



No Cook Summer Recipe Collection Recipe Booklet

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FORWARD AND UP WELLNESS

Hello, thanks for asking for this recipe book!

Welcome to your No Cook Summer recipe book! On the next pages, you will find a collection of delicious recipes I put together to take you away from the stove and into the great outdoors! These recipes will keep you inspired and help you eat more nutrient-dense foods.

HOW TO USE

All of these recipes have been selected based on a no cook option, but you don't need to follow them in any order or make them all at once. Start by adding a couple of new recipes from this book into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

RECIPE TIPS

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

LEFTOVERS

Prep once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.



Enjoy your No Cook Summer recipe book!

Arugula, Prosciutto & Goat Cheese Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

3 cups Arugula
2 ozs Prosciutto (thinly sliced)
1/3 cup Goat Cheese (crumbled)
1/4 cup Pomegranate Seeds
Sea Salt & Black Pepper (to taste)
3 tbsps Balsamic Glaze

DIRECTIONS

- 01 Add the arugula to a plate. Arrange the prosciutto, goat cheese, and pomegranate seeds on top.
- 02 Lightly season the salad with salt and pepper. Drizzle with balsamic glaze and enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Store the ingredients separately.

SERVING SIZE

One serving is equal to approximately 1 3/4 cups.

ADDITIONAL TOPPINGS

Add pine nuts or almonds.

DAIRY-FREE

Use a dairy-free cheese instead.

Berry Banana Fruit Salad

4 SERVINGS 5 MINUTES



INGREDIENTS

- 1 cup Strawberries (chopped)
- 1 cup Raspberries
- 1 cup Blueberries
- 1 Banana (medium, sliced)

DIRECTIONS

- 01 Add everything into a bowl and serve. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to three days and slice the banana just before serving.

SERVING SIZE

One serving is approximately 3/4 cup.

MORE FLAVOR

Add honey, cinnamon and/or shredded coconut.

Caprese Sandwich

2 SERVINGS 5 MINUTES



INGREDIENTS

- 1 Tomato (large, sliced)
- 2 1/8 ozs Mozzarella Ball (sliced)
- 1/4 cup Basil Leaves
- 4 ozs Whole Wheat Bun (cut in half to open, toasted)
- 1/4 tsp Sea Salt
- 2 tbsps Balsamic Vinegar
- 1 1/2 tsps Extra Virgin Olive Oil

DIRECTIONS

- 01 Place the tomato, mozzarella, and basil leaves between the buns. Season with salt. Drizzle with balsamic vinegar and oil. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to one sandwich.

WHOLE WHEAT BUN

One bun is equal to approximately 57 grams or two ounces.

MORE FLAVOR

Add prosciutto, salami, and/or pesto sauce.

GLUTEN-FREE

Use gluten-free buns instead.

Raspberry Banana Ice Cream

2 SERVINGS 1 HOUR



INGREDIENTS

2 Banana (frozen, chopped)
1 cup Frozen Raspberries

DIRECTIONS

- 01 Add the bananas and raspberries to a food processor and blend until smooth. The mixture will be thick. Scrape down the sides as needed.
- 02 You can serve it at this point for a soft-serve consistency or freeze it for 45 minutes for a firmer consistency. Enjoy!

NOTES

LEFTOVERS

Freeze in an airtight container for up to one month.

SERVING SIZE

One serving is one cup.

MORE SWEETNESS

Add maple syrup or honey.

ADDITIONAL TOPPINGS

Chocolate chips and/or shredded coconut.

MORE SCOOPABLE

Add 1 tbsp of vodka per two servings to prevent a hard freeze.

Turkey, Avocado & Sun Dried Tomato Sandwich

2 SERVINGS 10 MINUTES



INGREDIENTS

2 tbsps Sun Dried Tomato Pesto
7 1/16 ozs Sourdough Bread (toasted)
1 Avocado (medium, sliced)
6 1/16 ozs Sliced Turkey Breast
1 cup Arugula

DIRECTIONS

01 Spread the pesto onto the toast. Top with avocado, sliced turkey, and arugula. Close the sandwich and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately or refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to one sandwich.

