

#ARBONNE30



WEEK 1 MEAL PLAN VEGAN

MON

LUNCH

Zucchini noodles with pistachio pesto

DINNER

Quick Chana Masala

TUE

LUNCH

Spring veggies tacos with avocado cream

DINNER

No Noodle Pad Thai

WED

LUNCH

Creamy Butternut Squash Linguine with
Fried Sage

DINNER

Quick Chana Masala

THU

LUNCH

Spring veggies tacos with avocado cream

DINNER

Curried Coconut Quinoa and Greens with
Roasted Cauliflower

FRI

LUNCH

Mediterranean Spaghetti Squash Bowls

DINNER

Quick Chana Masala

SAT

LUNCH

Creamy (vegan!) Butternut Squash Linguine with
Fried Sage

DINNER

Spring veggies tacos with avocado cream

SUN

LUNCH

Mediterranean Zucchini Noodles

DINNER

Spaghetti with Pistachio Squash Pesto Bowls

GROCERY LIST WEEK 1 *(2 servings) *= Use for multiple recipes*

Pantry:

☐ sea salt or pink himalayan ☐ 1 cup walnuts ☐ 4 cans chickpeas ☐ 1 can light coconut milk ☐ 2 tbsp coconut aminos ☐ 1/2 cup almond butter no sugar added ☐ 2 cups vegetable broth ☐ optional daiya cheese ☐ 1 can (28oz.) Whole peeled tomatoes

Vegetables:

☐ 3 1/2 cups fresh parsley ☐ 4 lemon ☐ 11 clove garlic ☐ 2 1/2 cup fresh cilantro ☐ 2 small red onion ☐ 2 large red bell pepper ☐ 1 large green bell pepper ☐ 1 large yellow bell pepper ☐ 1 head cauliflower ☐ 3 yellow onion ☐ 4 cups greens (kale, spinach arugula etc) ☐ 8 tbsp. Olive Oil ☐ 1 cup pistachios ☐ 8 tbsp coconut oil ☐ 1 cup quinoa ☐ 4 tbsp. Sesame seeds ☐ 2 tbsp brown rice syrup ☐ 12 ounces' gluten free pasta ☐ 1 cup cooked brown rice or basmati rice ☐ 5-6 zucchini + 1/2 pound ☐ 1 large sweet potato ☐ 3/4 pound Daikon radish ☐ 4 medium carrots ☐ 1/2 pound bean sprouts ☐ 4 green onion ☐ 2 limes ☐ 1 ginger root ☐ 1 tbsp. Fresh sage ☐ 2 pounds butternut or kabocha squash ☐ 1 green serrano pepper ☐ 1/4 cup kalamata olives ☐ 1/4 cup pepitas (hulled pumpkin seeds)

Spices:

☐ 1 Tbsp. chili powder ☐ 1/4 tsp. onion powder ☐ 1/2 tsp. oregano ☐ 1 tsp cayenne pepper ☐ 1 1/2 tsp ground tumeric ☐ 1/2tsp cardamom ☐ 1 tsp. garam masala Recipes: ☐ 2 spaghetti squash ☐ 1/4 cup fresh basil plus fresh basil for garnish ☐ 2 tsp. cumin ☐ 1/2 tsp garlic powder ☐ 1 tsp. red pepper flakes ☐ 1/2 tsp. paprika ☐ black pepper ☐ 1 tsp ground ginger ☐ 1/2 tsp curry powder ☐ 1 1/2 tsp. cumin seeds ☐ 1 1/2 tsp. ground coriander

RECIPES WEEK 1

Zucchini Noodles with Pistachio Pesto (Serves 2)

Ingredients

- 5-6 zucchini, peeled and very thinly sliced
- 1 clove garlic 1/2 cup + 3 Tbsp.
- shelled pistachios 1–2 Tbsp.
- lemon juice Zest of 1 lemon 1/4 tsp.
- salt
- 2 cups parsley or 1 cup cilantro and 1 cup parsley
- 1/2 cup olive oil



Preparation

1. Place the zucchini in a large bowl.
2. Combine the garlic, 1/2 cup of pistachios, lemon juice, lemon zest, salt, and parsley in a food processor and pulse 5 times, or until everything is integrated.
3. Add the olive oil with the food processor running and process until well combined.
4. Mix the pistachio pesto with the zucchini.
5. To serve, chop the remaining pistachios and sprinkle over the top.

Note: You can also top with a little lemon zest, a drizzle of olive oil, and a pinch of sea salt.

Spring Veggie Tacos with Avocado Cream (Serves 2)

Filling

- 1 cup walnuts, coarsely chopped
- 1 cup chickpeas (can use canned, well rinsed)
- 1 large sweet potato, diced into chunks (should yield 2 cups)
- 1/2 cup water 2 tablespoons coconut oil (for cooking)

Taco Spices

- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon crushed red pepper flakes
- 1/2 teaspoon dried oregano 1/2 teaspoon paprika
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 1 small red onion (yields 1/2 cup), sliced into thin strips
- 1 large red bell pepper, sliced into thin strips
- 1 large green bell pepper, sliced into thin strips
- 1 large yellow bell pepper, sliced into thin strips
- 1 Tablespoon coconut oil
- 2 cloves garlic, diced
- Pinch of sea salt



Instructions

1. Preheat oven to 350 degrees F.
2. Bake chopped sweet potatoes with 1 tablespoon coconut oil, a dash of cinnamon and cumin for 30-45 minutes or until golden brown and crisp and set aside.
3. While the sweet potatoes are cooking prepare everything else.
4. First, in a food processor or blender pulse the chickpeas and walnuts together to create a coarsely chopped mixture.
5. In a medium heated skillet, add 1/2 tablespoon coconut oil, chopped walnuts, beans, and seasonings. Stir to warm through and combine, adding a little bit of water as needed to bring the mixture together.
6. Cook/warm through for about 5 minutes, add baked sweet potatoes last and only to toss around in the spices with everything else.
7. Take off the heat and put in a large serving bowl.

Peppers

8. Simply sauté the onions, garlic, and tri-colored bell peppers in coconut oil on medium heat until softened.

Assembly

9. Use this filling to stuff **brown rice tortillas**, top with salsa, cashew cheese, etc
This stays well in the refrigerator for up to a week and makes great leftovers.

*Notes: Feel free to use your favorite taco seasoning to taste if you'd prefer versus adding individual spices.

