



TLIG Autumn recipes - Plant-based Edition - Vol. 1

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Hello!

Welcome to your personal **plant-based** recipe collection! In this recipe collection, you will find a selection of delicious **plant-based** recipes I think you'll love! These recipes will keep you inspired and help you eat food that truly nourishes and satisfies you.

Each collection includes:

- a selection of plant-based recipes
- a sample meal plan to give you an idea of how you can incorporate the recipes into your week
- a blank meal planning template that you can use to create your own personalized meal plan for the week
- a shopping list

How to Use

Use the blank meal planning template to create your personalized meal plan. Start with trusted and tried recipes you know and love, and then incorporate a few new ones from this collection. Adding 1 or 2 new recipes from this collection into your regular meal rotation is a good place to start!

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 to expect.

Leftovers

Cook 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.

I hope you love these recipes as much as I do! Remember - when you choose foods that truly nourish and satisfy you, eating becomes an act of self-respect and joy!

You have one life. Make it GOOD!

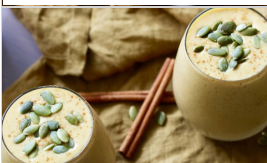
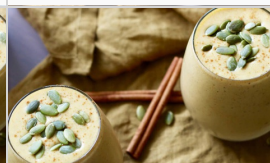
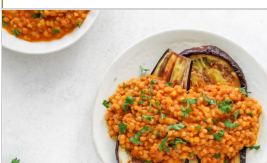
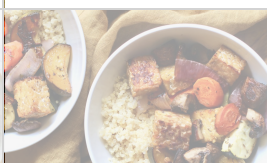
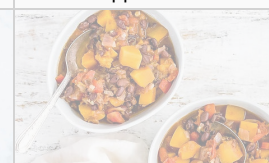
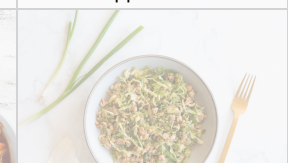
DISCLAIMER

- The information provided in this recipe collection 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 recipes collection 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 recipe collection.



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Cinnamon Pear Overnight Oats	 Cinnamon Pear Overnight Oats	 Pear & Pumpkin Cinnamon Smoothie	 Pear & Pumpkin Cinnamon Smoothie	 Pear & Pumpkin Cinnamon Smoothie	 Cinnamon & Banana Protein Oatmeal	 Cinnamon & Banana Protein Oatmeal
Snack 1	 Bell Pepper & Taco Dip	 Bell Pepper & Taco Dip	 Coconut Yogurt & Blueberries	 Apple with Peanut Butter	 Apple with Peanut Butter	 Coconut Yogurt & Blueberries	 Coconut Yogurt & Blueberries
Lunch	 Balsamic Roasted Tempeh Bowls	 Saucy Tomato Lentils & Roasted Eggplant	 Balsamic Roasted Tempeh Bowls	 Lentil Bolognese with Chickpea Pasta	 Butternut Squash Chili	 Warm Lentil & Sweet Potato Salad	 Warm Lentil & Sweet Potato Salad
Snack 2	 Pumpkin Pie Protein Smoothie	 Pumpkin Pie Protein Smoothie	 Pumpkin Pie Protein Smoothie	 Coconut Chia Pudding with Cooked Apples	 Coconut Chia Pudding with Cooked Apples	 Coconut Chia Pudding with Cooked Apples	 Coconut Chia Pudding with Cooked Apples
Dinner	 Saucy Tomato Lentils & Roasted Eggplant	 Balsamic Roasted Tempeh Bowls	 Lentil Bolognese with Chickpea Pasta	 Butternut Squash Chili	 Tempeh & Brussels Sprouts Stir Fry	 Butternut Squash Chili	 Tempeh & Brussels Sprouts Stir Fry



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack 1							
Lunch							
Snack 2							
Dinner							
Snack 3							