MORE FLAVOR

Add tomato and red onion.

GLUTEN-FREE

Use gluten-free bread instead.

SOURDOUGH BREAD

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Peach & Tomato Mini Skewers

2 SERVINGS 5 MINUTES



INGREDIENTS

- 1 Peach (medium, pitted, cut into wedges)
- 1/3 cup Cherry Tomatoes
- 2 tbsps Basil Leaves
- 4 Barbecue Skewers (small)

DIRECTIONS

- 01 Thread the peach, tomatoes, and basil onto the skewers. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to two six-inch skewers.

MORE FLAVOR

Drizzle balsamic glaze on the skewers.

Frozen Yogurt Peach Bark

6 SERVINGS 2 HOURS



INGREDIENTS

- 1 cup Plain Greek Yogurt
- 1 tbsp Raw Honey
- 1/2 Peach (medium, sliced)

DIRECTIONS

- 01 Stir the yogurt and honey together in a bowl.
- 02 Line a baking sheet with parchment paper. Pour the mixture onto the baking sheet and evenly spread it out with the back of a spoon. Add the sliced peaches on top.
- 03 Place in the freezer until very firm, about two hours. Slice or break apart into pieces. Enjoy!

NOTES

LEFTOVERS

Keep frozen in an airtight container or freezer bag for up to two months. Line with parchment paper between the pieces if needed.

SERVING SIZE

One serving is approximately 1/2 cup.

ADDITIONAL TOPPINGS

Top with crushed nuts, hemp seeds and or/chia seeds.

DAIRY-FREE

Use plant-based yogurt instead.

Brie, Prosciutto & Pear Sandwich

1 SERVING 10 MINUTES



INGREDIENTS

- 1 tsp Dijon Mustard
- 3 1/2 ozs Sourdough Bread (toasted)
- 1 oz Brie Cheese (sliced)
- 2 ozs Prosciutto
- 1/2 Pear (sliced)
- 1/2 tsp Extra Virgin Olive Oil

DIRECTIONS

- 01 Spread the mustard onto the toast. Layer the brie, prosciutto, and pear on one slice of bread. Drizzle the oil on top of the sandwich and top with the other piece of bread. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is one sandwich.

MORE FLAVOR

Add arugula or fresh basil leaves.

GLUTEN-FREE

Use gluten-free bread.

DAIRY-FREE

Omit the brie cheese.

SOURDOUGH BREAD

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Moroccan Chickpea & Tomato Pita

2 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Chickpeas (cooked)
1 cup Cherry Tomatoes (halved)
1/4 Cucumber (large, chopped)
3/4 tsp Moroccan Spice Blend
2 tbsps Extra Virgin Olive Oil
1 tbsp Lemon Juice
1/3 cup Feta Cheese (crumbled)
Sea Salt & Black Pepper (to taste)
4 ozs White Pita Bread (sliced in half)

DIRECTIONS

- 01 In a large bowl, combine the chickpeas, tomatoes, cucumber, Moroccan spice blend, oil, and lemon juice. Fold in the feta cheese and season with salt and pepper.
- 02 Stuff the chickpea mixture into the pitas. Enjoy!

NOTES

LEFTOVERS

Refrigerate the chickpea mixture for up to three days. Assemble before serving.

SERVING SIZE

One serving is equal to one stuffed pita (two pita halves).

MAKE IT VEGAN

Use dairy-free feta cheese or omit.

ADDITIONAL TOPPINGS

Add chopped parsley or fresh mint.

GLUTEN-FREE

Use gluten-free pitas instead.

PITA BREAD

One pita is approximately 2 oz (60 grams).

