

# january jump start



© by Heather Nicholds

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the written prior permission of the author.

Published in Canada by Heather Nicholds.

Template design created by Parker Design House, [www.parkerdesignhouse.com](http://www.parkerdesignhouse.com)

Contact the author at [heather@heathernicholds.com](mailto:heather@heathernicholds.com)



## 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.

# Tips & Motivation when Cooking for One

---

It can be difficult to have the motivation to make interesting meals, as well as maintain your willpower and motivation to stick to healthy eating, when you're cooking for just yourself. And one of the big downsides I hear from single clients is the struggle to buy things like lettuce and broccoli, and then make sure you use it up through the week.

There are some benefits to cooking for one, though. You don't have to worry about pleasing anyone else's tastes or making something on someone else's schedule. You have total control. You only have to be responsible for yourself. The grass is always greener, right?

## **SOME TIPS TO STAY MOTIVATED WHEN COOKING FOR JUST YOURSELF:**

### **Make meals that have leftovers.**

Most recipes make 2 or more servings, so if you remind yourself that making the meal once will give you multiple future meals, it might seem more worthwhile.

### **Schedule a cooking night.**

Make one night a week your creative night to make a big meal for yourself. If it helps, have a friend over to share or make it a party.

### **Share meals.**

Hosting or going to pot lucks can really get your creative juices flowing, especially if the party has a theme. You can find healthy and/or vegan groups on Meetup, Couchsurfing, Facebook or other social media.

### **Don't force it.**

If you really don't feel like making something, don't force yourself. You can get burnt-out if you try too hard, so feel free to take a break from cooking every so often and have something super simple (see below).

### **Make super simple meals.**

Either make really easy meals – raw veggies, canned beans, rolled oats – or take a few days to just have lots of fruit smoothies as a cleanse. Bump up the quintessential peanut butter sandwich by adding lettuce or cucumber. Or just use hummus as a sandwich spread and add lettuce and red pepper.



# Avocado-Lime Pasta

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

This is a great recipe for summer, zesting up pasta with fresh mint, lime and avocado. It's really simple and easy, but so tasty. It's a super satisfying combo of comforting carby pasta, fatty delicious avocado, savory salty nutritional yeast, and fresh tangy lime.

## INGREDIENTS

1 cup (4 ounces) whole grain pasta (whole wheat, quinoa, corn, etc), dry  
1/2 lime, zested and juiced  
1 Tbsp fresh mint, chopped  
1 Tbsp fresh chives or green onion, chopped (optional)  
1 cloves garlic, pressed  
1-2 tsp nutritional yeast (optional)  
pinch salt and pepper  
1/2-1 cup spinach, collard greens, sprouts, or any leafy green, chopped  
1/2 avocado

## DIRECTIONS

1. Start a pot of lightly salted water boiling, and add the pasta once it gets to a full boil.
2. If using spinach or collards, chop them up and put them on a plate or shallow bowl. Chop the mint and zest the lime.
3. Once the pasta is cooked, drain it, then return it to the pot and add the seasonings and lime juice. Mash 1/4 of the avocado and toss with the pasta.
4. Serve the pasta topped with the other quarter of the avocado sliced, a sprinkle of sea salt, freshly ground pepper, and nutritional yeast. If using sprouts, place them on top rather than underneath.

### NUTRITION FACTS

Per serving

Calories 534

% Daily Value\*

13 g	Total Fat	20%
2 g	Saturated Fat	10%
0 mg	Cholesterol	0%
60 mg	Sodium	2%
94 g	Carbohydrates	31%
18 g	Dietary Fiber	70%
1 g	Sugar	
22 g	Protein	34%
2595 IU	Vitamin A	56%
27 mg	Vitamin C	45%
93 mg	Calcium	9%
6 mg	Iron	41%

## Hints & Tricks

If you prefer, you can make this same dish with cooked whole grains (like quinoa or barley) or even some cooked spaghetti squash.

