



60 Quick & Easy
Whole Food Recipes
For Sustainable Living

With
Brandi Farkas RN

60 Quick & Easy Whole Food Recipes

For a Healthy and Sustainable Life

by Brandi Farkas RN, Holistic Health & Wellness Coach

Busy days and hectic nights can make it challenging to stick to your goals, but with these quick and easy whole food recipes, you'll find that it doesn't have to be a super time-consuming task.

The key to healthy eating is planning ahead, so one thing that I find incredibly helpful is to make a double batch of a recipe, and use that for leftover lunches (or dinners) during the week.

I love the motto of cook once, eat twice (or more) so you save time, but still get to eat nutrient-dense foods that your body needs.

On the next page you'll find a chart that shows which recipes fit the following criteria:

- Gluten-Free (some have non gluten-free options)
- Dairy Free
- Vegan
- Vegetarian

I've included recipes for breakfast, lunch, dinner, snacks and dessert so you can experiment and find some new favorites to add to your rotation and fuel your body with fun delicious foods.

Enjoy!

Recipe	Vegan	Veg	Gluten-Free	Dairy-Free	Meal
Pumpkin Pie Oatmeal	✓	✓	*	✓	B
Breakfast Omelet With Zucchini	X	✓	*	✓	B
Banana Nut Chia Pudding	✓	✓	✓	✓	B
Breakfast Avocado & Egg	X	✓	*	✓	B
Overnight Cinnamon Raisin Oats	✓	✓	*	✓	B
Coconut Milk Yogurt	✓	✓	✓	✓	B
Toast with Almond Butter & Banana	✓	✓	*	✓	B
Egg Muffins	X	✓	*	✓	B
Banana Crepes	X	✓	*	✓	B
Avocado & Egg Toast	X	✓	*	✓	B
Popcorn	✓	✓	*	✓	S
Tomato Salad	✓	✓	✓	✓	S
Pear & Almonds	✓	✓	✓	✓	S
Carrots & Hummus	✓	✓	*	✓	S
Apple & Almond Butter	✓	✓	✓	✓	S
Banana & Shredded Coconut	✓	✓	✓	✓	S
Celery & Peanut Butter	✓	✓	✓	✓	S
Oatmeal Chocolate Chip Bites	X	✓	*	**	S
Berry Medley	✓	✓	✓	✓	S
Boiled Egg & Cherry Tomatoes	X	✓	✓	✓	S
Buddha Bowl	✓	✓	*	✓	L
Cooked Quinoa (for Buddha Bowl)	✓	✓	✓	✓	L

Recipe	Vegan	Veg	Gluten-Free	Dairy-Free	Meal
Mason Jar Salad	***	***	*	✓	L
Balsamic Vinaigrette (for salad)	✓	✓	*	✓	L
Slow-Cooker Chicken Soup	X	X	*	✓	L
Egg Drop Soup	X	X	*	✓	L
Roasted Veggie Salad	✓	✓	*	✓	L
Dressing (for root vegetable salad)	✓	✓	*	✓	L
Carrot Soup	✓	✓	*	✓	L
Egg Salad Wraps	X	✓	*	✓	L
Salmon Salad	X	X	*	✓	L
Mexican Salad	X	X	*	✓	L
Sausage & Kale Saute	X	X	*	✓	L
Spinach Stir fry	***	***	✓	✓	D
Broiled Halibut	X	X	*	✓	D
Spaghetti Squash	✓	✓	*	✓	D
Baked Chicken Breast	X	X	*	✓	D
Baked Sweet Potato	✓	✓	*	✓	D
One Pan Salmon & Asparagus	X	X	*	✓	D
Sesame Beef, Broccoli & Carrot	X	X	*	✓	D
Thai Shrimp Curry & Rice	X	X	*	✓	D
Super-Simple Grilled Cauliflower	✓	✓	*	✓	
Baked Chicken Thighs and Salsa	X	X	*	✓	D
Vegetable Stir Fry	✓	✓	*	✓	D
Slow-Cooker Chicken	X	X	*	✓	D
Turkey & Sweet Potato Hash	X	X	*	✓	D

Recipe	Vegan	Veg	Gluten-Free	Dairy-Free	Meal
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Poached Salmon	X	X	*	✓	D
Thai Chicken Noodles	X	X	*	✓	D
Beef & Sweet Potato Chili	X	X	*	✓	D
Sausage Stir Fry	X	X	*	✓	D
Slow-Cooked BBQ Pork Chops	X	X	*	✓	D
Coconut Chia Pudding	✓	✓	✓	✓	Des
Chocolate Banana Peanut Butter Bites	✓	✓	✓	**	Des
Homemade Healthy Chocolate	✓	✓	✓	✓	Des
Baked Apples	✓	✓	*	✓	Des
Chocolate (Avocado) Pudding	✓	✓	*	✓	Des
Berries & Cream	✓	✓	✓	✓	Des
Honey Fried Banana	X	✓	*	✓	Des
Black Bean Brownies	X	✓	*	**	Des
Chocolate Quinoa Bowl	✓	✓	*	**	Des
Coconut Pudding	X	✓	✓	✓	Des

* If using gluten-free oats, bread, spices, and mustard; and coconut aminos instead of soy sauce

** If using dairy-free yogurt and/or chocolate chips

*** If omit meat

Breakfast



BREAKFAST

Pumpkin Pie Oatmeal

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Pumpkin Pie Oatmeal	✓	✓	*	✓	

* If using gluten-free oats and/or spices

Ingredients:

- 1/3 cup regular oats
- 1 cup almond milk, unsweetened
- 1/3 cup pumpkin puree, canned
- 1 tsp flax seeds, ground
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 1 tbsp maple syrup
- 1 tbsp pecans, chopped

Directions:

1. In a medium size pot, heat oats and almond milk until almost boiling.
2. Stir in pumpkin, flax seeds, and vanilla
3. Cook for about 5-7 minutes, until desired consistency is reached.
4. Serve in a bowl and top with cinnamon, maple syrup, and pecans. Enjoy!