Peach & Tomato Salad

3 SERVINGS 10 MINUTES



INGREDIENTS

3 Peach (pits removed, sliced)
1 cup Cherry Tomatoes
1/3 cup Red Onion (sliced)
1/2 cup Feta Cheese (crumbled)
2 tbsps Extra Virgin Olive Oil
1 tbsp Raw Honey
1/4 tsp Sea Salt
2 tbsps Basil Leaves (chopped)

DIRECTIONS

01 In a bowl, combine the peaches, tomatoes, and onions. Top with crumbled feta then drizzle the oil and honey over top. Season with salt and top with basil. Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately but can be refrigerated for up to three days.

SERVING SIZE

One serving is approximately 1 1/3 cup.

MAKE IT VEGAN

Use a plant-based feta alternative. Use maple syrup instead of honey.

Spicy Watermelon & Cilantro Salad

4 SERVINGS 10 MINUTES



INGREDIENTS

- 1/2 Seedless Watermelon (medium, cubed)
- 1 Jalapeno Pepper (thinly sliced)
- 1/2 cup Feta Cheese (cubed)
- 1/2 cup Cilantro (chopped)
- 1 Lime (juiced, zested)
- Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Combine all ingredients together in a large bowl. Toss, serve, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately 1 1/4 cups.

MAKE IT VEGAN

Use dairy-free cheese instead.

Arugula & Cantaloupe Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1/2 Cantaloupe (medium, chopped, divided)
- 1 tbsp Balsamic Vinegar
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tsps Raw Honey
- 1/2 tsp Sea Salt
- 4 cups Arugula
- 1/3 cup Goat Cheese (crumbled)
- 1/4 cup Slivered Almonds

DIRECTIONS

- 01 To make the dressing, combine 1/4 of the cantaloupe, balsamic vinegar, oil, honey, and salt in a blender and blend until smooth and creamy.
- 02 Divide the arugula, remaining cantaloupe, goat cheese, and slivered almonds evenly between bowls. Add the dressing on top. Enjoy!

NOTES

LEFTOVERS

Refrigerate the salad and dressing separately for up to three days.

SERVING SIZE

One serving is equal to approximately three cups of salad and three tablespoons of dressing.

DAIRY-FREE

Use dairy-free cheese.

Balsamic Blueberry & Nectarine Fruit Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Blueberries
2 Nectarine (pitted, chopped)
1 tbsp Basil Leaves (chopped)
2 tbsps Balsamic Glaze

DIRECTIONS

01 In a bowl, toss together all the ingredients. Divide between bowls and enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is approximately one cup.

MORE FLAVOR

Add strawberries.

NO BASIL

Use mint instead.

Burrata & Tomato Salad

4 SERVINGS 10 MINUTES



INGREDIENTS

8 ozs Burrata
4 Tomato (heirloom, cut into wedges)
2 Plum (medium, sliced)
2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1/4 cup Basil Leaves

DIRECTIONS

- 01 Add the burrata to a large bowl. Add the tomatoes and plum around the cheese. Drizzle the oil all over and season with salt and pepper.
- 02 Garnish with basil. When ready to serve, cut into the burrata and divide it evenly into bowls with the rest of the salad. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one cup of salad with 1/4 cup of burrata.

MORE FLAVOR

Drizzle the salad with honey or balsamic glaze before serving.

NO PLUM

Use a peach or nectarine instead.

Strawberry, Banana & Pineapple Popsicles

5 SERVINGS 6 HOURS



INGREDIENTS

1 cup Strawberries (stems removed)
1 Banana (medium)
4 fl ozs Pineapple Juice

DIRECTIONS

- 01 Add all of the ingredients to a blender and blend until smooth.
- 02 Pour into popsicle molds and freeze for five to six hours or until completely frozen. Enjoy!

NOTES

LEFTOVERS

Keep frozen popsicles in an airtight container in the freezer for up to one month.

SERVING SIZE

One serving is one popsicle.