Curried Coconut Quinoa & Greens w. Roasted Cauliflower (Serves 2)

Ingredients

Roasted Cauliflower

- 1 head cauliflower, cut into bite-sized florets
- 2 tablespoons melted coconut oil or olive oil
- 1/4 teaspoon cayenne pepper
- Sea Salt

Curried Coconut Quinoa with Greens

- 2 teaspoons melted coconut oil or olive oil
- 1 medium yellow onion, chopped
- 1 teaspoon ground ginger
- 1 teaspoon ground turmeric
- 1/2 teaspoon curry powder of choice (optional)
- 1/2 teaspoon ground cardamom
- 1 can (14 ounces) light coconut milk 1/2 cup water
- 1 cup quinoa, rinsed well in a fine mesh colander
- 1 teaspoon sea salt
- 1 tablespoon lemon or lime juice
- 4 cups baby arugula or chopped chard, spinach, maybe even kale*

*Optional garnishes: 2 green onions, chopped, and a sprinkle of red pepper flakes

Instructions

1. Preheat oven to 425 degrees Fahrenheit.
2. Toss the cauliflower florets with coconut oil, cayenne pepper and a light sprinkle of sea salt.
3. Roast for 25 to 30 minutes on the middle rack, turning halfway, until the cauliflower is tender and golden on the edges.
4. Cook the quinoa: In a large pot with a lid, warm the coconut oil over medium heat. Add the onion and cook until it is turning translucent, stirring often, about 5 minutes.
5. Add the ginger, turmeric, curry powder and cardamom and stir until fragrant, about 30 seconds. Pour in the coconut milk, water, and rinsed quinoa. Bring the mixture to a boil, then cover and reduce heat to a simmer.
6. Cook for 15 minutes, then remove the pot from heat and let it rest for 5 minutes.
7. Fluff the quinoa with a fork. Stir in the salt, citrus juice and greens

*if you intend to eat this dish as leftovers, I recommend storing leafy greens separate from the quinoa, as the greens don't reheat well.

*Divide the quinoa into bowls and top with roasted cauliflower. Garnish with green onions and red pepper flakes if you'd like.



No Noodle Pad Thai

Serves 2

Ingredients

- 3/4 lb. daikon radish, peeled
- 4 medium carrots, peeled
- 1/2 lb. zucchini (or replace with an additional
- 1/2 lb. bean sprouts)
- 1/2 lb (8 ounces) bean sprouts
- 4 green onions, finely sliced (white and green parts)
- 1 small handful cilantro leaves, chopped, plus extra for serving
- 2 tablespoons sesame seeds, preferably black, plus extra for serving
- 4 small wedges of lime, for serving nut sauce
- 1/2 c. almond butter
- 1/4 c. lime juice 2 tablespoons coconut aminos
- 2 tbs. brown rice syrup
- 2 tsp. grated fresh ginger
- 1 pinch red pepper flakes About 3 tablespoons water, to thin

Instructions

1. Prepare the vegetable noodles: Use a julienne peeler, spiralizer or regular peeler to create noodles out of the radish, carrots and zucchini, if using.
2. Transfer the noodles to a large serving bowl. Add the bean sprouts, onions, chopped cilantro and sesame seeds to the bowl.
3. Make the sauce: In a small bowl, whisk together all of the sauce ingredients until the sauce is smooth and creamy. Taste and adjust seasoning if necessary—the sauce should taste very bold at this point. (I added an extra little splash of coconut aminos.)
4. If you will not be serving all 4 portions immediately, portion off the amounts of vegetable mixture you need for now. Drizzle in enough dressing to coat the portioned amount.
5. Use your hands to gently toss the mixture until every single strand is coating in dressing.
6. Serve pad Thai with a wedge of lime and a sprinkle of extra chopped cilantro and sesame seeds. Store leftover vegetable mixture separately from the dressing and dress just before serving.



Creamy Butternut Squash Linguine & Fried Sage

serves 2

Ingredients

- 2 tbs. olive oil
 - 1 tbs. finely chopped fresh sage
 - 2 lb. butternut or kabocha squash, peeled, seeded, and cut into small
 - 1/2-inch pieces (about 3 cups)
 - 1 medium yellow onion, chopped
 - 2 garlic cloves, pressed or chopped
 - 1/8 tsp. red pepper flakes (up to 1/4 teaspoon for spicier pasta sauce) Salt
 - Freshly ground black pepper
 - 2 c. vegetable broth
 - 12 ounces gluten free pasta (brown rice, black bean etc) linguine or fettucine Optional
- additional garnishes: Vegan soy free cheese as in Daiya

Instructions

1. Warm the oil in a large skillet over medium heat. Once the oil is simmering, add the sage and toss to coat. Let the sage get crispy before transferring it to a small bowl.
2. Sprinkle it lightly with salt and set the bowl aside.
3. Add the squash, onion, garlic and red pepper flakes to the skillet. Season with salt and pepper.
4. Cook, stirring occasionally, until the onion is translucent, about 8 to 10 minutes.
5. Add the broth. Bring the mixture to a boil, then reduce the heat and simmer until the squash is soft and the liquid is reduced by half, about 15 to 20 minutes.
6. In the meantime, bring a large pot of salted water to a boil and cook the pasta until al dente according to package directions, stirring occasionally.
7. Reserve 1 cup of the pasta cooking water before draining. Once the squash mixture is done cooking, remove it from the heat and let it cool slightly.
8. Transfer the contents of the pan to a blender, but keep the skillet handy. Purée the mixture until smooth (beware of hot steam escaping from the top of the blender),
9. Season with salt and pepper until the flavors sing. In the reserved skillet, combine the pasta, squash purée and 1/4 cup cooking liquid.
10. Cook over medium heat, tossing and adding more pasta cooking water as needed, until the sauce coats the pasta, about 2 minutes.
11. Season with more salt and pepper if necessary. Serve the pasta in individual bowls topped with fried sage, more black pepper and Vegan cheese if desired.