Breakfast Omelet With Zucchini

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Breakfast Omelet With Zucchini	X	✓	*	✓	

* If using gluten-free spices

Ingredients:

- 1 tablespoon coconut oil
- 2 eggs, large
- 1/4 cup zucchini, grated with water squeezed out
- 1 dash salt & pepper

Directions:

1. Whisk eggs, zucchini, and pepper in a bowl.
2. Melt coconut oil in frying pan.
3. Add egg mixture and fry, without stirring, until eggs are no longer runny.
4. Slide out of pan onto plate and fold in half. Top with salt & pepper. Enjoy!

Banana Nut Chia Pudding

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Banana Nut Chia Pudding	✓	✓	✓	✓	

Ingredients:

- 1 cup almond milk (unsweetened)
- ¼ cup chia seeds
- 1 medium banana, sliced
- 1 tbsp maple syrup
- 2 tbsp walnuts, chopped

Directions:

1. Mix chia and almond milk in a bowl.
2. Allow 5-10 minutes (or longer) for mixture to thicken into a pudding-like consistency.
3. Divide into two bowls, and add ½ banana, drizzle with maple syrup, & top with walnuts. Enjoy!

Breakfast Avocado & Egg

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Breakfast Avocado & Egg	X	✓	*	✓	

* If using gluten-free spices

Ingredients:

- 1 large avocado, cut in half with seed removed
- 2 eggs, large
- 1 dash salt & pepper

Directions:

1. Preheat oven to 425F.
2. Cover small baking tray with parchment paper and place avocado halves with the hole side up. You may want to scoop a bit of the avocado to make the hole a big enough to fit the egg into.
3. Crack and gently pour one egg into each hole where the seed was.
4. Place in oven and bake 15-20 minutes until egg whites have set.
5. Sprinkle with salt & pepper. Enjoy!

Overnight Cinnamon Raisin Oats

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Overnight Cinnamon Raisin Oats	✓	✓	*	✓	

* If using gluten-free oats and spices

Ingredients:

- ¼ cup old-fashioned oats
- ½ ounce chia seeds
- 2 tbsp coconut milk yogurt (see next recipe)
- 2 tbsp raisins
- ½ tsp cinnamon
- 1/2 cup almond milk, unsweetened

Directions:

1. Place all ingredients into a small mason jar & shake until well combined.
2. Place in the fridge and let sit overnight.
3. Eat cold, or heat if desired. Enjoy!

Coconut Milk Yogurt

Makes 6 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Coconut Milk Yogurt	✓	✓	✓	✓	

Ingredients:

- 2 cups full-fat coconut milk, canned
- 2 probiotic capsules

Directions:

1. Gently blend coconut milk with contents of probiotic capsules until well combined.
2. Place in a cool sanitized glass jar.
3. Store in a warm place for 1-2 days. Test for thickness. If you want it thicker, try keeping it warm for another day.
4. Place in the fridge and/or serve. Enjoy!

Tip: Fermenting food is not an exact science. If this doesn't work out as you'd prefer, try different brands of coconut milk and/or probiotics.

Toast With Almond Butter & Banana

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Toast With Almond Butter & Banana	✓	✓	*	✓	

* If using gluten-free bread and spices

Ingredients:

- 1 piece of bread, gluten free or sprouted if possible
- 2 tbsp almond butter
- ½ medium banana, sliced
- ½ tsp cinnamon

Directions:

1. Toast slice of bread.
2. Spread almond butter, and top with sliced banana. Sprinkle with cinnamon. Enjoy!

Egg Muffins

Makes 6 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Egg Muffins	X	✓	✓		

Ingredients:

- 12 eggs
- 1 cup red pepper, chopped
- 1 cup mushrooms, sliced
- 4 cups spinach
- ½ tsp garlic powder
- 2 dashes pepper
- ½ tsp turmeric

Directions:

1. Preheat oven to 425F. Place 12 muffin cups in muffin tin
2. Saute pepper and mushrooms for about 3 minutes until crisp-tender. Add spinach and cook until wilted.
3. Add vegetables to 12 muffin cups.
4. Whisk eggs and spices together and pour into 12 muffin cups. It's ok if they only fill half-way because these will expand in the oven.
5. Place in oven and bake about 30 minutes, or until eggs have set.

Banana Crepes

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Banana Crepes	X	✓	*	✓	

* If using gluten-free spices

Ingredients:

- 1 ripe medium banana
- 2 eggs, large
- 2 tsp coconut oil, divided
- ¼ tsp cinnamon

Directions:

1. Melt 1 tsp coconut oil in frypan over medium-high heat.
2. Mash banana in bowl and mix in eggs to form a batter.
3. Pour ½ of the batter into the pan, turning pan to spread evenly.
4. Turn heat down and fry for 4-5 minutes until edges of pancakes loosen easily with a spatula.
5. Flip pancake over, and fry for another 2-3 minutes.
6. Slide out of pan onto plate and do the same for the other ½ of the batter. 7. Sprinkle with cinnamon. Enjoy!