Tart Cherry Sorbet

2 SERVINGS 15 MINUTES



INGREDIENTS

2 cups Frozen Cherries
3 tbsps Tart Cherry Juice
1 tbsp Raw Honey

DIRECTIONS

- 01 Thaw the cherries for five minutes before blending.
- 02 In a food processor, blend the cherries and juice until it resembles shaved ice. Scrape down the sides then add the honey. Blend again.
- 03 Scoop into bowls and serve immediately, or store in a resealable container in the freezer for one hour for a firmer texture. Enjoy!

NOTES

LEFTOVERS

Store leftovers in an airtight container in the freezer for up to one month. Thaw for 10 to 15 minutes before serving. Once frozen, the sorbet may take on a more "granita"-like texture. If you'd like it to be smoother, re-blend in the food processor for thirty seconds before serving.

SERVING SIZE

One serving is approximately 1/2 cup.

MORE FLAVOR

Add fresh mint before blending.

NO TART CHERRY JUICE

Use water instead. Use tart cherries instead of sweet cherries.

NO RAW HONEY

Use maple syrup instead.

Watermelon, Basil & Balsamic Skewers

2 SERVINGS 10 MINUTES



INGREDIENTS

- 4 Barbecue Skewers (small)
- 1/4 Seedless Watermelon (small, cubed)
- 1 tbsp Basil Leaves
- 1/4 tsp Balsamic Glaze

DIRECTIONS

- 01 Take a barbecue skewer and thread a piece of watermelon and basil. Repeat with each skewer until all of the ingredients are used up.
- 02 Drizzle with the balsamic glaze and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is equal to two six-inch skewers.

ADDITIONAL TOPPINGS

Add feta cheese.

Tofu Egg Salad Lettuce Wraps

3 SERVINGS 15 MINUTES



INGREDIENTS

1/3 cup Vegan Mayonnaise
1 tsp Dijon Mustard
1 tsp Lemon Juice
1 tsp Capers (chopped)
1/4 tsp Turmeric
Sea Salt & Black Pepper (to taste)
7 ozs Tofu (firm, cut into 1-inch cubes)
1 head Boston Lettuce (peeled apart into leaves and washed)

DIRECTIONS

- 01 In a bowl, whisk together the mayonnaise, mustard, lemon juice, capers, turmeric, salt, and pepper.
- 02 Using your hands, crumble about half of the cubes of tofu into the bowl, leaving the remaining cubes intact. Toss to combine.
- 03 Divide the mixture onto lettuce leaves. Enjoy!

NOTES

LEFTOVERS

Refrigerate the tofu mixture in an airtight container for up to three days.

SERVING SIZE

One serving is approximately two to three lettuce wraps.

MORE FLAVOR

Add black salt for an egg-like flavor. Add smoked paprika for a smoky flavor.

ADDITIONAL TOPPINGS

Add chopped celery and green onions to the mixture.

Lentil Salad Lettuce Wraps

2 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cups Lentils (cooked, rinsed well)
1/4 cup Red Onion (finely chopped)
1 Tomato (medium, diced)
1/4 Cucumber (diced)
Sea Salt & Black Pepper (to taste)
1/2 tsp Oregano (dried)
1/8 tsp Garlic Powder
3 tbsps Red Wine Vinegar
6 leaves Romaine (large)

DIRECTIONS

- 01 Add the lentils to a mixing bowl and combine with the red onion, tomato, cucumber, salt, pepper, oregano, garlic powder, and red wine vinegar. Mix to combine and season with additional salt and pepper to taste.
- 02 To serve, divide the lettuce leaves between plates and top with the lentil salad. Enjoy!

NOTES

LEFTOVERS

Refrigerate salad in an airtight container for up to two days. Assemble wraps just before serving.

SERVING SIZE

One serving is approximately equal to 1 1/2 cups salad and/or three lettuce wraps.

MORE FLAVOR

Use fresh garlic or fresh herbs instead. Add olives, feta cheese, or extra virgin olive oil.

NO LETTUCE LEAVES

Use tortilla or pita bread instead or serve over mixed greens.

NO RED WINE VINEGAR

Use lemon juice or balsamic vinegar instead.