Mediterranean Spaghetti Squash Bowls (Serves 2)

Spaghetti squash and filling

2 spaghetti squash
2 tbs. + 1 tsp. extra-virgin olive oil, divided
1 can (15 ounces) chickpeas, rinsed & drained,
red bell pepper, chopped
1/3 c. chopped red onion (about 1/2 small onion)
1/4 c. thinly sliced Kalamata olives
2 tbs. chopped fresh basil and/or parsley
1 clove garlic, pressed or minced
1 tbs. lemon juice

For the Pesto

1/4 Cup Dried Pumpkin Seeds, toasted
1/2 Cup Fresh Basil Leaves
1/2 Cup Fresh Parsley
2 Tablespoons Lemon Juice
2 Tablespoons Water
1/4 Cup Extra-Virgin Olive Oil

Instructions:

- Preheat the oven to 400 F. and line a large, baking sheet with parchment paper for easy clean-up.
- Use a very sharp chef's knife to cut off the tip-top and very bottom ends of each spaghetti squash.
- Stand the squash upright on a stable surface and slice through it from top to bottom to divide it in half. Repeat with the other squash.
- Use a large spoon to scoop out the spaghetti squash seeds and discard them.
- Drizzle each squash half with 1 teaspoon olive oil and rub it all over the inside and outside of the squash, adding more oil if necessary.
- Sprinkle salt and pepper lightly over the interiors of the squash, then place them cut-side down on the prepared baking sheet.
- Bake for 40 to 60 minutes, until the interiors are easily pierced through with a fork.
- Combine the chickpeas, bell pepper, onion, olives, chopped basil and/or parsley, garlic, lemon juice, remaining 1 tablespoon olive oil and salt. Stir to combine. Taste, and add more lemon juice and/or salt if necessary. Set aside.

To prepare the pesto: In a small skillet, toast the pumpkin seeds over medium heat, stirring often, until they are fragrant and making little popping noises, about 5 minutes. Pour the pepitas into a food processor and let them cool for a few minutes. Then, add the basil, parsley, lemon juice, water and salt. Process while slowly drizzling in the olive oil, stopping to scrape down the sides as necessary, until the pepitas have broken down to create a smooth sauce. Transfer the pesto to a small bowl for serving. To assemble, use a fork to fluff up the squash and make it easier to eat. Then divide the chickpea salad between the squash "bowls" and top each one with a generous drizzle of pesto.

**Finish with a sprinkle of chopped herbs and Vegan cheese, if desired. Serve immediately.*



Quick Chana Masala

Ingredients

- 1 tbs. coconut oil or olive oil
- 1 1/2 tsp cumin seeds
- 1 yellow onion, chopped
- 1 tbs. pressed or minced fresh garlic (about 5 cloves)
- 1 tbs. peeled and minced fresh ginger (about a 1-inch piece)
- 1 green Serrano pepper, minced (seed it first if you want to tame the spice level)
- 1 1/2 tsp. garam masala (or tikka masala)
- 1 1/2 tsp. ground coriander
- 1/2 tsp. ground turmeric
- 3/4 tsp. fine-grain sea salt
- 1/4 tsp. cayenne pepper (optional)
- 1 can (28 ounces) whole peeled tomatoes, with their juices
- 2 cans (14 ounces each) chickpeas (or 3 cups cooked chickpeas), drained and rinsed
- 1 c. uncooked brown basmati rice, for serving (rice is optional, I like to cook extra rice to have on hand for other meals)
- Lemon wedges, for garnishing Fresh cilantro, chopped, for garnishing (optional)

Instructions

Prepare brown rice according to package directions.

Cook the Chana Masala:

1. In a Dutch oven or large saucepan, heat the oil over medium heat. When a drop of water sizzles upon hitting the pan, reduce the heat to medium-low and add the cumin seeds.
 2. Toast the seeds for a minute or two, stirring frequently, until the seeds are golden and fragrant. Watch carefully to avoid burning the seeds.
 3. Raise the heat to medium and stir in the onion, garlic, ginger and serrano. Cook for about five minutes, stirring often.
 4. Stir in the garam masala (or tikka masala), coriander, turmeric, salt and cayenne (if using), and cook for two more minutes.
 5. Add the whole peeled tomatoes and their juices. Use the back of a wooden spoon to break the tomatoes apart. You can leave some chunks of tomato for texture.
 6. Raise the heat to medium-high and add the chickpeas. Bring the mixture to a simmer and cook for 10 minutes or longer to allow the flavors to develop.
1. Serve over basmati rice, if desired, and garnish with a lemon wedge or two and a sprinkle of fresh cilantro.





WEEK 2 VEGAN MEAL PLAN

MON

LUNCH Leftovers

DINNER Tortilla Soup

TUE

LUNCH Tortilla Soup

DINNER Cozy Butternut, Sweet Potato, and Red Lentil Stew

WED

LUNCH Cozy Butternut, Sweet Potato, and Red Lentil Stew

DINNER Quick and Delicious 10-Minute Pasta

THU

LUNCH Quick and Delicious 10-Minute Pasta

DINNER My Favourite Vegan Chili

FRI

LUNCH My Favourite Vegan Chili

DINNER Roasted Cauliflower & Sweet Potato Curry Soup

SAT

LUNCH Roasted Cauliflower & Sweet Potato Curry Soup

DINNER Quinoa Burgers and Sweet Potato Fries

SUN

LUNCH Leftovers

DINNER Leftovers

GROCERY LIST WEEK 2 **= Use for multiple recipes*

PRODUCE:

- ☐ 2 Avocado
- ☐ 1 Bunch or Bag of Carrots*
- ☐ 1 Bunch Green Onions*
- ☐ Celery (about 2 large stalks)
- ☐ Fresh Cilantro*
- ☐ Butternut Squash (400 g)
- ☐ 2 Bunch Spinach
- ☐ 1 Sweet Onion (medium/large)
- ☐ 4 to 5 Medium Onion
- ☐ Frozen Peas or another Veggie
- ☐ Fresh Ginger
- ☐ 1 Fresh Red Chile Pepper
- ☐ 2 Medium Jalapeños
- ☐ 1 to 2 Limes
- ☐ 5 to 6 Sweet Potatoes*
- ☐ 1 Large Cauliflower*
- ☐ 3 to 4 large Garlic Cloves*
- ☐ 1 large Red Bell Pepper