# Cooking for a Mixed House

---

If you're trying to eat healthier and/or plant-based but the other people in your house aren't interested, it can be really tough to figure out how to cook for everyone at once.

You don't have to make totally separate meals – you can just switch a few things for yourself. If you make the plant dishes taste really delicious, you might wean your family over. Give them time. If they see that healthy can also be fun and tasty, it takes away a lot of the resistance and fear.

A big part of the secret to making delicious meals is getting the seasonings right, and you can make healthy and vegan versions of old favorites by using the same seasonings.

## **TRY VEGANIZING FAMILY FAVORITES:**

- shepherd's pie
- pizza
- mashed potatoes and gravy
- veggie burgers and loaves
- hearty soups and stews
- pasta with mushroom bolognese or vegan alfredo sauce

## **SIMPLE SWAPS**

Make meals for yourself made up of a few dishes, so you can have more of the healthy stuff, and they could cook something else to go with it. Aim to make it super yummy, especially at first, to show that it can still be fun and satisfying.

A simple option is to toss a bean salad with dressing, or grill a big portobello mushroom, you can have that on your plate instead of meat, with the same vegan side dishes for everyone.

Just add some fresh greens or other fresh veggies to your own plate with heavier meals, so you get the best of both worlds.

If you've been eating healthy for a long time, but they're just starting, try to remember how you felt at first and the challenges you had in keeping yourself motivated.

This situation can feel lonely, and like you don't have support, sometimes. So please reach out! Check in online or by email, I'd love to help with day-to-day challenges or with veganizing your family's personal favorite meals.

---



# Peanutty Pad Thai

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

Pad thai is a pretty easy dish to love, but in restaurants, they use fish sauce and often egg, so let's make a vegan version. We can top it with mango if you want! Or for a protein boost, top it off with tofu, tempeh or try some shelled edamame beans, chickpeas or white beans.

## INGREDIENTS

4oz (200 grams) brown rice noodles or other noodles  
1 cup broccoli, chopped  
1 cup mushrooms, sliced  
2 carrots, peeled and julienned  
1 mango, diced (optional)  
1/4 cup fresh cilantro, chopped  
2 green onions, chopped  
2 Tbsp peanuts roasted and chopped (optional)

## SAUCE INGREDIENTS

2-4 Tbsp natural peanut butter  
4 Tbsp tamari (soy sauce)  
4 Tbsp brown rice vinegar or apple cider vinegar  
2-4 Tbsp water  
1 tsp toasted sesame oil  
1 clove fresh garlic minced  
pinch red pepper flakes  
1-2 tsp maple syrup (optional)

## DIRECTIONS

1. Bring a pot of water to a boil, and add the noodles to cook for 5-10 minutes, until just softened.
2. Meanwhile, saute the vegetables in a large pan with a bit of olive oil or water/broth.
3. Once the noodles are cooked, drain them, and add them to the pan to toss with the veggies, and stir in the sauce. If you're using mango, toss it in here as well.
4. Transfer to serving bowls, and top with chopped peanuts and cilantro, and serve with lime wedges for drizzling.

## SAUCE DIRECTIONS

Whisk or puree the sauce ingredients together until smooth and creamy. Start with just 2 tablespoons of water, and add more if you need the right consistency. Use more or less peanut butter, to your taste.

## NUTRITION FACTS

Per serving  
Calories 559

		% Daily Value*	
Total	Fat	19g	29%
	Saturated	Fat 3g	15%
	Polyunsaturated	Fat 5g	
	Monounsaturated	Fat 8g	
Sodium		2085mg	87%
Potassium		843mg	24%
Total	Carbohydrates	85g	28%
Dietary	Fiber	9g	36%
	Sugars		25g
Protein		19g	38%
Vitamin	A		242%
Vitamin	C		130%
Calcium			7%
Iron			19%

## Hints & Tricks

This sauce is quite peanutty. If you don't like peanuts, or can't have them, swap it out for cashew or almond or sunflower seed butter. And toast and chop the same nut/seed as garnish.