Avocado & Egg Toast

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Avocado & Egg Toast	X	✓	*	✓	

* If using gluten-free bread

Ingredients:

- 1 piece of bread, gluten free or sprouted if possible
- ½ avocado
- 1 tsp coconut oil
- 1 egg, fried
- 1 dash salt & pepper

Directions:

1. Toast slice of bread.
2. Smash avocado and spread on bread.
3. Fry egg in coconut oil and place on top with dash of salt & pepper.

Snacks



SNACKS

Popcorn

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Popcorn	✓	✓	*	✓	

*If using gluten-free spices

Ingredients:

- 1/2 cup popcorn kernels
- 3 tbsp coconut oil
- 1 tsp salt
- 1 tsp turmeric

Directions (air popped):

1. Pop the kernels in your air-popper, following directions for use.
2. Melt coconut oil & drizzle it on the popped corn.
3. Sprinkle with turmeric & salt. Enjoy!

Directions (stove top):

1. Put coconut oil and kernels in a large soup pot that has a tight-fitting lid. Put heat on medium high.
2. Frequently (careful - hot!) pick up pot (with lid tightly fastened) and swirl contents around to prevent kernels from burning.
3. When popping stops, remove from heat and keep lid on for another minute (in case a kernel is about to pop).
4. Sprinkle with turmeric & salt. Enjoy!

Tomato Salad

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Tomato Salad	✓	✓	✓	✓	

Ingredients:

- 1 cup tomato, diced
- 1/2 cup olives
- 1/4 cup basil, fresh leaves, chopped
- 1 tbsp balsamic vinegar
- 1 tbsp olive oil

Directions:

1. Add basil, tomato and olives to a bowl.
2. Drizzle with balsamic vinegar and olive oil. Lightly toss. Enjoy!

Pear & Almonds

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Pear & Almonds	✓	✓	✓	✓	

Ingredients:

1 medium pear
¼ cup whole almonds

Directions:

1. Slice pear if desired. Enjoy with almonds!

Carrots & Hummus

Makes 4 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Carrots & Hummus	✓	✓	*	✓	

* If using gluten-free spices

Ingredients for hummus:

2 cups chick peas (garbanzo beans), drained & rinsed
1 garlic clove
1 tbsp sesame oil
2 tbsp lemon juice
1 dash salt & pepper
12 medium baby carrots

Directions:

1. Put all hummus ingredients into a food processor and blend until smooth. Add water to thin (if necessary).
2. Serve hummus with baby carrots. Enjoy!

Apple & Almond Butter

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Apple & Almond Butter	✓	✓	✓	✓	

Ingredients:

1 medium apple
2 tbsp almond butter

Directions: Slice apple and dip into almond butter. Enjoy!

Banana & Shredded Coconut

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Banana & Shredded Coconut	✓	✓	✓	✓	

Ingredients:

- 1 medium banana
- 2 tbsp shredded coconut, unsweetened

Directions:

1. Slice banana and sprinkle with shredded coconut. Enjoy!

Celery & Peanut Butter

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Celery & Peanut Butter	✓	✓	✓	✓	

Ingredients:

- 3 celery stalks
- 3 tbsp all-natural peanut butter

Directions:

Spread peanut butter on celery, or dip celery into peanut butter.

Oatmeal Chocolate Chip Bites

Makes 12 servings (about 2 per serving)

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Oatmeal Chocolate Chip Bites	X	✓	*	**	

* If using gluten-free oats

** If using dairy-free chocolate chips

Ingredients:

- 1 cup oats
- ½ cup dried coconut, unsweetened
- ½ cup all-natural peanut butter
- ¼ cup flax seeds, ground
- ½ cup semi-sweet chocolate chips, dairy free
- ¼ cup honey

Directions:

1. Stir all ingredients together in a bowl until thoroughly mixed.
2. Cover and let chill in the fridge for about 30 minutes.
3. Scoop with tablespoon and roll into about 24 balls (approx 1" each)
4. Keep refrigerated. Enjoy!

Berry Medley

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Berry Medley	✓	✓	✓	✓	

Ingredients:

- ½ cup blueberries
- ½ cup strawberries
- ½ cup raspberries

Directions:

Mix together and enjoy!

Boiled Egg & Cherry Tomatoes

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Boiled Egg & Cherry Tomatoes	X	✓	✓	✓	

Ingredients:

- 1 egg, boiled
- 1 cup cherry tomatoes
- 1 dash salt

Directions:

1. Boil egg & sprinkle with salt.
2. Serve with side of cherry tomatoes. Enjoy

Lunch



LUNCH

Buddha Bowl

Makes 1 large bowl

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Buddha Bowl	✓	✓	*	✓	

* If using gluten-free spices

Ingredients:

- 1 cup baby spinach
- ½ cup cooked quinoa (see next recipe)
- ½ cup chickpeas (canned)
- ½ cup red pepper, chopped
- ¼ cup cucumber, sliced
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 1 dash salt & pepper

Directions:

1. Put spinach in large bowl & cover with cooked quinoa.
2. Top with chickpeas, red pepper, cucumber.
3. Drizzle lemon juice and olive oil. Add dash of salt & pepper if desired. Enjoy!

Cooked Quinoa (for Buddha Bowls)

Makes 2 cups (4 servings)

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Cooked Quinoa	✓	✓	✓	✓	

Ingredients:

- 1 cup dry quinoa (if it is not “pre-rinsed” then rinse it off in a strainer under running water for a couple of minutes to remove naturally-occurring saponins)
- 2 cups water

Directions:

1. Put rinsed quinoa and water into a pot and bring to a boil on high.
2. Cover and reduce heat to low.
3. Simmer for about 15 minutes or until it is *al dente*.
4. Remove pot from heat, and let stand for 5 minutes with lid.
5. Fluff with a fork (all water should be absorbed). Can serve hot or cold.