Pantry Goods

- ☐ 1 box (340 g/12 ounces) Brown Rice Rotini or Fusilli pasta
- ☐ 1/4 cup (35 g) Hemp Hearts
- ☐ 1 Package Quinoa*
- ☐ 3 Can Black Beans (15-oz/398 mL) *
- ☐ 1 Can Kidney Beans (15-oz/398 mL)
- ☐ Cooked Lentils or Beans
- ☐ 3 Cans Pinto Beans (15-oz/398 mL)
- ☐ Brown Rice*
- ☐ Brown rice Flour or Coconut Flour
- ☐ 3 to 4 (750 mL) Low Salt Vegetable* Broth
- ☐ Flax Seed
- ☐ Sea Salt
- ☐ 2 cups (500 mL) Marinara Sauce
- ☐ 24 oz. Picante or Salsa
- ☐ 3 (14-ounce/398 mL) can Diced Tomatoes*
- ☐ 2 Cans Stewed Tomatoes
- ☐ 1 (14 ounce) can no-salt Tomato Sauce
- ☐ 3 cans Tomato Paste (45 mL) *
- ☐ 1 (14 ounce) can Coconut Milk
- ☐ Apple Cider Vinegar
- ☐ Extra-Virgin Olive Oil*
- ☐ Coconut Sugar
- ☐ GF Hamburger Buns or Lettuce Leaves
- ☐ Chili Paste or Hot Sauce
- ☐ 1/3 to 1/2 cup (80 mL to 125 mL) Hummus

Dairy

- ☐ DF cream cheese (Daiya)
- ☐ 1 'Flax eggs'
- ☐ Cashew Sour Cream

Spices

- ☐ 1 (14-ounce/398 mL) Light Coconut Milk
- ☐ 1/2 C. Shredded DF Cheese (Daiya)
- ☐ Ground Cumin
- ☐ Dried Oregano
- ☐ Cayenne Pepper
- ☐ Ground Turmeric
- ☐ Crushed Red Pepper Flakes
- ☐ Freshly Ground Black Pepper
- ☐ Onion Powder
- ☐ Chili Powder
- ☐ Curry Powder
- ☐ Garlic Powder
- ☐ Cinnamon
- ☐ 8 Large Cloves
- ☐ Coriander

VEGAN RECIPES WEEK 2

Tortilla Soup

Serves 8-12

Ingredients:

- 2 cans vegetable broth (low sodium, organic)
- 2 cans stewed tomatoes
- 2 cans pinto beans, drained
- 2 cans black beans, drained
- 24 oz. picante or salsa
- 1 sm-med onion, diced
- 2 Tbs. homemade taco seasoning (see below)
- Optional toppings: Rice chips, cheddar "cheese" shreds, avocado slices, green onions, Cilantro, Lime

Directions:

Drain/rinse beans. Add all ingredients to large pot. Warm through & serve with chosen toppings.

Taco Seasoning:

- 1 Tbs. chili powder
- 1 Tbs. ground cumin
- 1 Tbs. garlic powder
- 1 Tbs. onion powder
- ¼ Tbs. crushed red pepper

Mix all the spices together and store in an airtight container.



Cozy Butternut, Sweet Potato, and Red Lentil Stew

Vegan, gluten-free, nut-free, refined sugar-free, soy-free

Butternut squash, red lentils, and sweet potato are wrapped in a lightly sweet and creamy coconut and tomato broth accented with spicy notes of turmeric, cumin, chili powder, cayenne, and garlic. Apple cider vinegar provides a tangy brightness to bring everything together. This stew tastes better the next day once the flavours have had a chance to mingle; if you can make it the day before serving, I'd highly recommend it! Website Credit: www.ohsheglow.com *Yields 11 Cups*

Ingredients:

For the stew:

- 2 tablespoons (30 mL) extra-virgin olive oil
- 1 medium onion, diced (about 2 cups/280 g)
- 3 to 4 large garlic cloves, minced
- 3 cups (400 g) peeled, seeded, and diced butternut squash*
- 1 large sweet potato (450 g), peeled and diced (2 1/2 cups)*
- 3 cups (750 mL) low-sodium vegetable broth
- 1 (14-ounce/398 mL) can diced tomatoes
- 1 (14-ounce/398 mL) can light coconut milk
- 1/2 cup (100 g) dried red lentils, rinsed**
- 3 tablespoons (45 mL) tomato paste
- 1 1/2 teaspoons ground turmeric
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon chili powder
- 1/4 teaspoon cayenne pepper, or more if you like heat
- Fine sea salt, to taste (I use 1 1/2 teaspoons pink salt)
- Freshly ground black pepper, to taste
- 3 teaspoons (15 mL) apple cider vinegar, or to taste
- 1 bunch chard, stemmed and finely chopped***

Optional accompaniments:

- Fresh cilantro or parsley, minced
- Cooked brown rice
- Garlic powder and chili powder

Directions:

1. To a large pot, add the oil, onion, and garlic. Stir to combine. Increase the heat to medium and sauté for 3 to 5 minutes, until the onion is softened.
2. Add the squash and sweet potato and stir to combine. Add a pinch of salt and continue sautéing for a few minutes longer.
3. Add the broth, diced tomatoes (with juices), coconut milk, lentils, tomato paste, turmeric, cumin, chili powder, cayenne, salt, and pepper. (If you are spice-shy, feel free to add half the amount to start and increase from there after cooking, to taste.) Stir well to combine.
4. Increase heat and bring to a boil. Reduce the heat to medium, stir again, and simmer uncovered for about 30 minutes, stirring occasionally, until the squash and potato are fork-tender. Reduce the heat if necessary.
5. Add the apple cider vinegar to taste. Adjust the other seasonings if desired.
6. Optional step: Using a handheld immersion blender, blend the stew for only 2 to 3 seconds (any more and you'll blend too much of the veggies). This thickens the broth.
7. Stir in the chard, and cook for another couple minute until the greens are wilted.
8. Scoop some cooked rice onto the bottom of a bowl and then ladle the stew otop. Garnish with minced cilantro or parsley and a good dusting of garlic and chili powder, if desired.
9. Leftovers will keep in the fridge for up to 5 days, and they freeze beautifully too.

Tips:

* Make sure to dice the squash and potato very small (about the size of almonds), as this will expedite cooking. Also, if you are short on time, you can skip peeling the butternut squash as the skin is edible. (I don't recommend skipping peeling the potato, though.)

** You can swap the red lentils for 1 (14-ounce/398 mL) can chickpeas (drained and rinsed).

*** I recommend chopping the greens into small bite-size pieces for easier eating.



Quick and Delicious 10-Minute Pasta

Vegan, nut-free, refined sugar-free, soy-free

I've made this pasta countless times for our family; it's hard to beat how fast and nutritious it is, and it can be changed up so many ways. It packs in around 20 grams of protein and 11 grams of fibre per (adult-size) serving (depending on which kind of pasta you use, of course—see my notes), not to mention healthy fats from the hemp hearts. My advice if you're in a rush is to start heating up the water first, before you gather any other ingredients, as it can take some time for the water to come to a boil.