# Healthful Alternatives For Cravings

---

## SWEET

- Fruit: dates, bananas, oranges, grapes
- [Unrefined sweeteners](#) to make treats

---

## CHOCOLATE

- Banana and/or dates pureed with cocoa powder
- Above, plus almond or peanut butter for creaminess
- Sweet potato or [squash](#) with cocoa powder and unrefined sweetener
- [Cookies](#) made with cocoa powder and/or dark chocolate chips
- [Hot chocolate](#) with pure cocoa, non dairy milk & unrefined sugar

---

## SALTY

- [Use salt](#) in your cooking
- Rice cake/toast with nut butter & sea salt

---

## CHEESE

- Parmesan sprinkle: sunflower seeds ground and mixed with nutritional yeast and sea salt
- Feta: above, mixed with lemon juice and/or olive oil to moisten
- Cheese sauce: white beans pureed with nutritional yeast, onion powder and garlic powder
- Solid cheese: there are some vegan options, and you can make your own out of nuts or seeds.
- Cheese with crackers: try almond butter or avocado sprinkled with a bit of sea salt, or a salty bean dip.

---

## ICE CREAM

[Frozen banana ice cream](#) flavored with:

- raspberry, mango, etc
- cocoa powder, healthy cookie dough
- peanut butter
- mint extract and chocolate chips
- orange zest and cocoa powder
- fresh mint and goji berries

---

## CHIPS

- Air popped popcorn or puffed cereal tossed with seasonings and a spray of oil
- Rice cake with almond/peanut butter and a sprinkle of sea salt
- Cucumber slices sprinkled with sea salt
- [Kale chips](#) (kale tossed with seasoning and baked or dehydrated)
- Zucchini/eggplant chips

---

## COFFEE

- [Blend decaf with caffeinated coffee](#)
- Black tea, green tea, [iced tea](#)
- Coffee alternative drinks

---

## DIP

- [Salsa](#)
- [Hummus](#) or another [bean dip](#)
- [Guacamole](#)

---

## COOKIES, CAKES, BROWNIES

- Healthy [cookies!](#)
- Healthy [cakes!](#)
- Healthy [brownies!](#)

---

## PIZZA

- Homemade pizza with whole grain crust or use [whole wheat pitas](#) as the base.
- Top it with homemade sauce (tomato, or a bean dip or [pesto](#)), tons of vegetables and maybe the cheesy sunflower seed topping above

---

## SOMETHING OTHER THAN FOOD!

- sunshine, massage
- time with friends, movie
- walk, run, jog, yoga, exercise
- break routine & reset with a [short cleanse](#)

---

## SAVORY/UMAMI

- Sundried tomatoes, olives, nutritional yeast and tamari (soy sauce) or miso (soy paste)
  - Sauteed/roasted onion, garlic, mushroom or eggplant
  - Spices, like cumin and paprika (especially smoked)
-



# Blueberry Avocado Cheesecake

Prep Time: 20 min. Chill Time: 2 hours. Makes: 8 servings.

## CRUST INGREDIENTS

1/4 cup rolled oats  
1/2 cup pecans  
1/2 cup dates (about 12 dates)  
1-2 tsp lime zest (optional)

## FILLING INGREDIENTS

2 avocados (about 1 1/2 cups)  
1 cup blueberries (fresh or frozen)  
2 Tbsp unrefined sugar (optional)  
2 Tbsp chia seeds  
1-2 Tbsp fresh mint (optional)  
1 Tbsp lemon juice (fresh, optional)

## DIRECTIONS

1. Put the crust ingredients in a food processor and pulse until it holds together. Press the mixture into a pie or springform pan.
2. Put the filling ingredients in a blender and puree until smooth.
3. Pour the filling onto the crust, smooth the top, and put the pan in the freezer for 2 hours, or until you plan to eat it.
4. When serving, take the pie out of the freezer 10-15 min before slicing.