MORE VEGGIES

Add bell pepper, zucchini, and/or arugula.

Roasted Red Pepper & Hummus Wrap

1 SERVING 5 MINUTES



INGREDIENTS

1 Whole Wheat Tortilla (large)
1/4 cup Hummus
1/2 cup Mixed Greens
2 1/2 ozs Roasted Red Peppers
1/2 Avocado (medium)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Lay the tortilla flat and spread the hummus all over, leaving a slight border around the edges. Add the mixed greens, roasted red peppers, and avocado on top.
- 02 Season with salt and pepper. Roll the wrap tightly and enjoy!

NOTES

LEFTOVERS

For best results, assemble the wrap just before eating.

GLUTEN-FREE

Use a gluten-free tortilla or bread instead.

MORE FLAVOR

Add spices such as smoked paprika or use your favorite flavored hummus.

ADDITIONAL TOPPINGS

Carrots, cucumber, or thinly sliced zucchini.

Turmeric Chickpea Sandwich

3 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Chickpeas (cooked)
1/3 cup Vegan Mayonnaise
1/2 tsp Turmeric
Sea Salt & Black Pepper (to taste)
6 slices Whole Grain Bread
1 1/2 cups Baby Spinach
1 Tomato (medium, sliced)

DIRECTIONS

- 01 Use the back of a fork to smash the chickpeas. Stir in the mayonnaise, turmeric, salt and pepper until well combined.
- 02 Scoop the turmeric chickpea mixture onto the bread. Add the spinach and tomato. Close the sandwich and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one day.

GLUTEN-FREE

Use gluten-free bread instead.

MORE FLAVOR

Add onion powder and minced garlic. Toast the bread.

ADDITIONAL TOPPINGS

Add cucumber, sliced green onions, diced celery, or red onion.

SAVE TIME

Blend the chickpeas, mayonnaise, turmeric, salt and pepper in a food processor to your desired consistency.

Mason Jar Lentil Salad with Tahini Dressing

1 SERVING 30 MINUTES



INGREDIENTS

2 tbsps Tahini
3 tbsps Water
1 1/2 tpsps Extra Virgin Olive Oil
1 tbsp Lemon Juice
1/8 tsp Sea Salt
1/2 cup Purple Cabbage (chopped)
1/4 cup Watermelon Radish (sliced thinly)
1/3 cup Lentils (cooked)
3/4 cup Baby Kale

DIRECTIONS

- 01 Combine the tahini, water, olive oil, lemon juice and sea salt in a bowl. Whisk to combine.
- 02 Add the tahini dressing to a mason jar followed by the chopped cabbage, watermelon radish, lentils, and kale. Seal with a lid.
- 03 When ready to eat, shake well and dump into a bowl. Enjoy!

NOTES

LEFTOVERS

Store in the fridge for up to two days.

SERVING SIZE

16 fl oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

MORE FLAVOR

Add herbs, chili flakes and/or garlic powder to the lentils.

ADDITIONAL TOPPINGS

Add hemp seeds or pumpkin seeds.

NO BABY KALE

Use baby spinach, arugula or romaine instead.

NO WATERMELON RADISH

Use regular radish instead.

LIKES IT SWEET

Add a little bit of maple syrup to the tahini dressing.

Creamy Chickpea & Avocado Sandwich

3 SERVINGS 10 MINUTES



INGREDIENTS

- 1 3/4 cups Chickpeas (cooked, rinsed)
- 1 Avocado
- 1 tsp Lemon Juice
- 1/4 cup Parsley (finely chopped)
- 1 Garlic (small clove, minced)
- Sea Salt & Black Pepper (to taste)
- 6 slices Gluten-Free Bread (toasted)
- 1 cup Arugula
- 1/2 Cucumber (large, sliced)

DIRECTIONS

- 01 In a large bowl, add the chickpeas and avocado. Mash well until everything is combined. Add the lemon juice, parsley, garlic, sea salt and pepper. Mix well once more.
- 02 On one slice of the toast, add the arugula and cucumber. Top with the mashed chickpea mixture and the other slice of toast. Slice and enjoy!