Website Credit: www.ohsheglow.com

Yield 4 (adult-size) servings, prep time 2 Minutes, cook time 8 minutes

Ingredients:

For the pasta:

- 1 box (340 g/12 ounces) brown rice rotini or fusilli pasta*
- 2 C. (500 mL) marinara sauce
- 1/3 to 1/2 C. (80 mL to 125 mL) hummus
- 1/4 C. (35 g) hemp hearts

Optional add-ins:

- Fine sea salt, to taste
- Garlic powder, to taste
- Frozen peas or other veggies**
- Cooked lentils or beans
- Fresh spinach or basil, minced in food processor
- Puréed cooked carrots or cauliflower

Directions:

1. Add water into a large pot and bring to a boil over high heat. While you are waiting for it to boil, gather the rest of the ingredients. Once boiling, reduce the heat to medium, add the pasta, and stir with a wooden spoon. Cook the pasta according to the package directions, stirring every now and then to prevent the pasta sticking.
2. Drain the cooked pasta well and place it back into the pot. Stir in the marinara, hummus, and hemp hearts until combined. Taste and add a bit of salt or other mix-ins if desired.
3. Heat over low until warmed throughout. If serving this pasta to a little one, spread a scoop of pasta out on a plate to gently cool it before serving.
4. Leftovers can be stored in an airtight container in the fridge for a couple days. To reheat, add the pasta into a pot along with a bit of extra marinara sauce (this adds moisture back) and stir to combine. Heat over medium-low heat until warmed throughout.

Tips:

* Add Arbonne's protein boost to the pasta sauce to boost the protein content.

** To quickly thaw frozen peas, add them to the pot during the last minute or two of cooking the pasta.



My Favourite Vegan Chili

Vegan, gluten-free, grain-free, refined sugar-free, soy-free

Hearty, satisfying, and veggie-packed, this vegan chili will leave you feeling full for hours. I recommend pairing it with a big scoop of Cashew Sour Cream for the ultimate chili experience.

Website Credit: www.ohsheglow.com

Yield 4 bowls, Prep Time 30 Minutes, Cook time 30 Minutes

Ingredients:

- 1 1/2 tablespoons extra-virgin olive oil
- 2 cups (280 g) diced sweet onion (about 1 medium/large)
- 2 tablespoons minced garlic (about 4 large cloves)
- 2 medium jalapeños (80 g), seeded (if desired) and finely chopped
- 1 cup (115 g) finely chopped celery (about 2 large stalks)*
- 1 large red bell pepper, seeded and diced**
- 1 (28-oz/796 mL) can diced tomatoes, with juices
- 1 cup (250 mL) low-sodium vegetable broth
- 6 tablespoons (90 mL) tomato paste
- 1 (15-oz/398 mL) can kidney beans, drained and rinsed
- 1 (15-oz/398 mL) can pinto or navy beans, drained and rinsed
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/2 to 3/4 teaspoon fine grain sea salt, to taste
- 1/4 teaspoon ground cayenne pepper (optional)
- 1 teaspoon hot sauce (optional)

Toppings:

- Cashew Sour Cream
- Chopped green onions
- Fresh cilantro, chopped

Directions:

1. In a large pot, sauté the onion and the garlic in the oil over medium heat until soft and translucent, about 5 minutes. Season with a pinch of salt and stir.
2. Add the jalapeños, celery, and bell pepper and sauté for another 5 to 7 minutes or so, until softened.
3. Now add the can of diced tomatoes (with the juice), broth, and tomato paste. Stir to combine. Increase heat to medium-high.
4. Add the drained and rinsed beans, along with the chili powder, cumin, oregano, and salt. Simmer the mixture, uncovered, until thickened, about 10 to 15 minutes.
5. Add the cayenne and hot sauce to taste, if using. Taste and season with additional salt if desired.
6. Serve with Cashew Sour Cream, chopped green onion, and cilantro leaves, if desired.

Tips:

* I recommend finely chopping the celery, so it cooks faster.

** Try swapping the raw red pepper for jarred roasted red pepper. It makes the flavour simply out of this world!

A few of my go-to jarred or canned bean and tomato products are as follows: For canned beans I buy Eden Organics, for canned diced tomatoes I buy Ontario Natural Food Co-op, and for tomato paste I try to buy it in a glass jar whenever possible (Bioitalia is one brand I use). I try to buy glass jars for tomato sauces and pureés too.



Roasted Cauliflower & Sweet Potato Curry Soup

Recipe credit: Danielle Centoni. In this healthy cauliflower soup recipe, roasting the cauliflower first adds depth and prevents the florets from turning to mush. A little tomato sauce and coconut milk give the broth a rich, silky texture. Website credit <http://www.eatingwell.com>

Serves 8

Ingredients:

- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1½ teaspoons ground cinnamon
- 1½ teaspoons ground turmeric
- 1¼ teaspoons salt
- ¾ teaspoon ground pepper
- ⅛ teaspoon cayenne pepper
- 1 small head cauliflower, cut into small florets (about 6 cups)
- 2 tablespoons extra-virgin olive oil, divided
- 1 large onion, chopped
- 1 cup diced carrot
- 3 large cloves garlic, minced
- 1½ teaspoons grated fresh ginger
- 1 fresh red Chile pepper, such as serrano or jalapeño, minced, plus more for garnish
- 1 (14 ounce) can no-salt-added tomato sauce
- 4 cups low-sodium vegetable broth
- 6 cups diced peeled sweet potatoes (½-inch)
- 1 (14 ounce) can coconut milk
- 2 teaspoons lime zest
- 2 tablespoons lime juice

Directions:

1. Preheat oven to 450°F.
2. Combine coriander, cumin, cinnamon, turmeric, salt, pepper and cayenne in a small bowl. Toss cauliflower with 1 tablespoon oil in a large bowl, sprinkle with 1 tablespoon of the spice mixture and toss again. Spread in a single layer on a rimmed baking sheet. Roast the cauliflower until the edges are browned, 15 to 20 minutes. Set aside.
3. Meanwhile, heat the remaining 1 tablespoon oil in a large pot over medium-high heat. Add onion and carrot and cook, stirring often, until starting to brown, 3 to 4 minutes. Reduce heat to medium and continue cooking, stirring often, until the onion is soft, 3 to 4 minutes. Add garlic, ginger, chile and the remaining spice mixture. Cook, stirring, for 1 minute more.
4. Stir in tomato sauce, scraping up any browned bits, and simmer for 1 minute. Add broth, potatoes, sweet potatoes, lime zest and juice. Cover and bring to a boil over high heat. Reduce heat to maintain a gentle simmer and cook, partially covered and stirring occasionally, until the vegetables are tender, 35 to 40 minutes.
5. Stir in coconut milk and the roasted cauliflower. Return to a simmer to heat through. Serve garnished with cilantro and chiles, if desired.

