
| 10g   | Dietary Fiber | 39%            |
| 44g   | Sugar         |                |
| 3g    | Protein       | 4%             |
| 807IU | Vitamin A     | 18%            |
| 48mg  | Vitamin C     | 81%            |
| 33mg  | Calcium       | 3%             |
| 1mg   | Iron          | 7%             |

## Hints & Tricks

If you don't like the consistency of pear in a smoothie, try this one with melon instead.



# Mango Ginger Smoothie

Prep Time: 5 min. Makes: 1 serving.

## INGREDIENTS

- 1 banana
- 1/2 cup mango
- 1/2 cup carrots (optional)
- 2 tsp fresh ginger (optional)

## DIRECTIONS

Puree everything in a blender until smooth, adding water as you want or need.

## NUTRITION FACTS

Per serving  
Calories 217

|         |               | % Daily Value* |
|---------|---------------|----------------|
| 1g      | Total Fat     | 1%             |
| 0g      | Saturated Fat | 1%             |
| 0mg     | Cholesterol   | 0%             |
| 49mg    | Sodium        | 2%             |
| 55g     | Carbohydrates | 18%            |
| 7g      | Dietary Fiber | 29%            |
| 34g     | Sugar         |                |
| 3g      | Protein       | 4%             |
| 11467IU | Vitamin A     | 249%           |
| 46mg    | Vitamin C     | 77%            |
| 41mg    | Calcium       | 4%             |
| 1mg     | Iron          | 6%             |

## Hints & Tricks

Carrots may be a bit chunky if your blender isn't a high-powered one. Feel free to leave them out or have them on the side instead.

# Spiced Melon Smoothie

Prep Time: 5 min. Makes: 1 serving.



## INGREDIENTS

2 cups cantaloupe  
2 Tbsp dates  
1/4 tsp cinnamon (optional)  
1/8 tsp cardamom (optional)  
1/2 cup almond milk  
1 Tbsp nut/seed butter

## DIRECTIONS

1. Puree everything in a blender until smooth. This also makes a wonderful fruit salad if you prefer.

## NUTRITION FACTS

Per serving  
Calories 215

|         |               | % Daily Value* |
|---------|---------------|----------------|
| 2g      | Total Fat     | 3%             |
| 0g      | Saturated Fat | 1%             |
| 0mg     | Cholesterol   | 0%             |
| 132mg   | Sodium        | 6%             |
| 53g     | Carbohydrates | 18%            |
| 6g      | Dietary Fiber | 22%            |
| 47g     | Sugar         |                |
| 4g      | Protein       | 6%             |
| 12268IU | Vitamin A     | 267%           |
| 130mg   | Vitamin C     | 217%           |
| 282mg   | Calcium       | 28%            |
| 2mg     | Iron          | 11%            |

## Hints & Tricks

Because of the spices in this smoothie, it needs some fat to temper them. Almond or cashew butter are perfect, or if you them this is lovely with hemp seeds or walnuts.



# Berry Blitz Smoothie

Prep Time: 5 min. Makes: 1 serving.

## INGREDIENTS

- 1/2 cup raspberries
- 1/2 cup blueberries
- 1/2 cup strawberries
- 1 banana
- 1/2 cup greens (spinach, lettuce, sprouts, etc), optional
- 1 tsp fresh ginger (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 236

|       |               | % Daily Value* |
|-------|---------------|----------------|
| 2g    | Total Fat     | 2%             |
| 0g    | Saturated Fat | 1%             |
| 0mg   | Cholesterol   | 0%             |
| 5mg   | Sodium        | 0%             |
| 59g   | Carbohydrates | 20%            |
| 12g   | Dietary Fiber | 46%            |
| 32g   | Sugar         |                |
| 4g    | Protein       | 6%             |
| 239IU | Vitamin A     | 5%             |
| 89mg  | Vitamin C     | 148%           |
| 49mg  | Calcium       | 5%             |
| 2mg   | Iron          | 12%            |

## Hints & Tricks

This is also fantastic as ice cream. Just put the ingredients except the almond milk in a food processor, rather than a blender, and process until it becomes smooth and creamy. It may look a bit chunky at first, but it will eventually churn into a smooth ice cream! Add just a bit of water or almond milk to make it creamy.



