

THE 21-DAY VEGAN BLUEPRINT



sample
recipes

Green Smoothie

serves 1

3 cups spinach, kale or collard greens. Washed well & rib removed on kale and collards
1 cup pineapple, cubed

1 banana or mango, diced (fresh or frozen)

½ cup frozen blueberries (fresh or frozen)

1 tbsp chopped ginger

1 tbsp ground flax seed or chia seed

½-1 cup water

Place ingredients in a high-speed blender, placing the orange at the bottom. Blend until smooth, you might need to stop it part way to press the contents down closer to the blade for smooth blending.

TIP: Play around with different combinations of fruit and liquids in your smoothie. For the fall/winter I like to throw in cranberries, pears, pomegranate juice and/or apple. The possibilities are endless. Have fun!

Tempeh Tacos

makes 4 tacos, serves 2

1 package of soy tempeh (cut into four or five pieces, then halved)

2 cups shredded red cabbage

1 cup shredded carrot

1 avocado

1 lime

4 corn tortillas

tempeh marinade:

¼ cup soy sauce

¼ cup balsamic vinegar

2 tablespoons maple syrup

1 tbsp chipotle chili powder

Mix the tempeh marinade in a small bowl. Place sliced tempeh in a ziplock bag, then pour in the marinade. Make sure the sauce coats the tempeh, and allow to marinate in the refrigerator for at least one hour. This is great to do over night, or while at work.

Once it has marinated, roast tempeh in an oven at 350° for 15 minutes. Or, saute the tempeh for 4 minutes, each side.

Warm the corn tortillas in a skillet, or the microwave.

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Fill with cooked tempeh, cabbage, carrots and avocado. Squeeze a bit of lime juice onto the tacos and serve.

TIP: If you're allergic/sensitive to soy, look for a soy free tempeh (not widely available), and use coconut aminos instead of soy sauce.

Jenné's Daily Salad

serves 1-2

6-8 leaves of kale, torn off stem
4 cups of arugula
1/4 head of red cabbage, shredded
3 carrots, shredded
1/2 cup pumpkin seeds
1 ripe avocado, cubed or sliced
pinch of sea salt
juice of 1 lemon (or 1/2 lemon more to taste)

Place the clean kale into a mixing bowl. Into the kale add the juice of 1/2 a lemon, a pinch of sea salt and 1/2 of the avocado. Using your clean hands, massage the toppings into the kale for a minute or so, until the kale has shrunk in size and become tender. Rinse your hands, then add in the arugula, shredded veggies and remaining lemon juice. Toss it all together, using your hands then serve topped with more avocado, pumpkin seeds and a pinch more of sea salt.

TIP: Use a food processor with a shred blade to shred the carrots and cabbage. It makes your life easy, and cuts the time it takes to make the salad.

Kale Chips

1/2 cup sunflower seeds, soaked at least one hour
3 tbsp nutritional yeast
1 tsp hot paprika
1 tsp cumin
1/4 tsp sea salt
1/4 cup water
1 bunch of kale, cleaned, washed and torn into small pieces

Puree all of the ingredients, except for the kale, in your food processor until smooth. Pour the sunflower puree over the kale and massage until it becomes tender, about 3 minutes. Spread out on a dehydrator sheet, and dehydrate for 6 hours. Or, use your oven. Spread on a parchment lined baking sheet and bake

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at 225° for about one hour, until crispy. Store in an airtight container.