Mason Jar Salad

Makes 1 large salad

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Mason Jar Salad	***	***	*	✓	

* If using gluten-free spices in vinaigrette

*** If omit chicken

Ingredients:

½ cup celery, chopped

½ medium apple, chopped

½ cup chopped chicken breast (see baked chicken breast recipe under dinner) ¼

cup walnuts

2 cups baby spinach

vinaigrette, optional (see next recipe)

Directions:

1. Add ingredients to large mason jar, layering in same order as listed (the idea is that the greens don't get soggy from sitting in dressing).

2. When ready to eat, pour salad into large bowl and toss if desired. Enjoy!

Balsamic Vinaigrette (for salad)

Makes 6 servings (2 tbsp each)

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Balsamic Vinaigrette (for salad)	✓	✓	*	✓	

* If using gluten-free spices

Ingredients:

3 tbsp balsamic vinegar

5 tbsp water

4 tbsp olive oil

½ tsp minced garlic

2 dashes salt & pepper

Directions:

1. Put ingredients into a bottle with a tight-fitting lid and shake vigorously until well combined. Enjoy

Slow-Cooker Chicken Soup (or broth)

Makes 6 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Slow-Cooker Chicken Soup	X	X	*	✓	

* If using gluten-free spices

Ingredients:

- leftover chicken bones
- 2 cups carrots, chopped
- 3 celery stalks, chopped
- 2 tbsp apple cider vinegar
- 1 tsp thyme
- 3 bay leaves
- 4 dashes salt & pepper
- 2 cups spinach

Directions:

1. Place all ingredients, except spinach in slow cooker.
2. Add 6 cups of hot water. Cover and cook on low for 8-10 hours.
2. Half-hour before serving add spinach and turn to high.
4. Remove bones and serve as soup, or strain and serve as broth. Enjoy!

Egg Drop Soup

Makes 4 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Egg Drop Soup	X	X	*	✓	

* If using gluten-free spices

Ingredients:

- 4 cups chicken broth
- 2 eggs
- 1 tbsp parsley
- 1 tbsp lemon juice
- 1 cup peas

Directions:

1. Heat chicken broth in pot.
2. Whisk eggs and parsley together in a separate bowl.
3. Slowly pour egg mixture into broth while stirring.
4. Add lemon juice, peas and stir until heated through. Serve and enjoy!

Roasted Veggie Salad

Makes 2 large salads

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Roasted Veggie Salad	✓	✓	*	✓	

* If using gluten-free spices

Ingredients:

- 2 large carrots, chopped

- 2 medium potatoes, chopped
- 2 tbsp olive oil
- ½ tsp rosemary
- 4 cups spinach
- dressing, optional (see next recipe for calories)

Directions:

1. Preheat oven to 450F and line baking sheet with parchment paper.
2. Place chopped carrots and potatoes on paper and drizzle with olive oil. 3. Bake until tender, about 25-35 minutes (this will depend on the size of the pieces, so check after 25 mins).
4. Place spinach in two bowls.
5. Top with roasted vegetables, and drizzle with dressing if desired (see next recipe for dressing). Enjoy!

Dressing (for root vegetable salad)

Makes 4 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Dressing (for root vegetable salad)	✓	✓	*	✓	

* If using gluten-free spices and mustard

Ingredients:

- 4 tbsp olive oil
- 2 tbsp apple cider vinegar
- 2 tsp Dijon mustard
- 1 dash salt & pepper

Directions:

1. Put ingredients into a bottle with a tight-fitting lid and shake vigorously until well combined. Enjoy!

Carrot Soup

Makes 4 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Carrot Soup	✓	✓	*	✓	

* If using gluten-free spices and coconut aminos

Ingredients:

- 2 tbsp olive oil
- ½ cup onions, chopped
- 4 large carrots, chopped

- 2 cups tomato puree, canned
- 3 cups vegetable broth
- 2 tbsp coconut aminos
- 2 dashes black pepper

Directions:

1. Heat olive oil in saucepan and cook onion until starts to brown.
2. Add carrots, tomato, and broth and bring to a boil.
3. Simmer until carrots are tender, about 15-20 minutes.
4. Carefully (hot!) use stick blender to blend until smooth.
5. Place in bowls and top with soy sauce and black pepper. Enjoy!

Egg Salad Wraps

Makes 4 wraps

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Egg Salad Wraps	X	✓	*	✓	

* If using gluten-free spices and mustard

Ingredients:

- 4 eggs, hard boiled
- 1 avocado
- 1 tbsp Dijon mustard
- ¼ tsp basil
- 2 medium green onions
- 1 dash salt & pepper
- 4 romaine lettuce leaves

Directions:

1. Cut eggs in half, removing yolks.
2. Chop egg whites and avocado.

3. Mash egg yolks with mustard and spices.
4. Scoop yolk mixture into leaves, and top with chopped egg white, avocado & green onion. Enjoy!

Salmon Salad

Makes 2 large salads

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Salmon Salad	X	X	*	✓	

* If using gluten-free spices and mustard

Ingredients:

- 1 can salmon
- ½ avocado, chopped

- 1 cup cherry tomatoes
- 1 tbsp olive oil
- 2 tbsp balsamic vinegar
- ½ tsp Dijon mustard
- 4 cups spinach
- 1 dash salt & pepper

Directions:

1. Drain salmon.
2. Place spinach in bowls.
3. For dressing, use separate cup and mix oil, vinegar & mustard.
4. Top spinach with salmon, avocado and cherry tomatoes.
5. Drizzle with dressing and top with salt & pepper. Enjoy!