# Warm Quinoa Bowl

Prep Time: 5 min. Cook Time: 10-15 min. Makes: 1 serving.

This is a nice quick meal to put together when you have the quinoa already cooked. Feel free to swap in other veggies if you prefer, or want to make this raw. Snow peas would be a great sub for frozen peas if you want.

## INGREDIENTS

3/4 cup cooked quinoa  
3/4 cup peas  
1/2 cup carrots  
1/2 cup green beans  
1/2 cup spinach  
1 serving Balsamic Tahini Dressing

## DIRECTIONS

1. Steam or water saute the vegetables until soft. Or have them raw if you prefer.
2. Serve them over a portion of the quinoa & drizzle with dressing.

## NUTRITION FACTS

Per serving  
Calories 342

|                    |       | % Daily Value* |
|--------------------|-------|----------------|
| TotalFat           | 4g    | 6%             |
| SaturatedFat       | 0.1g  | 1%             |
| PolyunsaturatedFat | 0.4g  |                |
| MonounsaturatedFat | 0.1g  |                |
| Sodium             | 194mg | 8%             |
| Potassium          | 606mg | 17%            |
| TotalCarbohydrates | 62g   | 21%            |
| DietaryFiber       | 13g   | 52%            |
| Sugars             |       | 13g            |
| Protein            | 15g   | 30%            |
| VitaminA           |       | 335%           |
| VitaminC           |       | 283%           |
| Calcium            |       | 10%            |
| Iron               |       | 29%            |

## Hints & Tricks

Try with other dressings if you like. This is nice with a sesame-miso dressing.



# Quinoa Beet Salad

Prep Time: 20 min. Makes: 1 serving.

This is a perfect opportunity to make extra beets, to have on hand for other meals during the week. Beets are particularly cleansing because of compounds called betalains, which support your liver's detoxification functions.

## INGREDIENTS

- 1 cup arugula (or spinach)
- 3/4 cup cooked quinoa
- 1/2 avocado
- 1 large beet
- 2 Tbsp Balsamic Tahini Dressing

## DIRECTIONS

1. Steam or boil the beets first, then you can assemble the rest while they cook. You can cook them whole, and remove the skin after, or peel them and chop them to cook faster.
2. Assemble everything on a plate and drizzle with dressing.

### NUTRITION FACTS

Per serving  
Calories 398

|                    |       | % Daily Value* |
|--------------------|-------|----------------|
| TotalFat           | 14g   | 22%            |
| SaturatedFat       | 2g    | 10%            |
| PolyunsaturatedFat | 1g    |                |
| MonounsaturatedFat | 7g    |                |
| Sodium             | 126mg | 5%             |
| Potassium          | 806mg | 23%            |
| TotalCarbohydrates | 57g   | 19%            |
| DietaryFiber       | 14g   | 56%            |
| Sugars             | 12g   |                |
| Protein            | 12g   | 24%            |
| VitaminA           |       | 90%            |
| VitaminC           |       | 28%            |
| Calcium            |       | 7%             |
| Iron               |       | 26%            |

### Hints & Tricks

Top this off with some toasted pumpkin seeds or chopped almonds if you want.



# Avo-Aduki Salad

Prep Time: 15 min. Makes: 1 serving.

Aduki beans are used in Asia as a cleansing food. They're small and easy to cook, so they don't usually cause digestion issues or gas.

## INGREDIENTS

- 1/2 cup aduki beans, cooked
- 1/2 avocado
- juice of 1/2 lime
- 1/2 cup cucumber, chopped
- 1/2 cup snap peas (or green beans), chopped
- 1/2 cup greens (spinach, lettuce, sprouts, etc)
- 2 Tbsp Pumpkin Seed Sprinkle

## DIRECTIONS

Mash the beans, avocado and lime juice together. If you're taking this to go, put that on the bottom, top with the veggies and then the pumpkin seed topping and greens. If you're assembling when you eat, you can reverse the order if you like - bed of greens topped with veggies and then bean-avocado mixture, sprinkled with the pumpkin seed topping.