### NUTRITION FACTS

Per serving

Calories 185

% Daily Value\*

Total	Fat	11g	17%
Saturated	Fat	1g	5%
Polyunsaturated	Fat	3g	
Monounsaturated	Fat	6g	
Sodium	3mg	0%	
Potassium	322mg	9%	
Total	Carbohydrates	21g	7%
Dietary	Fiber	6g	24%
Sugars		12g	
Protein	3g	6%	
Vitamin	A	3%	
Vitamin	C	10%	
Calcium		4%	
Iron		7%	

# Have a fun food night

---

Some people think that if you're eating healthy it's going to be boring. There are definitely some boring healthy meals. But there are lots of fun and delicious recipes that are also super healthy. Not to mention, I've seen a whole lot of unhealthy recipes that are boring, too.

The challenge is often in getting stuck in a rut. And I don't want you to get bored with healthy food or vegan meals! Having a 'fun' food night is a great way to cap off the week, have a good conversation around the table, maybe have some friends over.

## **SOME IDEAS FOR FUN FOOD NIGHTS:**

- burger + fries
- pizza (maybe with each person choosing their toppings – kids love that)
- pasta
- noodle bowls
- sushi
- samosas + curry
- appetizer night – spring rolls, glazed carrots, hummus + veg, veggie meatballs, various types of fries, whole grain chips/crackers – all with dips!
- Loaded baked potatoes
- stuffed peppers/tomatoes/eggplant/squash/avocado
- vegan cheese fondue
- tacos or fajitas – also choose your toppings – just put them all out on the table and assemble as you eat
- 
- 
- 
- 
- 
- 
- 
- 
- 
-





# Taco Night

Prep Time: 20 min. Cook Time: 30 min. Makes: 6 or 12 servings.

Start with a delicious taco base of either spicy sauteed mushrooms or marinated black beans – or both?? Then a whole slew of toppings: fresh salsa, hot onions + zucchini, simple guacamole, shredded carrots.

## SPICY MUSHROOMS

2-3 cups mushrooms, sliced  
1 tsp olive oil  
1 tsp chili powder  
pinch salt + black pepper  
1 tsp maple syrup (optional)

## MARINATED BLACK BEANS

1 14oz can black beans, rinsed  
1 tsp olive oil  
pinch salt  
1-3 tsp chili powder

## FRESH SALSA

1-2 tomatoes, diced  
2 cloves fresh garlic, pressed  
1/2 onion, finely diced  
1/2 cup fresh cilantro or parsley,  
finely chopped

1 lemon, zest and juice  
pinch salt & pepper

## HOT VEGETABLES

1 zucchini  
1/2 onion, sliced  
1 tsp olive oil  
pinch sea salt

## GUACAMOLE

1 avocado, chopped  
1 clove fresh garlic, pressed  
4-5 cherry tomatoes, chopped  
2 Tbsp onion, finely diced  
pinch sea salt

## RAW VEGETABLES

2 cups lettuce leaves  
2 green onions, sliced  
2 carrots, grated  
6 large, or 12 small, whole grain  
or corn tortillas

## MUSHROOM DIRECTIONS

Heat a small pan to medium, then heat the mushrooms briefly in the oil. Add the spices, stir to coat the mushrooms. Next, add the syrup to the pan, stir to coat, and allow to cook for a few minutes to create a glaze. Remove them from the pan, and you can keep it warm in the oven on very low if you like.

## BLACK BEAN DIRECTIONS

Put the beans in a bowl with a tight-fitting lid, season with the oil, spice and salt, then cover with the lid and shake. Set aside, and shake a few more times throughout their marination.

## SALSA DIRECTIONS

Combine all salsa ingredients in a bowl, and set aside.

## HOT VEGETABLES DIRECTIONS

Heat a pan to medium (can be the same one as for the tempeh), and saute the onion in the olive oil. Once the onions are translucent, add the zucchini, sprinkle sea salt on it, and saute until the zucchini is soft.