*To make ahead: Refrigerate for up to 5 days.



Quinoa Burgers and Sweet Potato Fries

Serves 4

Ingredients:

- 1 ¼ C. cooked quinoa
- ¼ C. of kidney or black beans
- ½ C. shredded DF cheese of choice (Daiya)
- ½ Tbs DF cream cheese (Daiya)
- 1 'Flax eggs'
- 1 Green onions
- 1 Tbs. white onion, chopped
- ¼ C. carrot, shredded
- 1 Cloves garlic
- ½ Tsp. chili paste or hot sauce
- 1 Tbs. GF flour (I use brown rice or coconut flour)
- ½ Tbs. flax seed
- ½ Tbs. coconut sugar
- ¼ Tsp. salt
- ¼ Tsp. curry powder
- GF Hamburger buns or lettuce leaves (optional)

Directions:

1. Make flax eggs.
2. Cook quinoa according to box instructions. Let rest for 5 minutes, then remove lid and cool.
3. Next grate your cheese, chop your onions, mince your garlic, grate you carrot, and slice your green onions. Set aside.
4. Using you beans of choice (I chose dark red kidney) and a fork, mash into a chunky paste. This really helps glue your burgers together.
5. In a large bowl add chopped vegetables, beans, flax eggs, cream cheese, shredded cheese, flour, sugar, flax seed, hot sauce, and all spices. Stir to combine.
6. Next add your cooled quinoa. Must be cooled or the cheese will melt now, instead of in the pan. Stir mixture until completely uniform.
7. In a large pan, heat 2 tablespoons of olive oil. Using hand, form 1/2 cup portions of quinoa mixture into patties and place into hot pan. Cook for 3-4 minutes on each side, or until golden brown.



Sweet Potato Fries Serves 3-5

Ingredients:

- Olive Oil, for tossing
- 2-4 sweet potatoes, peeled and sliced into 1/4-inch long slices, then 1/4-wide inch strips
- 2 Tsp salt
- ½ Tsp pepper
- ½ Tsp garlic powder
- ½ Tsp paprika

Directions:

- Preheat oven to 450 degrees F. Line a sheet tray with parchment.
1. In a large bowl, toss sweet potatoes with just enough oil to coat.
 2. Sprinkle with House Seasoning and paprika.
 3. Spread sweet potatoes in single layer on prepared baking sheet, being sure not to overcrowd.
 4. Bake until sweet potatoes are tender and golden brown, turning occasionally, about 20 minutes. Let cool 5 to 10 minutes before serving.

#ARBONNE30



WEEK 3 VEGAN MEAL PLAN

MON

LUNCH Creamy Mashed Chickpea and Veggie Sandwich

DINNER Spaghetti with Charred Tomatoes and Shishito Peppers

TUE

LUNCH Spaghetti with Charred Tomatoes and Shishito Peppers

DINNER Easy Vegan Gluten Free Falafel with Tahini Sauce

WED

LUNCH Easy Vegan Gluten Free Falafel with Tahini Sauce

DINNER Four Bean Crock Pot Chili

THU

LUNCH Four Bean Crock Pot Chili

DINNER Stuffed Spaghetti Squash Lasagna Bowl

FRI

LUNCH Stuffed Spaghetti Squash Lasagna Bowl

DINNER Vegan Tortilla Pizza

SAT

LUNCH Vegan Tortilla Pizza

DINNER Your Choice

SUN

LUNCH Leftovers

DINNER Leftovers

GROCERY LIST WEEK 3 **= Use for multiple recipes*

PRODUCE:

- | | |
|--|--|
| <input type="checkbox"/> 1 spaghetti squash | <input type="checkbox"/> 2 carrots |
| <input type="checkbox"/> 2 lemons | <input type="checkbox"/> 1 cucumber |
| <input type="checkbox"/> 8 cups cherry or grape tomatoes | <input type="checkbox"/> 1 bunch fresh dill |
| <input type="checkbox"/> 1 loosely packed cup basil | <input type="checkbox"/> Celery |
| <input type="checkbox"/> 2 onions | <input type="checkbox"/> Avocado |
| <input type="checkbox"/> 1 small winter squash | <input type="checkbox"/> 1 bunch green onions |
| <input type="checkbox"/> 1 spaghetti squash | <input type="checkbox"/> lettuce |
| <input type="checkbox"/> 1 red pepper | <input type="checkbox"/> 3 cups shishito peppers |
| <input type="checkbox"/> baby greens | |
| <input type="checkbox"/> 16 cloves fresh garlic | |

PANTRY:

- | | |
|--|---|
| <input type="checkbox"/> 15 oz. can crushed tomatoes | <input type="checkbox"/> 1/2 cup tahini |
| <input type="checkbox"/> 1 can chickpeas (15 oz.) | <input type="checkbox"/> 16 ounces brown rice spaghetti |
| <input type="checkbox"/> 1/4 cup tomato paste | <input type="checkbox"/> 1 can pinto beans |
| <input type="checkbox"/> 1 1/2 c dried chick peas | <input type="checkbox"/> 1 can kidney beans |
| <input type="checkbox"/> 4 cups organic veggie broth | <input type="checkbox"/> 1 can garbanzo beans |
| <input type="checkbox"/> tapioca starch | <input type="checkbox"/> 1 cup marinara sauce |
| <input type="checkbox"/> nutritional yeast | <input type="checkbox"/> 1 cup raw cashews, soaked |
| <input type="checkbox"/> gluten free bread | <input type="checkbox"/> 1 cup hemp seeds |
| <input type="checkbox"/> 1/2 cup pumpkin seeds | <input type="checkbox"/> organic extra virgin olive |
| <input type="checkbox"/> 1 cup dry lentils | <input type="checkbox"/> grapeseed oil |
| <input type="checkbox"/> 1/2 cup vegan ricotta cheese* | <input type="checkbox"/> 3 tablespoon apple cider vinegar |