## NUTRITION FACTS

Per serving  
Calories 496

% Daily Value\*

|       |               |     |
|-------|---------------|-----|
| 25g   | Total Fat     | 38% |
| 4g    | Saturated Fat | 20% |
| 0mg   | Cholesterol   | 0%  |
| 26mg  | Sodium        | 1%  |
| 53g   | Carbohydrates | 18% |
| 20g   | Dietary Fiber | 80% |
| 4g    | Sugar         |     |
| 25g   | Protein       | 38% |
| 419IU | Vitamin A     | 9%  |
| 22mg  | Vitamin C     | 37% |
| 78mg  | Calcium       | 8%  |
| 7mg   | Iron          | 53% |

## Hints & Tricks

If you don't like alfalfa sprouts, swap them for lettuce or spinach or some other green.





# Avo-Dressed Beet Salad

Prep Time: 10 min. Makes: 1 serving.

Make yourself a super creamy dressing, that's also super cleansing, and toss it with some fresh raw vegetables for a refreshing lunch. Beets are particularly cleansing because of compounds called betalains, which support your liver's detoxification functions.

## INGREDIENTS

1/2 avocado  
juice of 1/4 lime  
1 Tbsp green onion, chopped  
1-2 beets, peeled and grated  
1/2 cup kale, chopped  
1/2 cup snap peas, chopped  
2 Tbsp Pumpkin Seed Sprinkle

## DIRECTIONS

1. Peel and grate the beets, and toss with a pinch of sea salt. then set aside so that they soften slightly.
2. Mash or puree the avocado with the lime juice and green onions, adding water to get a thick dressing consistency.
3. Chop the kale, sprinkle with a pinch of sea salt, and massage with your hands to soften.
4. Toss all the vegetables with the dressing, and top with pumpkin seed sprinkle.

## NUTRITION FACTS

Per serving  
Calories 383

% Daily Value\*

|        |               |      |
|--------|---------------|------|
| 27g    | Total Fat     | 42%  |
| 4g     | Saturated Fat | 22%  |
| 0mg    | Cholesterol   | 0%   |
| 19mg   | Sodium        | 1%   |
| 26g    | Carbohydrates | 9%   |
| 12g    | Dietary Fiber | 48%  |
| 6g     | Sugar         |      |
| 17g    | Protein       | 26%  |
| 2924IU | Vitamin A     | 64%  |
| 113mg  | Vitamin C     | 189% |
| 43mg   | Calcium       | 4%   |
| 6mg    | Iron          | 44%  |

## Hints & Tricks

Swap in or add any veggies you like. If you don't want to have beets, carrots make a perfect swap.



# Steamed Veggie Bowl

Prep Time: 10 min. Cook Time: 20 min. Makes: 1 serving.

## INGREDIENTS

- 1 cup butternut squash
- 1 cup peas
- 1 cup kale
- 1 cup broccoli
- 1/2 sheet nori
- 2 Tbsp sunflower seeds
- 2 Tbsp Ginger-Tahini Dressing

## DIRECTIONS

1. Chop the veggies and put in a steaming basket, or in a pot with a small amount of water. Start with the squash for 15-20 min, then add the kale and broccoli for a few minutes at the end. Set aside 1 cup of squash for tomorrow.
2. Cut the nori with scissors.
3. Once cooked, transfer the veg to a bowl, top with nori and dressing.

## NUTRITION FACTS

Per serving  
Calories 420

|                    |        | % Daily Value |
|--------------------|--------|---------------|
| TotalFat           | 17g    | 26%           |
| SaturatedFat       | 2g     | 10%           |
| PolyunsaturatedFat | 10g    |               |
| MonounsaturatedFat | 3g     |               |
| Sodium             | 232mg  | 10%           |
| Potassium          | 1294mg | 37%           |
| TotalCarbohydrates | 56g    | 19%           |
| DietaryFiber       | 16g    | 64%           |
| Sugars             | 12g    |               |
| Protein            | 20g    | 40%           |
| VitaminA           | 588%   |               |
| VitaminC           | 364%   |               |
| Calcium            | 26%    |               |
| Iron               | 36%    |               |

## Hints & Tricks

Make extra squash to set aside and be ready for quick meals another day.



# 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.

# Chickpea Salad

Prep Time: 10 min. Cook Time: 20 min. Makes: 1 serving.

## INGREDIENTS

1/2 cup lettuce  
3/4 cup chickpeas, cooked  
1/2 cup cucumber  
1/2 cup green beans or snap peas  
2 Tbsp Ginger-Mint-Tahini Dressing

## DIRECTIONS

Chop the veggies and assemble. If you're taking this to go, take the lettuce on the side and toss the veggies with dressing to lay on top when you have lunch.



