

# 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. Enjoy!

## 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 (gluten free soy sauce)
- 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!