

# HEALTHY PLANTBASED

menu on a budget by

 goget.fit™





# RECIPES

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# 01 GREEN SMOOTHIE

## RECIPE

### Ingredients

- 450 ml water
- 1 cup spinach
- 1 banana
- 1 scoop protein powder
- 2-3 dates
- mint to taste
- 1 tsp spirulina (optional)
- 1 tsp moringa (optional)
- Vegan chocolate chips (optional)

### Instructions

1. Combine all ingredients together in a high speed blender and process until smooth
2. Serve with chia seeds, mint and vegan chocolate chips (optional)





## 02 NUTELLA BLISS BALLS

### RECIPE

#### Ingredients

- 1/2 cup oat flour\*
- 1/2 cup almond flour\*\*
- 3 tbsp cacao powder
- 1/2 cup chopped dates
- 1 tbsp hazelnut butter (almond butter also works)
- 1 tbsp maple syrup

#### Instructions

1. Combine all dry ingredients together in a bowl & mix well
2. In a mini food processor, process the dates until they turn into a paste
3. Transfer the date paste into a cup and incorporate the hazelnut butter and maple syrup with a small whisk
4. Mix all ingredients together until you can form a big ball with your hands
5. Split into a few smaller balls
6. Roll the balls in cacao powder (optional)



\*Powder old fashioned oats in a coffee grinder

\*\*Or powder raw almonds in a coffee grinder



# BAKED SWEET POTATOES

## Ingredients

- 3 medium sized sweet potatoes

## Instructions

1. Pre-heat oven to 350 degrees F.
2. Place the sweet potatoes on a baking tray lined with parchment paper and bake for 60-75 minutes or until fork tender.
3. Cut the sweet potatoes in half and let cool for 5-10 minutes.

## FILLING

## Ingredients

- 1 tbsp olive or avocado oil
- 1/2 cup chopped red onion
- 2 cloves Garlic, minced
- 1/4 tsp Chili Powder
- 1/2 tbsp tamari or soy sauce (use a reduced salt option if possible)
- 2 tbsp tomato paste
- 1/3 cup frozen corn kernels
- 1/3 cup diced fresh tomatoes
- 1/2 cup diced red bell pepper
- 1/2 cup cooked quinoa
- 1/2 cup black beans, rinsed

## Instructions

1. Heat the oil in a skillet over medium heat.
2. Add in the onion & garlic and sauté for a few minutes, until the onions begins to become translucent.
3. Add the chili powder, tamari & vegetables and cook for 5 minutes
4. Add the black beans & quinoa and cook for 2 minutes



## 03 STUFFED SWEET POTATOES

### ASSEMBLY

#### Ingredients

- 2 tbsp chopped green onions
- 1/2 cup guacamole (or mashed avocado)
- Fresh coriander, to taste
- Plant-based sour cream (optional)

#### Instructions

1. Garnish with green onions, guacamole, coriander and plantbased sour cream



## 04 DRAGON BOWL

### TEMPEH

#### Ingredients

- 1 block tempeh
- 1 tbsp olive or avocado oil
- 2 tbsp maple syrup
- 2 tbsp tamari
- 1:2 - 1 tsp liquid smoke

#### Instructions

1. Heat the oil in a skillet over medium heat.
2. Cut the tempeh lengthwise and widthwise, then each square into 2 triangles.
3. Cook on each side for a few minutes, then add the rest of the ingredients and cook for another 2-3 minutes on each side

### DRAGON SAUCE

#### Ingredients

- 1/4 cup nutritional yeast
- 3 tbsp avocado or sunflower oil
- 1 tbsp maple syrup
- 1 tbsp lemon juice
- 3 tbsp powdered cashews (use a coffee grinder) or cashew butter
- 1/4 cup water
- 2 tbsp soy sauce
- 1 garlic clove, minced

#### Instructions

1. Put all ingredients in a blender and process until smooth.



## 04 DRAGON BOWL

### ASSEMBLY

#### Ingredients

- 1 red bell pepper, sliced
- 1 big carrot, spiralized
- 1/2 cucumber, sliced
- 2 cups spinach
- 2 cups cooked brown rice
- Lime slices (optional)

#### Instructions

1. Put all ingredients in 2 bowls and serve with dragon sauce



# 05 RED LENTIL DAHL

## RECIPE

### Ingredients

- 5 cups water
- 2 1/2 cups red lentils
- 1 tsp olive oil or coconut oil
- 1 cup diced onions
- 2 cups mushrooms cut into quarters
- 3 garlic cloves, minced
- 1 tsp fresh ginger peeled and grated
- Juice of half a lime
- 1/2 tsp dried chilli flakes
- 1/2 tsp cumin powder
- 1/2 tsp coriander powder
- 1 tsp ground turmeric
- 2 tsp curry masala
- 1 1/2 cup canned diced tomatoes
- 1/2 can (14oz/400ml) coconut milk
- 1/4 tsp sea salt
- 2 cups cooked brown rice
- Fresh coriander (garnish)
- Sliced green onions (garnish)
- Lime slices (garnish)
- Tamari to taste

### Instructions

1. Bring the water to a boil in a large pot.
2. Add lentils and cook uncovered for 10 minutes, stirring every few minutes to prevent burning on the bottom. Remove from heat.
3. While preparing the lentils, heat the oil in a skillet over medium heat.
4. Add in the onions and sauté for a few minutes, until they become translucent.
5. Add the garlic & mushrooms and sauté for another 3-4 minutes.
6. Stir in remaining ingredients with the lentils until completely incorporated.
7. Cook for another 15-20 min.
8. Serve with brown rice, fresh coriander, green onions, tamari and lime slices.





## 06 CHIA PUDDING

### CHIA PUDDING

#### Ingredients

- 1/3 cup chia seeds
- 1 1/4 cup plantbased milk
- 2-3 tbsp maple syrup
- 1 tsp almond or vanilla extract

#### Instructions

1. Combine all ingredients in a bowl and mix well.
2. Set aside for 20-25 min to allow the seeds to absorb the liquid.
3. Pour into glass jars

### FRUIT PURÉE

#### Ingredients

- 1 cup peach or mango, chopped
- 1 tbsp maple syrup

#### Instructions

1. Process all ingredients in a blender until smooth
2. Pour over the chia pudding
3. Sprinkle some frozen raspberries, nuts and coconut on top

### ASSEMBLY

#### Ingredients

- plantbased yoghurt
- Frozen raspberries
- Pecans (or other nuts)
- Coconut flakes

#### Instructions

1. Pour some plantbased yoghurt over the chia pudding
2. Pour the fruit purée over the yoghurt
3. Sprinkle some frozen raspberries, nuts and coconut on top