## NUTRITION FACTS

Per serving  
Calories 286

% Daily Value\*

|        |               |      |
|--------|---------------|------|
| 8g     | Total Fat     | 12%  |
| 1g     | Saturated Fat | 4%   |
| 0mg    | Cholesterol   | 0%   |
| 24mg   | Sodium        | 1%   |
| 44g    | Carbohydrates | 15%  |
| 13g    | Dietary Fiber | 50%  |
| 10g    | Sugar         |      |
| 13g    | Protein       | 21%  |
| 3884IU | Vitamin A     | 84%  |
| 130mg  | Vitamin C     | 216% |
| 126mg  | Calcium       | 13%  |
| 5mg    | Iron          | 38%  |

## Hints & Tricks

Swap in whatever veg you feel like, this is a great fridge-raid kind of salad.



# Curried Squash Soup

Prep Time: 20 min. Cook Time: 30 min. Makes: 2 servings.

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

- 1 onion
- 1 clove fresh garlic
- 1 Tbsp fresh ginger
- 1 Tbsp curry powder
- 1 tsp cardamom (optional)
- 1 tsp paprika
- 2 cups butternut squash
- 1 cup zucchini
- 1/2 cup red lentils, dry
- 2 cups water
- 1/2 cup vegetable broth
- 1 Tbsp tahini
- 2 Tbsp fresh mint
- juice of 1/4 lime
- 1/4 tsp sea salt

## DIRECTIONS

1. Heat a large soup pot to medium-high, and saute the onion, garlic and ginger in a tablespoon of vegetable broth. Then add the spices, squash and zucchini and let them cook lightly.
2. Add the lentils and water, put a lid on, and bring to a boil. Once it's boiling, turn the heat down to low, and let it simmer for about 30 min or until soft.
3. Then add the rest of the ingredients and puree the soup. Taste and add more salt if you need it.

## NUTRITION FACTS

|                    |        |                |
|--------------------|--------|----------------|
| Per serving        |        |                |
| Calories 317       |        |                |
|                    |        | % Daily Value* |
| TotalFat           | 7g     | 11%            |
| SaturatedFat       | 1g     | 5%             |
| PolyunsaturatedFat | 0.4g   |                |
| MonounsaturatedFat | 0.2g   |                |
| Sodium             | 450mg  | 19%            |
| Potassium          | 1095mg | 31%            |
| TotalCarbohydrates | 55g    | 18%            |
| DietaryFiber       | 13g    | 52%            |
| Sugars             | 10g    |                |
| Protein            | 16g    | 32%            |
| VitaminA           |        | 316%           |
| VitaminC           |        | 87%            |
| Calcium            |        | 14%            |
| Iron               |        | 31%            |

## Hints & Tricks

To boost the anti-inflammatory power of this soup, add an extra half or full teaspoon of turmeric with the curry powder.



# Simple Lime Broccoli Avocado Salad

Prep Time: 15 min. Makes: 1 serving.

## INGREDIENTS

1/2 cup lettuce  
1/2 cup broccoli  
1 Tbsp dried cranberries  
1/4 avocado  
1/4 lime

## DIRECTIONS

1. Tear the lettuce and put on a plate, top with the other veggies and squeeze the lime to drizzle with juice.

### NUTRITION FACTS

Per serving

Calories 129

% Daily Value\*

|                 |               |       |     |
|-----------------|---------------|-------|-----|
| Total           | Fat           | 6g    | 9%  |
| Saturated       | Fat           | 1g    | 5%  |
| Polyunsaturated | Fat           | 1g    |     |
| Monounsaturated | Fat           | 4g    |     |
| Sodium          |               | 21mg  | 1%  |
| Potassium       |               | 387mg | 11% |
| Total           | Carbohydrates | 21g   | 7%  |
| Dietary         | Fiber         | 5g    | 20% |
| Sugars          |               |       | 11g |
| Protein         |               | 2g    | 4%  |
| VitaminA        |               |       | 10% |
| VitaminC        |               |       | 83% |
| Calcium         |               |       | 3%  |
| Iron            |               |       | 4%  |



# Sweet Potato Soup

Prep Time: 10 min. Cook Time: 40 min. Makes: 2 servings.