## GUACAMOLE DIRECTIONS

Mash the avocado, then fold in the other ingredients.

## RAW VEGETABLE DIRECTIONS

Prepare the raw vegetables, then set everything out on the table, to build the tacos/fajitas. Serve along with lemon or lime wedges.

# Sharing a meal

---

## **PUT SOME THOUGHT TO WHAT YOU WOULD SAY IF SOMEONE ASKS YOU...**

- why you're vegan,
- how you get the nutrients to be healthy
- how you maintain energy
- how you get your protein
- don't you miss cheese.. or milk... or bacon...
- what you actually eat
- how you plan out your meals
- Don't you get bored?

Because these questions will come up. Many times. Sometimes in the spirit of antagonizing you, picking apart your choices. But other times in the spirit of curiosity. And it's the most beautiful thing, to share this choice we've made to eat plants, because it is SO POWERFUL.

Remember why you do this, connect with that power.

My why: Because being vegan is the single most impactful thing I can do for the planet, for the animals, for my health, for world hunger – for so many issues. Because living healthfully gives me the energy to take on more in life. And because sharing with you expands my impact beyond myself.

You don't have to answer every question – but it's so good to share something of the positive amazing things you've discovered along this path.

If you feel awesome in your body or in what you're doing for the planet and animals.

If you want to inspire change in the world, we need others to join us and not be scared of getting bored or not getting enough protein or being ostracized.

All it takes is to share a delicious vegan meal with someone. It speaks for itself. When we finally realize that we just eat delicious food – and we can create such an impact in the world and on our health – it's a no-brainer choice. Right? We're not giving up being able to eat wonderful things – we're just choosing different options.

My goal is to help overcome the fears of being vegan by showing you what to eat to fully nourish your body, how to craft incredibly delicious meals, and strategies to make it work in real life – even when you're busy. When you eat healthfully, you have the energy to truly ENJOY your life and do the things you care about. Being vegan can create a positive difference in the world for the planet, for animals & for our health.

---





# Potato Skin Samosas

Prep Time: 20 min. Cook Time: 30 min. Makes: 8 servings.

Stuff samosa filling into the skins of baked potatoes instead of a pastry. Much healthier and easier! The skin of a potato has more fiber, as well as most of the iron content of the potato and lots of other minerals and vitamins.

## INGREDIENTS

4 small baking potatoes  
1 teaspoon coconut oil  
1 small onion, finely chopped  
2 cloves garlic, minced  
1 small piece of ginger, minced  
or grated  
2 to 3 teaspoons curry powder  
(mild or hot, as you like)  
Pinch of sea salt  
Pinch of freshly ground black  
pepper  
2 carrots, grated  
¼ cup frozen peas, thawed  
¼ cup chopped fresh cilantro or  
parsley

## DIRECTIONS

1. Preheat the oven to 350°F.
2. Scrub the potatoes, and remove any eyes or blemishes. Pierce the potatoes with a fork, wrap in aluminum foil, and bake 30 minutes, or until they're soft.
3. While they're cooking, heat the oil in a medium pan and sauté the onion until it's soft, about 5 minutes. Add the garlic and ginger and sauté until they're soft as well, about 3 minutes. Add the curry powder, salt, and pepper, and stir to fully coat the onions. Turn off the heat.
4. When the potatoes are cooked, take them out of the foil and slice them in half.
5. Scoop out the flesh of the potatoes into the pan with the onions. Add the carrots, peas, and cilantro. Stir to combine, then spoon the mixture back into the potato skins.
6. If you like, you can prepare these in advance and then heat them up in the oven at 350°F for 10 minutes when you're ready to serve.