Mexican Salad

Makes 2 large salads

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Mexican Salad	X	X	*	✓	

* If using gluten-free spices and mustard

Ingredients:

- 1 tsp olive oil
- 4 oz lean ground turkey
- ½ cup chopped sweet pepper
- ¼ cup onion, chopped
- ½ tsp garlic, minced
- ½ tsp cayenne pepper
- ½ tsp cumin
- 1 cup black beans, canned
- ½ cup salsa
- 4 cups romaine lettuce, shredded
- 1 dash salt & pepper

Directions:

1. Heat oil in skillet.
2. Saute pepper, onion, garlic & spices.
3. Add turkey & cook until brown.
4. Add black beans and cook until warm.
5. Place lettuce on two plates and add turkey, bean & pepper mixture.
6. Top with salsa. Enjoy!

Sausage & Kale Saute

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Sausage & Kale Saute	X	X	*	✓	

* If using gluten-free spices

Ingredients:

1 tsp coconut oil

½ lb sausage

¼ cup onion, diced

4 cups kale, chopped

½ cup red pepper, chopped

1 dash salt & pepper

Directions:

1. Heat oil in skillet.
2. Sauté sausage & onion until sausage is brown.
3. Add kale and pepper and fry until desired tenderness
5. Place on two plates and top with salt & pepper. Enjoy!

Dinner



DINNER

Spinach Stir Fry

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Spinach Stir fry	***	***	✓	✓	

*** If omit beef

Ingredients:

1 tbsp olive oil
6 ounces of ground beef, extra lean
¼ cup onion, chopped
2 cups peppers, green, chopped
2 cups peppers, red, chopped
8 cups spinach
2 cups tomato, diced

Directions:

1. Cook beef on medium-high heat in large pot until almost-browned. Add onion and pepper, stirring constantly until meat is fully browned.
2. Add rest of ingredients to pan and mix together.
3. Heat on medium until heated through (a few minutes). Enjoy!

Broiled Halibut

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Broiled Halibut	X	X	*	✓	

* If using gluten-free spices

Ingredients:

16 ounces halibut
2 fl oz lemon juice
2 tbsp dill
2 dashes salt & pepper

Directions:

1. Raise oven rack if necessary, and turn on broiler.
2. Cover baking sheet with parchment paper and place fish on paper.
3. Drizzle with lemon juice & sprinkle with dill.
4. Broil 8-10 minutes until fish flakes easily with a fork. Enjoy!

Spaghetti Squash

Makes about 4-6 one cup servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Spaghetti Squash	✓	✓	*	✓	

* If using gluten-free spices

Ingredients:

- 1 Spaghetti squash, cut lengthwise, seeded
- 4 tbsp olive oil, divided
- 2 cloves garlic
- 2 cups broccoli, chopped
- 2 tbsp basil
- 2 dashes salt & black pepper

Directions:

1. Preheat oven to 350F. Cover a baking sheet with parchment paper.
2. Place spaghetti squash cut side down on baking sheet. Bake for 30 minutes.
3. Flip over, drizzle each half with 1 tbsp olive oil and bake for another 10 minutes.
4. In frying pan, sauté garlic, broccoli & basil in 2 tbsp olive oil for 3-5 minutes, until broccoli is tender. Place broccoli mixture into a large bowl.
5. Remove squash from oven and carefully (hot!) scrape out flesh with a fork, adding to a large bowl. Add broccoli mixture and toss together.
6. Turn broiler on, and place broccoli-squash mixture back into the halved squash shell.
7. Broil about 3-4 minutes until slightly brown. Enjoy!

Baked Chicken Breast

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Baked Chicken Breast	X	X	*	✓	

* If using gluten-free spices

Ingredients:

- 16 ounces chicken breast
- 2 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp paprika
- 2 dashes salt & pepper

Directions:

1. Heat oven to 450F. Line a covered baking dish with parchment paper.
2. Brush with olive oil and sprinkle with spices.
3. Bake covered for 15-18 minutes until chicken is cooked through and no longer pink (internal temperature should be at least 170F).
4. Remove dish from the oven and cover for 5-10 minutes. Serve and enjoy!

Baked Sweet Potato

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Baked sweet potato	✓	✓	*	✓	

*If using gluten-free spices

Ingredients:

2 large sweet potatoes
2 dashes salt & pepper

Directions:

1. Preheat oven to 425F and line a baking sheet with parchment paper.
2. Wash sweet potato & pierce with a fork several times. Place on parchment paper. 3. Bake for 45-75 minutes (based on size) until tender. Check for doneness at 45 minutes. Enjoy!

One Pan Salmon & Asparagus

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
One Pan Salmon & Asparagus	X	X	*	✓	

* If using gluten-free spices

Ingredients:

12 ounces salmon
12 large spears asparagus
1 tbsp coconut oil
1 clove garlic, minced
2 dashes salt & black pepper
2 tbsp lemon juice

Directions:

1. Melt coconut oil in large pan on medium-high heat.
2. Add layer of asparagus, and place salmon on top. Top with garlic. Sprinkle with salt & pepper.
3. Place lid on and cook for about 6-8 minutes, checking regularly to prevent burning.
4. When fish is done and easily flakes with a fork, turn off heat and drizzle with lemon juice. Enjoy!