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

## INGREDIENTS

- 1 small sweet potato
- 1 small onion
- 1/2 zucchini
- 1 clove fresh garlic
- 1 tsp cumin
- 1 tsp paprika
- 1 Tbsp nutritional yeast
- 2 Tbsp Pumpkin Seed Sprinkle

## DIRECTIONS

Bake or steam the sweet potato, onion and zucchini until they're soft. Remove from the heat, and add the seasonings. Puree with a food processor, blender or hand blender.

## NUTRITION FACTS

Per serving  
Calories 299

|         |               | % Daily Value* |
|---------|---------------|----------------|
| 14g     | Total Fat     | 21%            |
| 2g      | Saturated Fat | 12%            |
| 0mg     | Cholesterol   | 0%             |
| 59mg    | Sodium        | 2%             |
| 34g     | Carbohydrates | 11%            |
| 9g      | Dietary Fiber | 35%            |
| 8g      | Sugar         |                |
| 15g     | Protein       | 23%            |
| 10592IU | Vitamin A     | 230%           |
| 26mg    | Vitamin C     | 43%            |
| 64mg    | Calcium       | 6%             |
| 5mg     | Iron          | 38%            |

## Hints & Tricks

For tonight's dinner, sprinkle your bowl with the 2 Tbsp of pumpkin seed topping. Put the other bowl in a container for lunch tomorrow.



# Carrot Ginger Soup

Prep Time: 10 min. Cook Time: 30 min. Makes: 3 servings.

## INGREDIENTS

- 1 onion chopped
- 1 tbsp fresh ginger minced
- 1 tsp olive oil or 1 Tbsp vegetable broth or water
- 2 carrots chopped, about 2 cups
- 1 1/2 cup cannellini beans cooked or canned
- 1 cup vegetable broth or water and a bit extra salt
- 1 1/2 cup water
- 1/4 tsp sea salt more or less to your tastes

## DIRECTIONS

1. Sauté the onion and ginger in olive oil, then add the carrots to soften.
2. Add the beans, vegetable broth, water & salt and let simmer for 20-30 min, then puree.
3. Save the leftovers in an air-tight container in the fridge or freezer.

## NUTRITION FACTS

Amount Per Serving  
Calories 201

|                 |               | % Daily Value* |      |
|-----------------|---------------|----------------|------|
| Total           | Fat           | 2g             | 3%   |
| Saturated       | Fat           | 0.3g           | 2%   |
| Polyunsaturated | Fat           | 0.3g           |      |
| Monounsaturated | Fat           | 1g             |      |
| Sodium          |               | 633mg          | 26%  |
| Potassium       |               | 370mg          | 11%  |
| Total           | Carbohydrates | 36g            | 12%  |
| Dietary         | Fiber         | 13g            | 52%  |
| Sugars          |               | 8g             |      |
| Protein         |               | 9g             | 18%  |
| Vitamin         | A             |                | 287% |
| Vitamin         | C             |                | 14%  |
| Calcium         |               |                | 15%  |
| Iron            |               |                | 13%  |

## Hints & Tricks

Make a double (or triple) batch and freeze. This is also great with sweet potato or squash in place of the carrot if you prefer. Throw in some greens for a nutritional boost, though it will take the color off.





# Balsamic Tahini Dressing

Prep Time: 5 min. Makes: 4 servings.

### INGREDIENTS

- 3 Tbsp tahini
- 3 Tbsp balsamic vinegar
- 6 Tbsp water
- 4 Tbsp fresh basil
- 2 clove fresh garlic
- pinch sea salt

### DIRECTIONS

Whisk together the dressing ingredients until smooth. Serve atop grains or salad.

| NUTRITION FACTS     |        |                |
|---------------------|--------|----------------|
| Amount Per Serving  |        |                |
| Calories 87         |        |                |
|                     |        | % Daily Value* |
| TotalFat            | 8g     | 12%            |
| SaturatedFat        | 1g     | 5%             |
| Polyunsaturated Fat | 0.01g  |                |
| Monounsaturated Fat | 0.003g |                |
| Sodium              | 7mg    | 0%             |
| Potassium           | 24mg   | 1%             |
| TotalCarbohydrates  | 4g     | 1%             |
| DietaryFiber        | 2g     | 8%             |
| Sugars              | 2g     |                |
| Protein             | 3g     | 6%             |
| VitaminA            |        | 3%             |
| VitaminC            |        | 2%             |
| Calcium             |        | 1%             |
| Iron                |        | 4%             |

### Hints & Tricks

Unless you're pureeing in a small blender, I would whisk together the tahini and vinegar first, until they're very thick, then thin out with the water and then add the seasonings.