SPICES:

- | | |
|---|--|
| <input type="checkbox"/> garlic powder | <input type="checkbox"/> ground coriander |
| <input type="checkbox"/> himalayan pink salt | <input type="checkbox"/> ground cumin |
| <input type="checkbox"/> freshly cracked black pepper | <input type="checkbox"/> garlic powder |
| <input type="checkbox"/> chili powder | <input type="checkbox"/> 1 teaspoon 21 Seasoning Salute (Trader Joes) or |
| <input type="checkbox"/> smoked paprika | <input type="checkbox"/> Kirkland Organic No Salt Seasoning (Costco) |
| <input type="checkbox"/> cayenne pepper | |
| <input type="checkbox"/> cumin | |

VEGAN RECIPES WEEK 3

Creamy Mashed Chickpea and Veggie Sandwich

Ingredients

- 1 can chickpeas (15 oz)
- 1/4 cup plus 2 tablespoons chickpea brine (juice from can of chickpeas)
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- ½ cup chopped carrots
- ½ cup chopped celery
- ½ cup pumpkin seeds
- 1 tablespoon chopped fresh dill
- 1 teaspoon garlic powder
- Himalayan pink salt and ground black pepper to taste
- Gluten free bread

Toppings (optional):

- Sliced cucumber
- Lettuce
- Tomato

Instructions

1. Drain the can of chickpeas, reserving the juice. Chop carrots, celery and dill into chunky pieces with a food processor and put into a large bowl .
2. Next add the chickpeas into the food processor and pulse until chunky. Take out all but 1/4 cup and add to the bowl with the veggies and dill. Puree the leftover chickpeas into a paste and set aside.
3. Add the reserved chickpea brine (you can store the rest for future use), along with the vinegar and lemon juice into a bowl and beat with a stand mixer (with whisk attachment) or beater until it begins to get thick and creamy. Add the chickpea paste and continue to beat until it turns into a thick creamy mixture.
4. Add the creamy mixture to the bowl with the chickpeas and veggies. Add pumpkin seeds, garlic powder, salt and pepper and mix until just combined. Serve on bread with cucumbers, tomatoes and lettuce!

Notes

For the creamy chickpea brine whip you can use a beater or a stand mixer. Hand whipping isn't recommended as it will take a really long time and not get to the creamy state you need. If you want a really fast version and don't want to mess with whipping the brine, then simply add 1/2 cup chickpeas instead of 1/4 when pureeing to a paste, then mix with the chopped chickpeas and veggies. Feel free to adjust seasonings to meet your taste needs.

Tips to prep ahead: Chop veggies and beans beforehand so all you need to do the day you make it is put it all together.



Spaghetti with Charred Tomatoes and Shishito Peppers

Ingredients

- 8 cups cherry or grape tomatoes
- 3 cups shishito peppers
- 10 cloves fresh garlic
- 1 loosely packed cup basil
- 1 teaspoon Himalayan pink salt
- dash of ground black pepper
- drizzle of organic veggie broth or your favorite roasting oil if you use oil
- 16 ounces brown rice spaghetti
- Hemp Almond Parmesan (optional for topping)



Instructions

1. Preheat oven to 375. Wash tomatoes, peppers and basil.
2. Place in a large bowl with garlic and add salt, pepper and broth or oil. Mix well to coat.
3. Place on a parchment lined cookie sheet and bake for about 45 minutes or until they begin to char. Start checking at 35 minutes as oven temps can vary.
4. While the veggies are roasting, cook spaghetti according to package directions. Make Hemp Almond Parmesan if using.
5. When veggies are done, mix in with spaghetti and top with Hemp Almond Parmesan. Devour

Tips to prep ahead: Wash tomatoes, peppers and basil. Make Hemp Almond Parmesan.

Easy Vegan Gluten Free Falafel with Tahini Sauce

Yields 4 Servings

It's quick, it's full of protein, low fat and can be used in so many ways! This easy vegan falafel is your new weekly staple. Simple yet so flavorful!

Ingredients

Falafel

- 1 1/2 cups dried chickpeas , soaked in water for at least 6 hours
- 3 cloves garlic, peeled
- 1 small onion, coarsely chopped
- 1/4 cup chopped flat-leaf parsley
- 1 tablespoon tapioca starch
- 2 teaspoons ground cumin
- 1 1/2 teaspoons sea salt
- 1 teaspoon ground coriander
- Freshly cracked black pepper
- 1/2 cup grapeseed oil or neutral oil of your choice

Tahini Sauce

- 1/2 cup tahini
- 3 cloves garlic, crushed
- 1/2 teaspoon fine sea salt
- 2 tablespoons extra-virgin olive oil
- juice of 1/2 lemon
- 1 teaspoon finely chopped fresh flat-leaf parsley (optional)

Instructions

1. Drain the chickpeas and place in a food processor . Add the garlic, onion, parsley, tapioca, cumin, salt, coriander, and pepper to taste. Process on high speed until everything is well blended. Halfway through, turn off the processor and scrape down the sides to incorporate all the ingredients.
2. Remove the blade from the processor bowl. Scoop a spoonful of mixture into your hand and shape into a ball or egg. Continue with all the mixture.
3. Heat a frying pan over medium heat and add oil. To test the oil, simply drop in a tiny piece of the chickpea mixture; if the oil gently bubbles around it, you're good to go. If it just sits there, give it more time to heat up. If it makes cracking noises and bubbles strongly, it is too hot. Adjust your heat accordingly.
4. Drop the falafel balls in gently; do not throw them, as that could cause splattering and you might get burned. Put in as many as can fit without crowding. You should be able to move them around and flip them and they should not overlap. Cook for about 3 minutes on the first side. Look for a golden yellow color. Gently flip with a long fork or tongs and cook on the other side, about 2 minutes. Remove with a slotted spatula or spoon and drain on a paper towel-lined plate. Serve with the tahini sauce.
5. To make sauce: in a food processor or a small bowl , combine all of the ingredients. If mixing in a bowl, be sure your garlic is minced very finely. If the sauce is too thick, add a teaspoon warm water and blend until the sauce is a little thinner. The sauce will keep in an airtight container in the refrigerator for up to 5 days.