Sesame Beef, Broccoli & Carrot

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Sesame Beef, Broccoli & Carrot	X	X	*	✓	

*** If using gluten-free vegetable broth and coconut aminos

Ingredients:

2 tbsp sesame oil, divided
12 oz beef strips
2 tbsp coconut aminos
2 tbsp lemon juice
½ cup vegetable broth
2 cloves garlic, minced
2 cups broccoli
2 cups carrots

Directions:

1. Heat 1 tbsp sesame oil in large skillet, add beef and cook until browned.
2. In a cup, mix together coconut aminos, lemon juice & broth.
3. Remove beef and set aside.
4. Add remaining sesame oil and garlic to pan. Cook garlic until tender (2-3 mins).
5. Add broccoli & carrots, and stir with garlic.
6. Add liquid mixture to pan and coat.
7. Cook until desired tenderness is reached.
8. Add beef back to pan, stir until well coated and heated through. Serve and enjoy!

Thai Shrimp Curry & Rice

Makes 4 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Thai Shrimp Curry & Rice	X	X	*	✓	

* If using gluten-free spices

Ingredients:

2 tsp coconut oil
1 lb. shrimp, peeled
1 tbsp lime juice
½ cup vegetable broth
1 cup red pepper, chopped
2 green onions, chopped

- 1 cup corn kernels
- 1.5 cups coconut milk
- 1 tsp curry powder
- 1 tbsp dried basil
- 4 cups steamed rice

Directions:

1. Heat 1 tsp coconut oil in a soup pot. Add shrimp and cook until opaque.
2. Remove shrimp and set aside.
3. Add remaining coconut oil, green onions, pepper and corn to the pan. Cook until crisp-tender (2-3 mins).
4. Lime juice, coconut milk, curry powder and basil. Bring to simmer.
5. Add shrimp back to pan, cook until heated through.
9. Serve with rice. Enjoy!

Super-simple grilled cauliflower

Makes 4 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Super-simple grilled cauliflower	✓	✓	*	✓	

* If using gluten-free spices

Ingredients:

- 3 cups cauliflower, chopped
- 2 tbsp coconut oil, melted
- 1 tbsp curry powder
- 2 dashes salt & pepper

Directions:

1. Preheat oven to 400F and line a baking sheet with parchment paper.
2. Spread cauliflower pieces on parchment paper and coat with coconut oil (can use a brush).
3. Sprinkle with curry powder, salt and pepper
4. Bake for about 15-20 minutes until slightly golden. Cooking time will depend on size of pieces, so make sure you check it. When golden, use tongs to flip pieces over.
5. Bake for another 15 minutes or so until that side is slightly golden. Enjoy!

Baked Chicken Breast and Salsa

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Baked chicken breast and salsa	X	X	*	✓	

* If using gluten-free salsa

Ingredients:

16 ounces chicken breast
1 cup salsa

Directions:

1. Heat oven to 375F. Line a covered baking dish with parchment paper.
2. Place chicken thighs in dish and put 2 tbsp salsa on each one.
3. Bake covered for 60 minutes until chicken is cooked through and no longer pink (internal temperature should be at least 170F).
4. Serve and enjoy!

Vegetable stir fry

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Vegetable stir fry	✓	✓	*	✓	

* If using gluten-free spices, coconut aminos, and gluten-free vegetable broth

Ingredients:

2 tbsp sesame oil, divided
2 cups broccoli, chopped
1 cups red pepper, chopped
1 cup yellow pepper, chopped
1 cup green beans, chopped
1 cup baby corn
½ cup corn
2 cloves garlic, minced
½ tsp ginger, grated
3 tbsp coconut aminos
3 tbsp vegetable broth
1 tsp cornstarch
4 tsp sesame seeds
2 cups steamed rice

Directions:

1. Heat 1 tbsp sesame oil in large skillet, add broccoli and stir fry for 1-2 minutes. 2. Add peppers, green beans, baby corn, corn, garlic, and ginger. Stir fry for another 1-2 minutes until crisp-tender.
3. In separate cup mix together soy sauce, broth, and cornstarch. Mix well to break up clumps of cornstarch.
4. Liquid to skillet and cook until desired tenderness is reached.
5. Serve with rice and top with sesame seeds. Enjoy!

Slow-cooker chicken

Makes 4 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	

Slow-cooker chicken	X	X	*	✓	
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* If using gluten-free spices

Ingredients:

- 1 whole chicken
- 1 medium onion, sliced
- 2 tsp paprika
- 1 tsp thyme
- 1 tsp garlic powder
- 2 dashes salt & pepper

Directions:

1. Place sliced onions on bottom of slow-cooker.
2. Place whole chicken on top of onions and sprinkle with spices. Cover and turn slow-cooker on high.
3. Cook 4-5 hours until chicken is cooked through and no longer pink (internal temperature should be at least 170F).
4. Serve and enjoy!

Turkey & Sweet Potato Hash

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Turkey & Sweet Potato Hash	X	X	*	✓	

* If using gluten-free spices

Ingredients:

- 1 tbsp olive oil
- 1 lb. ground turkey
- 2 cups sweet potato, peeled & cubed
- 2 cloves garlic, minced
- 2 tsp dried parsley
- 1 dash salt & pepper
- 4 cups spinach

Directions:

1. Heat 1 olive oil in large skillet, add turkey and cook until browned.
2. Add sweet potatoes and minced garlic and stir.
3. Stir in salt, pepper, and parsley.
4. Cook until sweet potatoes are soft, about 10 minutes.
5. Add spinach and cook until wilted.
6. Serve hot. Enjoy!