# Ginger-Mint-Tahini Dressing

Prep Time: 10 min. Makes: 4 servings.

This is a creamy but tangy dressing, perfect to drizzle over some baked or steamed vegetables and cooked whole grains.

## INGREDIENTS

- 1/3 cup tahini (or almond or cashew butter)
- 1 lemon, zest and juice
- 2 Tbsp water (more or less, for consistency)
- 1 Tbsp fresh mint, minced (optional)
- 1 Tbsp fresh ginger, grated (optional)
- pinch sea salt

## DIRECTIONS

- Whisk all of the ingredients together (or puree in a small blender) until smooth. Keep extra dressing in the fridge.

### NUTRITION FACTS

Per serving  
Calories 129

% Daily Value\*

|                           |     |
|---------------------------|-----|
| Total Fat 12g             | 18% |
| Saturated Fat 2g          | 10% |
| Polyunsaturated Fat 0.01g |     |
| Monounsaturated Fat 0.01g |     |
| Sodium 9mg                | 0%  |
| Potassium 27mg            | 1%  |
| Total Carbohydrates 4g    | 1%  |
| Dietary Fiber 3g          | 12% |
| Sugars 0.3g               |     |
| Protein 4g                | 8%  |
| Vitamin C                 | 8%  |
| Iron                      | 6%  |

### Hints & Tricks

If you use a ginger grater, it will be more of a pulp and you can squeeze the juice from it, for a milder ginger flavor, rather than the full pulp.



# Pumpkin Seed Sprinkle

Prep Time: 5 min. Makes: 5 servings.

This is a crunchy-salty mix to sprinkle on salads, soups, or anything you like. It's full of immune-boosting nutrients thanks to the pumpkin seeds, and the nori is optional but adds a some oceany saltiness so you can use less salt.

## INGREDIENTS

3/4 cup pumpkin seeds  
4 Tbsp nutritional yeast  
1 sheet nori (optional - or  
1 Tbsp of another sea  
vegetable like kelp)  
sea salt, to taste

## DIRECTIONS

Put everything in a coffee grinder or small blender with the nut grinding blade. Cut the nori into smaller chunks with kitchen scissors, otherwise it will take a long time to grind up.

## NUTRITION FACTS

Per serving (2 Tbsp)  
Calories 194

|      |               | % Daily Value* |
|------|---------------|----------------|
| 3g   | Total Fat     | 5%             |
| 0g   | Saturated Fat | 2%             |
| 0mg  | Cholesterol   | 0%             |
| 2mg  | Sodium        | 0%             |
| 31g  | Carbohydrates | 10%            |
| 3g   | Dietary Fiber | 14%            |
| 0g   | Sugar         |                |
| 7g   | Protein       | 11%            |
| 7IU  | Vitamin A     | 0%             |
| 0mg  | Vitamin C     | 0%             |
| 23mg | Calcium       | 2%             |
| 2mg  | Iron          | 16%            |

## Hints & Tricks

If you can't find nutritional yeast, you can leave it out, and just use a bit more pumpkin seeds and salt.



# 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%   |



# 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.



# Nori Snack Rolls

Prep Time: 15 min. Cook Time: 10 min. Makes: 2 rolls.

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

1 Tbsp nut/seed butter  
1 Tbsp tamari soy sauce  
1/2 cup carrots grated  
1/2 cup zucchini, grated  
2 sheets nori

## 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 grated carrot and zucchini along the near end and roll up.
5. Roll up tightly, then put the rolls in the fridge to set or in the oven for 10 min at 350 or in a toaster oven on toast for a few min.
6. Slice the rolls into 3 smaller pieces and serve as a snack or an appetizer.