### NUTRITION FACTS

Per serving  
Calories 130

% Daily Value\*

1 g	Total Fat	1%
0 g	Saturated Fat	2%
0 mg	Cholesterol	0%
54 mg	Sodium	2%
29 g	Carbohydrates	10%
3 g	Dietary Fiber	14%
3 g	Sugar	
3 g	Protein	
2758 IU	Vitamin A	60%
19 mg	Vitamin C	31%
22 mg	Calcium	2%
1 mg	Iron	7%

## Hints & Tricks

You could also do this with sweet potatoes. These are perfect with mango chutney for dipping.





# Mango Chutney

Prep Time: 10 min. Cook Time: 45-60 min. Makes: 16 servings.

Make an easy mango chutney for a pop of flavor in a meal, or as a dipping sauce. Leave the chili pepper whole for a milder spice, or chop it up to infuse into the chutney if you want a spicier sauce.

## INGREDIENTS

1/4 cup apple cider vinegar or lime juice  
1/2 cup pure mango or apple juice  
1 large mango, peeled and chopped (about 2 cups)  
1 Tbsp fresh ginger, grated  
1 small chili pepper, chopped finely or whole, optional  
1/2 tsp cumin  
1/4 tsp cinnamon  
1/4 tsp cardamom (optional)

## DIRECTIONS

1. Heat the vinegar and juice in a small pot to boiling. Add the mango, ginger and chili pepper and cumin.
2. Turn down the heat and leave to simmer uncovered 45-60 minutes, until slightly thickened. If you left the chili pepper whole, remove it before serving.

### NUTRITION FACTS

Per burger patty  
Calories 19

% Daily Value\*

0 g	Total Fat	0%
0 g	Saturated Fat	0%
0 mg	Cholesterol	0%
1 mg	Sodium	0%
5 g	Carbohydrates	2%
0 g	Dietary Fiber	2%
4 g	Sugar	
0 g	Protein	0%
166 IU	Vitamin A	4%
6 mg	Vitamin C	10%
3 mg	Calcium	0%
0 mg	Iron	1%

## Hints & Tricks

Try this with apple instead of mango if you can't find any, or use both and make a double batch.





# Cardamom Brown Rice

Prep Time: 10 min. Cook Time: 50 min. Makes: 4 servings.

Season plain brown rice with the delicate flavors of cardamom, cinnamon and ginger. Brown rice is a source of vitamin E and the B vitamins, making it a great addition to your diet. Serve along with a curry.

## INGREDIENTS

1 Tbsp cardamom pods  
1 cinnamon stick  
1-inch piece of ginger, sliced  
1 cup brown rice  
2 cups water

## DIRECTIONS

1. Put everything into a medium pot with a lid, and bring to a boil. Turn down to low and steep for 45 minutes, or until the rice is cooked.
2. Once cooked, remove the whole spices.

### NUTRITION FACTS

Per serving  
Calories 177

% Daily Value\*

2 g	Total Fat	2%
0 g	Saturated Fat	1%
0 mg	Cholesterol	0%
5 mg	Sodium	0%
37 g	Carbohydrates	12%
2 g	Dietary Fiber	8%
0 g	Sugar	
4 g	Protein	6%
10 IU	Vitamin A	0%
0 mg	Vitamin C	1%
23 mg	Calcium	2%
1 mg	Iron	9%

## Hints & Tricks

To save time, boil water in a kettle while you toast the rice. Then it will come to a boil immediately when you add the water. Save even more time by doing this all in a pressure cooker! After sauteeing the rice, set for 10 minutes on pressure.



# Chana Saag

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

This is a pureed spinach and tomato sauce, around chickpeas. Make it a little more tomato if you prefer, or a little more spinach if you prefer that. Perfect high-protein dish for a night of Indian-inspired dishes.

## INGREDIENTS

1 onion, chopped  
1 Tbsp fresh ginger, grated  
(optional)  
1 tsp olive or coconut oil, or 1  
Tbsp water or veg broth  
1 tomato, chopped  
1 Tbsp curry powder  
1 15oz can chickpeas, rinsed  
1 large bunch fresh spinach  
1 small green chili pepper,  
optional  
2 Tbsp coconut milk, optional

## DIRECTIONS

1. Heat a large pan to medium high, and saute the onion and ginger in the oil, water or broth. Add the tomato, curry powder, and chickpeas, stirring to combine.
2. Puree the spinach, seeded chili pepper (if using) and coconut milk in a food processor until smooth.
3. Stir the spinach mixture into the chickpea mixture, and leave on the heat until warmed through. Add a bit more coconut milk if you wish.