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Fruits

- ☐ 3 Apple
- ☐ 5 Banana
- ☐ 1 1/2 cups Blueberries
- ☐ 5 Pear

Breakfast

- ☐ 1/4 cup All Natural Peanut Butter
- ☐ 1/4 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/3 cup Chia Seeds
- ☐ 1 1/2 tsp Chili Powder
- ☐ 1 1/2 tsp Cinnamon
- ☐ 1/2 tsp Cumin
- ☐ 2 tbsps Hemp Seeds
- ☐ 1 1/2 tbsps Italian Seasoning
- ☐ 1/2 tsp Paprika
- ☐ 1 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 1/8 tbsps Taco Seasoning

Frozen

- ☐ 3 cups Frozen Cauliflower

Vegetables

- ☐ 2 cups Baby Spinach
- ☐ 3 cups Brussels Sprouts
- ☐ 4 cups Butternut Squash
- ☐ 4 Carrot
- ☐ 1 Eggplant
- ☐ 9 Garlic
- ☐ 4 stalks Green Onion
- ☐ 2 cups Mushrooms
- ☐ 1/3 cup Parsley
- ☐ 3 Red Bell Pepper
- ☐ 1 1/2 cups Red Onion
- ☐ 1 Sweet Potato
- ☐ 1 Yellow Onion
- ☐ 2 Zucchini

Boxed & Canned

- ☐ 2 cups Black Beans
- ☐ 1 3/4 cups Canned Coconut Milk
- ☐ 5 ozs Chickpea Pasta
- ☐ 1 cup Crushed Tomatoes
- ☐ 1 1/2 cups Diced Tomatoes
- ☐ 4 cups Lentils
- ☐ 3/4 cup Quinoa
- ☐ 1 cup Tomato Purée
- ☐ 3 cups Vegetable Broth

Baking

- ☐ 2 3/4 cups Oats
- ☐ 1 1/2 tps Pumpkin Pie Spice
- ☐ 2 1/2 cups Pureed Pumpkin
- ☐ 2 1/2 tps Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 1 1/16 lbs Tempeh

Condiments & Oils

- ☐ 1/4 cup Balsamic Vinegar
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 1 tbsp Red Wine Vinegar

Cold

- ☐ 5 cups Soy Milk
- ☐ 4 1/2 cups Unsweetened Almond Milk
- ☐ 2 1/2 cups Unsweetened Coconut Yogurt

Other

- ☐ 1 1/2 cups Vanilla Protein Powder
- ☐ 1/3 cup Water



Cinnamon Pear Overnight Oats

2 servings

8 hours

Ingredients

- 1 cup Oats (rolled)
- 1 1/2 cups Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 1/2 tsp Cinnamon
- 2 Pear (chopped)

Directions

- 1 Add all of the ingredients to a large bowl or container. Stir to combine. Place in the fridge for eight hours or overnight.
- 2 Divide the oats evenly between bowls or containers and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately two cups.

Additional Toppings: Drizzle with maple syrup and/or nut butter.



Pear & Pumpkin Cinnamon Smoothie

1 serving

5 minutes

Ingredients

1 cup Soy Milk
1 Pear (cored and chopped)
1/3 cup Pureed Pumpkin
1 cup Frozen Cauliflower
1/4 cup Oats (rolled)
1/4 tsp Cinnamon

Directions

1

Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is about 1 3/4 cups.

More Flavor: Add vanilla extract.

More Protein: Add collagen and/or vanilla protein powder.

Soy-Free: Use any other type of milk.



Cinnamon & Banana Protein Oatmeal

1 serving
 15 minutes

Ingredients

- 1 cup Soy Milk
- 1/2 cup Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Hemp Seeds
- 1/8 tsp Cinnamon
- 1 Banana (sliced)

Directions

- 1 In a small saucepan, bring the soy milk to a boil. Add the oats and reduce the heat to a steady simmer. Cook, stirring occasionally for about six to eight minutes or until the oats are tender and most of the soy milk is absorbed.
- 2 Stir in the protein powder, hemp seeds, and cinnamon. Add a splash of water or more milk if needed for desired consistency.
- 3 Transfer the cooked oats to a bowl and top with sliced banana. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately 1 1/4 cups.

No Soy Milk: Use other milk alternative.