## NUTRITION FACTS

Per roll  
Calories 79

|                    |       | % Daily Value* |
|--------------------|-------|----------------|
| TotalFat           | 5g    | 8%             |
| SaturatedFat       | 0.5g  | 3%             |
| PolyunsaturatedFat | 1g    |                |
| MonounsaturatedFat | 3g    |                |
| Sodium             | 650mg | 27%            |
| Potassium          | 173mg | 5%             |
| TotalCarbohydrates | 7g    | 2%             |
| DietaryFiber       | 2g    | 8%             |
| Sugars             | 2g    |                |
| Protein            | 3g    | 6%             |
| VitaminA           |       | 126%           |
| VitaminC           |       | 7%             |
| Calcium            |       | 4%             |
| Iron               |       | 5%             |

## Hints & Tricks

Feel free to swap out the seasonings for whatever you prefer, and include any other veggies if you want.



# Zucchini Hummus

Prep Time: 15 min. Makes: 4 servings.

Adding some zucchini and fresh parsley to our hummus boosts the nutrient-density - and makes it less farty! If you're taking this as a to-go snack, you may want to leave out the fresh garlic to avoid garlic breath.

## INGREDIENTS

- 1 small or 1/2 large zucchini
- 1 cup aduki beans, cooked - or another small bean
- 4 Tbsp tahini
- 2 tbsp apple cider vinegar - or lemon juice
- 1 tsp cumin
- 1/4 tsp paprika
- 1/4 cup fresh parsley - or cilantro
- 1 clove fresh garlic

## DIRECTIONS

Puree everything in a food processor until smooth.

## NUTRITION FACTS

Per serving  
Calories 174

|       |               | % Daily Value* |
|-------|---------------|----------------|
| 8g    | Total Fat     | 13%            |
| 1g    | Saturated Fat | 6%             |
| 0mg   | Cholesterol   | 0%             |
| 28mg  | Sodium        | 1%             |
| 19g   | Carbohydrates | 6%             |
| 6g    | Dietary Fiber | 25%            |
| 1g    | Sugar         |                |
| 8g    | Protein       | 12%            |
| 464IU | Vitamin A     | 10%            |
| 11mg  | Vitamin C     | 18%            |
| 96mg  | Calcium       | 10%            |
| 3mg   | Iron          | 23%            |

## Hints & Tricks

Enjoy 1 serving today with 1/2 cup (or more) carrots. Save the rest in the fridge.



# Savory Kale Chips

Prep Time: 20 min. Cook Time: 30 min. Makes: 1 1/2 cups.

These crunchy little chips are a great snack to get some nutrient-dense kale into your life, and also give you a much better snack option than potato chips. They have lots of flavor to satisfy your taste buds but are much lower in calories than regular chips.

## INGREDIENTS

8 large leaves of kale, washed, dried, and torn into large pieces  
2 Tbsp almond butter (or sunflower seed butter)  
1 Tbsp apple cider vinegar  
1-2 Tbsp (approx) water  
1 Tbsp nutritional yeast  
2 tsp onion powder  
1 tsp garlic powder  
1 tsp dried dill  
1 tsp dried chives (or fresh, finely minced)  
sea salt, to taste

## DIRECTIONS

1. Preheat the oven to 300 degrees F.
2. Whisk together the almond butter and vinegar until thick, then add 1-2 Tbsp of water - just enough to make it smooth and creamy.
3. Add the seasonings, adding more water if necessary, and stir to combine. Toss the kale, and use your fingers to coat each leaf.
4. Lay the pieces of kale out on a large baking sheet, lined with parchment paper or a reusable liner. Make sure they are well spread out, if they overlap they don't bake properly.
5. Once baked, let them sit for a few minutes to cool before serving. Keep in an air-tight container, though they don't keep very well so it's best to bake and enjoy them the same day.

## NUTRITION FACTS

Per serving  
Calories 272

|        |               | % Daily Value* |
|--------|---------------|----------------|
| 14 g   | Total Fat     | 22%            |
| 1 g    | Saturated Fat | 7%             |
| 0 mg   | Cholesterol   | 0%             |
| 97 mg  | Sodium        | 4%             |
| 30 g   | Carbohydrates | 10%            |
| 7 g    | Dietary Fiber | 26%            |
| 2 g    | Sugar         |                |
| 13.4 g | Protein       |                |
| 27559  | Vitamin A     | 599%           |
| 216 mg | Vitamin C     | 360%           |
| 302 mg | Calcium       | 30%            |
| 4 mg   | Iron          | 27%            |

## Hints & Tricks

Make sure the kale is fully dried - this is important, otherwise they won't dry out properly in the oven and will wind up chewy and/or soggy and/or overdone as you try to dry them out while baking. Tear the leaves off the stems, and then tear the leaves into bite-size pieces.