NOTES

LEFTOVERS

Refrigerate the leftover chickpea-avocado mix in a sealed container for up to two days.

MORE FLAVOR

Add fresh herbs or spices to the chickpea mixture, such as dill, cumin or cayenne.

Rainbow Lettuce Wraps with Spicy Mango Dressing

4 SERVINGS 15 MINUTES



INGREDIENTS

- 1 1/2 cups Purple Cabbage (thinly sliced)
- 1 Red Bell Pepper (thinly sliced)
- 1 Carrot (medium, grated)
- 2 stalks Green Onion (thinly sliced)
- 1 Mango (small, chopped)
- 3 tbsps Water
- 2 tbsps Apple Cider Vinegar
- 1 Garlic (clove, small, minced)
- 1/2 tsp Red Pepper Flakes
- 1/8 tsp Sea Salt
- 1 head Romaine Hearts (large leaves separated, washed and dried)
- 2 Avocado (diced)
- 2 tps Sesame Seeds
- 1/4 cup Cilantro

DIRECTIONS

- 01 In a large mixing bowl combine the cabbage, bell pepper, carrot and green onions. Toss to combine and set aside.
- 02 Add the mango, water, apple cider vinegar, garlic, red pepper flakes and sea salt to a food processor and blend until smooth.
- 03 To assemble the lettuce wraps, divide the cabbage mixture between the romaine leaves and garnish with avocado, sesame seeds, cilantro and spicy mango dressing. Serve immediately and enjoy!

NOTES

LEFTOVERS

Refrigerate veggies, dressing and toppings in separate airtight containers for up to five days. Assemble lettuce wraps just before serving

SERVING SIZE

One serving is approximately two lettuce wraps. Each lettuce wrap is approximately 2/3 cup veggie filling and 2 tablespoons of dressing.

ADDITIONAL TOPPINGS

For extra crunch add sliced almonds or pumpkin seeds.

Chopped Salad Pitas

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 cup Chickpeas (cooked)
- 1 cup Cherry Tomatoes (sliced into quarters)
- 1/4 Cucumber (chopped)
- 1/4 tsp Sea Salt
- 1 Whole Wheat Pita (halved)
- 1/4 cup Unsweetened Coconut Yogurt

DIRECTIONS

- 01 In a bowl, combine the chickpeas, tomatoes, cucumber and salt. Adjust salt as needed.
- 02 Gently open each pita half to create a pocket. Evenly spread a thin layer of yogurt inside each pita pocket.
- 03 Stuff the pita pockets with the chickpea mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate the chickpea mixture in an airtight container for up to five days. Assemble the pita with yogurt just before serving.

SERVING SIZE

Each serving equals one pita half stuffed with the chickpea mixture.

GLUTEN-FREE

Use lettuce wraps, collard greens, brown rice tortillas or gluten-free flatbread instead.

MORE FLAVOR

Add lime juice, fresh herbs or spices.

ADDITIONAL TOPPINGS

Bell peppers, feta cheese, red onions and/or black olives.

NO CHICKPEAS

Use marinated tofu, white beans, or lentils.

Carrot & Mixed Bean Salad with Tahini Dressing

4 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Tahini
1 1/3 tbsps Maple Syrup
3 tbsps Apple Cider Vinegar (to taste)
1/4 cup Water
2 cups Mixed Beans (cooked)
2 stalks Celery (sliced)
4 Tomato (small, chopped)
1 Carrot (large, shredded)
1 Avocado (chopped)
1/3 cup Chives (chopped, flowers optional)

DIRECTIONS

- 01 In a jar, whisk together the tahini, maple syrup, vinegar, and water. Set aside.
- 02 Arrange the beans, celery, tomato, carrot, and avocado in a large salad bowl. Drizzle with the dressing and top with chives. Toss the salad before serving and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately two cups.

MORE FLAVOR

Add salt and pepper to taste.