Notes

You can probably also bake them as well. I was able to get 20 falafel balls with this recipe.

Tips to prep ahead: soak the chickpeas, make the sauce.





Four Bean Crockpot Chili

Servings: Makes a full crockpot

This chili is easy to make, tastes great, full of veggies and freezer friendly.

Ingredients:

- 1 cup dry lentils (any color)
- 1 sweet onion
- 1 cup any type of winter squash
- 1 cup carrots
- 4 cups veggie broth (organic)
- 15-18 ounces crushed tomatoes
- ¼ cup tomato paste
- 2 tablespoons apple cider vinegar
- 1 tablespoon crushed garlic
- 1 tablespoon cumin
- ½ teaspoon cayenne pepper
- 2 tablespoons smoked paprika
- 2 tablespoons chili powder
- Himalayan pink salt and ground black pepper to taste
- Sprinkle of organic extra virgin olive
- can garbanzo beans
- 1 can kidney beans
- 1 can pinto beans

Toppings (or any others you love):

- diced avocado
- sliced green onions
- Roasted Red Pepper Sauce (see recipe below)

Instructions:

Rinse lentils and add them to the crock pot. Wash and chop onions, squash/zucchini and carrots and add them to the crock pot (I use a small electric chopper for quick and easy chopping and to get really fine pieces). Add the rest of the ingredients, except the 3 cans of beans, to the crock pot and mix until well combined. Taste and add more salt and pepper as needed. Turn crockpot on low and cook for 6-7 hours. About 3 hours in, add the remaining beans, 3 cans. Cover and continue cooking, tasting for lentil consistency as you go. I like mine on the al dente side.

Once done cooking, top with your favorite toppings and enjoy!

Roasted Red Pepper Sauce

Servings: 2 cups

Ingredients:

- 1 cup raw cashews, soaked
- ¼ – ½ cup water
- ½ cup roasted red pepper
- 1 tablespoon lemon juice
- 1 teaspoon 21 Seasoning Salute*(Trader Joes)
- Himalayan pink salt to taste

Instructions:

Soak the cashews for at least two hours in a bowl of water, make sure the water covers them completely since they puff up while soaking. Place everything in a food processor, blender or high speed blender and blend until smooth and creamy. Start with ¼ cup water and add more to reach desired sauce consistency. Taste and adjust seasonings for personal taste.

*21 Seasoning Salute Substitute with “Kirklands Organic No Salt Seasoning” available at Costco’s in Canada

Stuffed Spaghetti Squash Lasagna Bowls

Nutrition Facts

Serving Size	½ squash w/o hemp parm
Amount Per Serving	As Served
Calories 318	
% Daily Value	
Total Fat 20g	31%
Carbohydrate 27g	9%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 12g	



Ingredients

- 1 spaghetti squash
- 1 cup marinara sauce
- 1/2 cup vegan ricotta cheese*
- 1/2 cup baby greens (spinach or arugula work great)
- crumbled vegan ricotta cheese, for topping
- hemp parmesan, for topping

Instructions

1. Heat oven to 350°. Chop spaghetti squash in half length wise, scoop out seeds with a spoon. Coat the inside of each half with a little olive oil, salt and pepper. Place on a baking sheet, cut side down and bake for about 40-50 minutes or until you can easily pierce a fork through the squash. Let stand for 10 minutes, scrape the inside of the squash with a fork to remove the spaghetti-like strands.
2. Combine spaghetti squash strands, marinara sauce, ricotta cheese and baby greens in a bowl.
3. Increase oven to temperature to broil.
4. Spoon spaghetti squash mixture into the bottom of each squash half. Top with a little crumbed ricotta cheese and broil for about 5-7 minutes or until ricotta gets a little golden.
5. Remove from oven, sprinkle with a little hemp parmesan and enjoy!

Vegan Parmesan Cheese

*use for Vegan Pizza as well

Ingredients:

- 1 cup hemp seeds
- 1/4 cup nutritional yeast
- 1 teaspoon sea salt
- 1/2 teaspoon garlic powder

Instructions:

1. Add all ingredients to a food processor or blender and pulse a couple times until everything is combined. If you don't have a processor or blender, simply place all ingredients bowl and stir to combine.
2. Place mixture in a sealed container and store in the fridge.

Vegan Tortilla Pizza

Nutrition Facts

Serving Size	1 pizza
Amount Per Serving	As Served
Calories 259	
% Daily Value	
Total Fat 15g	
Saturated Fat 6g	
Carbohydrate 21g	
Dietary Fiber 5g	
Sugars 3g	
Protein 11g	

Serves 4 pizzas

Ingredients

- 2/3 cup Sabra roasted red pepper hummus
- 1/4 cup tomato sauce
- 1/2 teaspoon onion powder
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon olive or avocado oil
- 1 red bell pepper, sliced
- 1/4 cup red onion, sliced
- 1/2 cup mushrooms, sliced
- 1 cup vegan shredded mozzarella cheese
- 4 Gluten Free tortillas*
- 1/4 cup microgreens or baby arugula
- crushed red pepper flakes
- 1 Tablespoon hemp parmesan (optional)

Instructions

1. Preheat oven to 425°.
2. Add 1/2 teaspoon of oil to a small skillet over medium-high heat. Once hot add veggies (bell pepper, onion and mushrooms) and sauté until just softened, ab, out 5 minutes. Set aside.
3. Mix all ingredients for pizza sauce (hummus, tomato sauce, onion powder, basil and oregano) together in a small bowl. Spread sauce onto four tortillas -- using about a quarter of it on each. Top tortillas with cooked veggies and shredded cheese.
4. Bake tortilla pizzas in a cast-iron skillet, on a pizza stone or directly on the oven rack (with a cookie sheet below to catch any melted cheese drips) for 10-12 minutes or until the tortillas are have browned and the cheese has melted. Watch carefully near the end so that the tortillas don't burn. Sprinkle microgreens/arugula over each pizza and let cool before slicing. Sprinkle on red pepper flakes and hemp parmesan before serving.

*I recommend Rudi's Plain GF Tortillas can be found in the frozen section of the Health Food Section of your Grocery Store. In addition, you may want to try your hand at making your own GF Tortillas, many recipes online.

Recipe Credit: Brittany Mullins

<https://www.eatingbirdfood.com>