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# Berry Mango Ice Cream

Prep Time: 5 min. Makes: 1 serving.

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## INGREDIENTS

- 1 banana
- 1/2 cup raspberries
- 1 cup mango

## 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. Or have it as a regular smoothie if you prefer.

### NUTRITION FACTS

Per serving

Calories 273

% Daily Value\*

|        |               |      |
|--------|---------------|------|
| 1g     | Total Fat     | 2%   |
| 0g     | Saturated Fat | 2%   |
| 0mg    | Cholesterol   | 0%   |
| 6mg    | Sodium        | 0%   |
| 70g    | Carbohydrates | 23%  |
| 11g    | Dietary Fiber | 44%  |
| 45g    | Sugar         |      |
| 3g     | Protein       | 5%   |
| 1426IU | Vitamin A     | 31%  |
| 81mg   | Vitamin C     | 136% |
| 43mg   | Calcium       | 4%   |
| 1mg    | Iron          | 9%   |



# Blueberry Ice Cream

Prep Time: 5 min. Makes: 1 serving.

## INGREDIENTS

- 1 cup banana
- 1 cup frozen blueberries
- 1 Tbsp toasted coconut (optional)

## DIRECTIONS

1. Put everything in a food processor or small blender and puree until it's smooth.
2. The mixture can look a little chunky initially, but you'll get past it to a creamy texture if you just keep on blending.
3. Add a splash of water if it needs it.
4. Serve, topped with a sprinkle of toasted coconut flakes or hemp seeds or cocoa nibs.

## NUTRITION FACTS

Per serving  
Calories 253

% Daily Value\*

|       |               |     |
|-------|---------------|-----|
| 5g    | Total Fat     | 8%  |
| 3g    | Saturated Fat | 14% |
| 0mg   | Cholesterol   | 0%  |
| 7mg   | Sodium        | 0%  |
| 53g   | Carbohydrates | 18% |
| 7g    | Dietary Fiber | 29% |
| 32g   | Sugar         |     |
| 3g    | Protein       | 5%  |
| 212IU | Vitamin A     | 5%  |
| 23mg  | Vitamin C     | 38% |
| 31mg  | Calcium       | 3%  |
| 2mg   | Iron          | 14% |



# Chocolate Squash Crisp

Prep Time: 10 min. Cook Time: 15 min. Makes: 1 serving.

## INGREDIENTS

1/2 cup butternut squash  
2 Tbsp dates  
2 Tbsp cocoa or carob powder  
4 tbsp almond milk  
optional: 1/2 tsp cinnamon,  
pinch cayenne  
2 Tbsp rolled oats, dry  
2 Tbsp walnuts

## DIRECTIONS

1. Preheat the oven to 350F.
2. Puree the squash, dates, cocoa and almond milk.
3. Put them in a small baking dish and top with the oats and almonds, ground up together.
4. Bake for 15 min or so, then enjoy hot or chilled.

## NUTRITION FACTS

Per serving  
Calories 348

|        |               | % Daily Value* |
|--------|---------------|----------------|
| 20g    | Total Fat     | 32%            |
| 3g     | Saturated Fat | 13%            |
| 0mg    | Cholesterol   | 0%             |
| 25mg   | Sodium        | 1%             |
| 44g    | Carbohydrates | 15%            |
| 9g     | Dietary Fiber | 38%            |
| 22g    | Sugar         |                |
| 8g     | Protein       | 13%            |
| 7551IU | Vitamin A     | 164%           |
| 15mg   | Vitamin C     | 25%            |
| 152mg  | Calcium       | 15%            |
| 3mg    | Iron          | 24%            |

## Hints & Tricks

Make an extra serving, and chill this in the fridge, to enjoy an indulgent but nutrient-packed breakfast.

# 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 cursive script that reads "Heather".

**Heather Nicholds, C.H.N.**

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