Poached Salmon

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Poached Salmon	X	X	*	✓	

* If using gluten-free spices

Ingredients:

- 1 lb salmon
- 1 clove garlic
- 2 tbsp lemon juice
- 1 tsp dill
- 1 dash salt & pepper

Directions:

1. Add a few inches of water into a wide-rimmed saucepan. Cover and boil.
2. Carefully add salmon and cook until done (6-8 minutes depending on size of fish).
3. Drizzle with lemon juice and sprinkle with dill, salt and pepper.
4. Serve with salad and cooked quinoa. Enjoy!

Thai Chicken Noodles

Makes 6 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Thai Chicken Noodles	X	X	*	✓	

* If using gluten-free spices, vegetable broth, and coconut aminos

Ingredients:

- 4 cups rice noodles, cooked as directed
- 4 tbsp sesame oil, divided
- 1 cup carrots, sliced
- 2 cups cabbage, sliced
- 6 oz cooked chicken breast, chopped
- 4 green onions
- 2 cloves garlic, minced
- 1 tbsp ginger, grated
- ¼ cup honey
- ¼ cup peanut butter, smooth
- ¼ cup coconut aminos
- 3 tbsp vegetable broth

Directions:

1. Cook noodles as directed. When done, drain and toss with 2 tbsp sesame oil.
2. Heat 1 tbsp sesame oil in a large skillet. Add carrot, cabbage, chicken, green onions, garlic, and ginger.
3. Stir fry for a couple of minutes until crisp-tender.
4. In a separate bowl, mix honey, peanut butter, soy sauce and vegetable broth.
5. Add liquid to skillet and cook until desired tenderness is reached.

6. Add noodles to skillet and toss with chicken and vegetables. Enjoy!

Beef & Sweet Potato Chili

Makes 4 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Beef & Sweet Potato Chili	X	X	*	✓	

* If using gluten-free spices

Ingredients:

2 tbsp olive oil
1 cup onion, diced
1 tbsp cayenne pepper
1 tsp cumin
1 tsp garlic powder
1 lb ground beef, extra lean
4 cups diced tomatoes
1 tsp oregano
1 bay leaf
3 cups sweet potatoes, diced
½ cup mushrooms, sliced
1 cup carrots, sliced
1 cup zucchini, diced
1 cup red pepper, diced
2 cups kale leaves, chopped
3 dashes salt & pepper

Directions:

1. Heat olive oil in a large soup pot.
2. Add diced onion and cook until translucent.
3. Add beef and spices. Cook until beef is brown.
4. Add diced tomatoes, and add an additional can of water to the pot.
5. Add sweet potato, mushrooms, carrots, and rest of spices.
6. Lower heat and simmer for about 40 minutes, stirring occasionally.
7. Add zucchini and red pepper. Cook for another 20 minutes.
8. Add kale, salt and pepper and cook for 10 more minutes.
9. Remove bay leaf. Serve and enjoy!

Sausage Stir Fry

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Sausage Stir Fry	X	X	*	✓	

* If using gluten-free spices, coconut aminos, and gluten-free vegetable broth

Ingredients:

- 1 tsp coconut oil
- ½ cup onion, chopped
- ½ cup mushrooms, sliced
- 12 oz sausage, sliced
- 4 cups spinach
- 2 cups kale
- 1 dash salt & pepper

Directions:

1. Heat oil in a large skillet.
2. Add onions and stir fry for 2 minutes.
3. Add mushrooms and stir fry until onions are translucent. Transfer into a bowl.
4. Add sausage to skillet and cook until brown.
5. Add greens, onions and mushrooms. Cover and reduce heat.
6. When all greens are wilted, serve with salt & pepper. Enjoy!

Slow-Cooked BBQ Pork Chops

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Slow-Cooked BBQ Pork Chops	X	X	*	✓	

* If using gluten-free sauce

Ingredients:

- 12 oz pork chops
- 1 cup BBQ sauce

Directions:

1. Cover bottom of slow-cooker with some BBQ sauce and place pork chops on top.
2. Cover pork chops with remainder of BBQ sauce.
3. Cook on high for 5-6 hours until pork is cooked through (internal temperature should be at least 170F). Enjoy!

DESSERT

Coconut Chia Pudding

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Coconut Chia Pudding	✓	✓	✓	✓	

Ingredients:

¼ cup coconut milk, canned
1 ounce chia seeds
¼ cup water
1 tbsp maple syrup

Directions:

1. Mix chia, coconut milk, & water in a bowl.
2. Allow 5-10 minutes for mixture to thicken into a pudding-like consistency. 3. Drizzle with maple syrup. Enjoy!

Chocolate Banana Peanut Butter Bites

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Chocolate Banana Peanut Butter Bites	✓	✓	✓	**	

** If using dairy-free chocolate chips

Ingredients:

1 banana, sliced into 8 pieces
2 tbsp peanut butter
2 tbsp semisweet chocolate chips

Directions:

1. Cover a plate with parchment paper and place 4 slices of banana on it. 2. Add ½ tbsp peanut butter on top of each of the four slices. 3. Cover with the other 4 slices, making mini “peanut butter” sandwiches with banana slices. 4. Gently melt semisweet chips in microwave or over double-boiler. 5. Drizzle melted chocolate on top of mini sandwiches. 6. Freeze and serve. Enjoy!

Homemade Healthy Chocolate

Serves 6

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Homemade healthy chocolate	✓	✓	✓	✓	

Ingredients:

1/3 cup coconut oil, melted
1 cup cocoa powder
1/4 tbsp maple syrup
4 tbsp shredded coconut, unsweetened

Directions:

1. Melt coconut oil, and whisk in maple syrup and cocoa powder until well combined.
2. Stir in shredded coconut until evenly distributed.
3. Pour into 12 ice cube tray and freeze.
4. Store in fridge or freezer to avoid melting. Serve & enjoy!