Stacked Veggie Sandwich

1 SERVING 5 MINUTES



INGREDIENTS

- 2 tbsps Hummus
- 2 slices Whole Grain Bread
- 1/16 head Green Lettuce (leaves separated)
- 1/4 Tomato (medium, sliced)
- 1/4 cup Radishes (trimmed, sliced)
- 1 tbsps Red Onion (sliced)
- 1/2 Carrot (small, shredded)

DIRECTIONS

- 01 Spread the hummus on the bread. Add the remaining sandwich toppings. Close the sandwich and enjoy!

NOTES

LEFTOVERS

Best enjoyed the same day but can be refrigerated in an airtight container for up to two days.

GLUTEN-FREE

Use gluten-free bread.

MORE FLAVOR

Season with salt and pepper to taste. Use flavored hummus or your favorite dressing instead.

ADDITIONAL TOPPINGS

Sliced bell peppers, green onions, fresh herbs, or sprouts.

Raw Walnut Tacos

4 SERVINGS 15 MINUTES



INGREDIENTS

- 1 1/2 cups Walnuts (raw)
- 2 tsps Cumin
- 1 tbsp Balsamic Vinegar
- 1/4 tsp Chili Powder
- 1 1/2 tsps Tamari
- 1/8 tsp Garlic Powder
- 1 head Romaine Hearts (leaves separated, washed and dried)
- 3/4 cup Cherry Tomatoes (halved)
- 1 Jalapeno Pepper (thinly sliced)
- 1/4 cup Red Onion (thinly sliced)
- 1 Avocado (cubed)

DIRECTIONS

- 01 In a food processor, add the walnuts, cumin, balsamic vinegar, chili powder, tamari and garlic. Pulse to combine until the walnuts are crumbly like ground meat.
- 02 Add the ground mixture to romaine leaves and top with tomatoes, jalapeno, red onion, and avocado. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate the walnut taco mixture in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately two romaine lettuce tacos.

LESS SPICY

Omit the jalapeno or replace with sweet bell pepper instead.

Blueberry Kale Salad

6 SERVINGS 20 MINUTES



INGREDIENTS

- 10 cups Kale Leaves (chopped)
- 1 Cucumber (chopped)
- 4 stalks Celery (chopped)
- 2 cups Blueberries
- 2 Beet (peeled and spiralized)
- 1/2 cup Pumpkin Seeds
- 1/2 cup Extra Virgin Olive Oil
- 3 Lemon (medium, juiced)
- 1 tsp Dijon Mustard
- 1 tsp Sea Salt
- 1/4 tsp Black Pepper

DIRECTIONS

- 01 In a large bowl, combine the kale, cucumber, celery, blueberries, spiralized beets, and pumpkin seeds.
- 02 In a mason jar, combine the olive oil, lemon juice, Dijon mustard, salt and pepper. Shake well.
- 03 Before serving, pour dressing over the salad and toss well. Enjoy!

NOTES

STORAGE

Keeps well in the fridge for 4 days.

MORE CARBS

Add cooked quinoa.

Summer Salad with Grapefruit Vinaigrette

4 SERVINGS 20 MINUTES



INGREDIENTS

4 cups Arugula
1/2 cup Strawberries (sliced)
1/2 cup Raspberries
1/2 cup Blueberries
1/2 cup Pecans (toasted)
1 Avocado (peeled and diced)
1/4 cup Basil Leaves (chopped)
1/2 Grapefruit (juiced)
2 tbsps Extra Virgin Olive Oil
2 tbsps Apple Cider Vinegar

DIRECTIONS

- 01 Fill each individual salad bowl with a large handful of arugula. Evenly set the pecans, avocado, strawberries, blueberries and raspberries across all bowls. Sprinkle each bowl with a bit of your chopped basil.
- 02 Create your dressing by combining your grapefruit juice, olive oil and apple cider vinegar in a bowl and stir. Spoon the dressing evenly over each bowl. Enjoy!