### NUTRITION FACTS

Per serving

Calories 221

% Daily Value\*

6 g	Total Fat	10%
3 g	Saturated Fat	17%
0 mg	Cholesterol	0%
60 mg	Sodium	3%
34 g	Carbohydrates	11%
10 g	Dietary Fiber	40%
8 g	Sugar	
11 g	Protein	17%
6120 IU	Vitamin A	133%
31 mg	Vitamin C	51%
129 mg	Calcium	13%
5 mg	Iron	37%

## Hints & Tricks

If you prefer, you could chop the spinach and add to the pan rather than puree.



---

# Eggplant Curry

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

This is a pureed spinach and tomato sauce, around chickpeas. Make it a little more tomato if you prefer, or a little more spinach if you prefer that. Perfect high-protein dish for a night of Indian-inspired dishes.

---

## INGREDIENTS

1 eggplant, diced  
1 tsp olive oil  
1/2 cup coconut milk  
1 1/2 tsp curry powder more or  
less, to your taste  
1 tsp paprika smoked  
1 Tbsp nutritional yeast  
(optional)  
pinch sea salt

## DIRECTIONS

1. Heat a pan to medium-high, and saute the eggplant in a small amount of olive or coconut oil.
2. Once softened, add the coconut milk and spices, stirring to combine, and taste for seasoning. Leave to simmer for a few minutes, until heated through.

### NUTRITION FACTS

Per serving

Calories 92

% Daily Value\*

Total	Fat	7g	11%
Saturated	Fat	5g	25%
Polyunsaturated	Fat	0.3g	
Monounsaturated	Fat	1g	
Sodium		10mg	0%
Potassium		213mg	6%
Total	Carbohydrates	7g	2%
Dietary	Fiber	4g	16%
Sugars			2g
Protein		2g	4%
Vitamin	A		6%
Vitamin	C		4%
Calcium			1%
Iron			4%

---

## Hints & Tricks

If you prefer, you could chop the spinach and add to the pan rather than puree.

---





---

# Mango Chia Lassi

Prep Time: 10 min. Makes: 2 servings.

Make a dairy-free version of this creamy, refreshing treat! Great with breakfast, as a snack, or as dessert. You could use coconut milk instead of non-dairy yogurt if you like, and then you probably wouldn't need extra water.

---

## INGREDIENTS

1 mango, peeled and chopped  
(about 1 cup frozen)  
1 cup non-dairy yogurt  
1 Tbsp chia seeds  
pinch cinnamon  
pinch cardamom (optional)

## DIRECTIONS

1. Put everything into a blender, with about half a cup of water or non-dairy milk, and puree until smooth. Add more water/non-dairy milk if you need to get the right consistency.

### NUTRITION FACTS

Per serving  
Calories 163

% Daily Value\*

4 g	Total Fat	7%
1 g	Saturated Fat	3%
0 mg	Cholesterol	0%
18 mg	Sodium	1%
28 g	Carbohydrates	9%
6 g	Dietary Fiber	24%
18 g	Sugar	
5 g	Protein	7%
631 IU	Vitamin A	14%
38 mg	Vitamin C	63%
203 mg	Calcium	20%
0 mg	Iron	1%

---

## Hints & Tricks

If you make this ahead of time, and leave to sit, the chia seeds will soak up some of the liquid and become a bit pudding-like. If you poured into small serving bowls, it would be lovely topped with coconut cream.

---

# 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, with a large 'H' and a long, sweeping tail on the 'er'.

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

[heather@heathernicholds.com](mailto:heather@heathernicholds.com)