Baked Apples

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Baked apples	✓	✓	*	✓	

* If using gluten-free oats and/or spices

Ingredients:

2 medium apples, cored
1/2 cup rolled oats
1/2 tsp cinnamon
2 dates, pitted and chopped
1 tbsp ground flax
1/4 cup pecans, chopped
1 cup almond milk, unsweetened
1 tbsp maple syrup

Directions:

1. Preheat oven to 350F and cover small baking dish with parchment paper.
2. Wash and core apples and place on paper.
3. In separate bowl, mix rest of ingredients together.
4. Spoon oatmeal mixture into center of apples. If there is extra, you can spoon it onto the paper so it will crisp up like granola.
5. Bake, uncovered, for approximately 30 minutes. Check for doneness by piercing apple with a fork to test softness. If knife slides in easily, then it's done, if not, then check in another few minutes.
6. Remove from oven and serve hot. Enjoy!

Chocolate (Avocado) Pudding

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Chocolate (Avocado) Pudding	✓	✓	*	✓	

* If using gluten-free spices

Ingredients:

1 ripe avocado
2 med ripe bananas
4 tbsp cocoa powder
1 tsp cinnamon
2 tsp vanilla extract
1 tbsp maple syrup
1 dash salt

Directions:

1. Add all ingredients to the food processor or blender and blend until smooth. 2. Refrigerate for at least 2 hours and serve cold. Enjoy!

Berries & Cream

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Berries & Cream	✓	✓	✓	✓	

Ingredients:

2 cups blueberries
2 cups strawberries
1 cup full-fat coconut milk, refrigerated
2 tsp vanilla extract
1 tbsp maple syrup

Directions:

1. Place large mixing bowl in freezer 30 minutes before ready to make coconut cream.
2. Turn cold can of coconut milk over and open (so the liquid is on top). Save or discard coconut water.
3. Scoop the solid coconut cream into your chilled bowl, add vanilla and whip until fluffy.
4. Place berries in 4 bowls and top with whipped coconut cream. Enjoy!

Honey Fried Banana

Makes 1 serving

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Honey Fried Banana	X	✓	*	✓	

* If using gluten-free spices

Ingredients:

- 1 tsp coconut oil
- 1 medium under-ripe banana, sliced into 8 pieces
- 1 tbsp honey
- ½ tsp cinnamon

Directions:

1. Melt oil in skillet over medium heat.
2. Fry banana slices 1-2 minutes per side.
3. Whisk honey with 1 tbsp water.
4. Turn off heat and pour honey mixture on hot bananas in skillet.
5. Serve hot and sprinkle with cinnamon. Enjoy!

Black Bean Brownies

Makes 6 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Black Bean Brownies	X	✓	*	**	

* If using gluten-free oats

** If using dairy-free chocolate chips

Ingredients:

- 2 cups black beans, rinsed
- 4 tbsp cocoa powder, unsweetened
- ½ tsp salt
- ½ cup oats
- ¼ cup honey
- ⅓ cup coconut oil, melted
- 2 tsp vanilla extract
- 1 tsp baking powder
- ½ cup semi-sweet chocolate chips

Directions:

1. Preheat oven to 350F.
2. Place all ingredients, except chocolate chips into a food processor. First pulse until mixed, then blend until smooth.
3. Cover 8'x8' baking pan with parchment paper.
4. Pour batter into prepared pan and fold in chocolate chips.
5. Bake 20-25 minutes until a knife comes out clean.

6. Let cool for 10-15 minutes before cutting. Enjoy!

Chocolate Quinoa Bowl

Makes 2 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Chocolate Quinoa Bowl	✓	✓	*	**	

* If using gluten-free spices

** If using dairy-free chocolate chips

Ingredients:

- 1 cup cooked quinoa (see recipe in lunch section)
- ¼ cup coconut milk, canned
- 2 tbsp cocoa powder, unsweetened
- 1 tbsp maple syrup
- ½ cup semi sweet chocolate chips
- 1 cup strawberries (fresh or frozen)

Directions:

1. Split quinoa into two bowls.
2. Mix in coconut milk, cocoa powder & maple syrup.
3. Top with chocolate chips and strawberries. Enjoy!

Coconut Pudding

Makes 4 servings

This recipe is	Vegan	Veg	Gluten-Free	Dairy-Free	
Coconut Pudding	X	✓	✓	✓	

Ingredients:

- 1 1/2 cups full-fat coconut milk, canned
- 3 tbsp honey, light-colored if possible
- 2 tbsp water
- 2 tbsp cornstarch
- 1 cup mango, chopped
- 1 cup pineapple, chopped

Directions:

1. Place coconut milk & honey into a medium saucepan.
2. Mix water & cornstarch until smooth, and add to the saucepan.
3. Place on medium heat, whisking constantly until it begins to thicken to a gravy consistency.
4. Pour into 4 dessert bowls, cover and refrigerate for at least one hour. Enjoy!

I hope you enjoy some of these recipes with your family.

Remember food is meant to be enjoyed and at the same time it is medicine.

What you put into your body directly impacts how your whole body functions.

Your body is like a beautiful car. Fuel it accordingly and enjoy the ride!

Brandi Farkas RN, Holistic Health & Wellness Coach



If you have any questions or want more information on how to stay healthy naturally reach out to us @ backtohealthnaturalsolutions.com