Bell Pepper & Taco Dip

1 serving

5 minutes

Ingredients

- 1/2 cup Unsweetened Coconut Yogurt
- 1 tsp Taco Seasoning (to taste)
- 1 Red Bell Pepper (sliced)

Directions

1

In a small bowl mix the yogurt and taco seasoning together. Serve with the red bell pepper slices for dipping. Enjoy!

Notes

Leftovers: Refrigerate the dip in an airtight container for up to three days.

Additional Toppings: Add sea salt and black pepper to taste.

No Coconut Yogurt: Use Greek yogurt instead.



Coconut Yogurt & Blueberries

1 serving
5 minutes

Ingredients

1/2 cup Unsweetened Coconut Yogurt
1/2 cup Blueberries

Directions

- 1 Add the yogurt and blueberries to a bowl. Enjoy!

Notes

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Apple with Peanut Butter

1 serving

3 minutes

Ingredients

- 1 Apple
- 2 tbsps All Natural Peanut Butter

Directions

- 1 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

Notes

Keep it Fresh: To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.



Balsamic Roasted Tempeh Bowls

3 servings

1 hour

Ingredients

2 tbsps Extra Virgin Olive Oil
 2 tbsps Balsamic Vinegar
 2 Garlic (cloves, minced)
 Sea Salt & Black Pepper (to taste)
 1 1/2 tps Italian Seasoning
 8 3/4 ozs Tempeh
 1/2 cup Red Onion (medium, sliced)
 3 Carrot (medium, peeled and chopped)
 2 cups Mushrooms (quartered)
 2 Zucchini (sliced)
 3/4 cup Quinoa (dry)

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
- 3 Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
- 4 While the veggies and tempeh roast, cook the quinoa according to the package directions. Remove from heat and fluff with a fork.
- 5 To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

Notes

Leftovers: Keeps well in the fridge up to 4 days.



Warm Lentil & Sweet Potato Salad

2 servings

15 minutes

Ingredients

- 1 Sweet Potato (medium, peeled and cut into small cubes)
- 2/3 cup Vegetable Broth (divided)
- 1/2 cup Red Onion (chopped)
- 3 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 2 cups Baby Spinach
- 2 cups Lentils (cooked, rinsed)
- 2 tbsps Balsamic Vinegar
- 1/4 cup Parsley (chopped, optional)

Directions

- 1 Place sweet potato in a steamer over boiling water, cover, and cook for 8 to 10 minutes or until tender.
- 2 Meanwhile, add half of the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have softened, about 3 to 5 minutes. Add the salt and stir to combine. Wilt in the spinach.
- 3 Add the lentils, balsamic vinegar, and the remaining broth. Continue to cook over medium heat for about 5 minutes more until most of the liquid has been absorbed.
- 4 Remove the pan from the heat and stir in the steamed sweet potato and parsley. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Reheat with extra vegetable broth if lentils become too dry.

Serving Size: One serving is equal to approximately 1 1/2 cups of salad.

No Sweet Potato: Use cubed butternut squash instead.



Pumpkin Pie Protein Smoothie

1 serving
 10 minutes

Ingredients

1 cup Unsweetened Almond Milk
 1/2 cup Pureed Pumpkin
 1 Banana (frozen)
 1/2 tsp Vanilla Extract
 1/2 tsp Pumpkin Pie Spice
 1/4 cup Vanilla Protein Powder

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Pumpkin Pie Spice: Use cinnamon instead.

Toppings: Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

Warm it Up: To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.



Coconut Chia Pudding with Cooked Apples

4 servings
 2 hours 20 minutes

Ingredients

- 1 3/4 cups Canned Coconut Milk
- 1/4 cup Chia Seeds
- 1/4 cup Maple Syrup (divided)
- 1 tsp Vanilla Extract
- 1 tbsp Water (plus more if needed)
- 1 Apple (medium, chopped)

Directions

- 1 Add the coconut milk, chia seeds, 3/4 of the maple syrup, and vanilla to a large container. Stir well to combine.
- 2 Heat a small pot over medium-low heat. Once hot, add a splash of water, the apple, and the remaining maple syrup. Cook for seven to eight minutes until softened, stirring occasionally. Add additional water if the apple sticks to the pan.
- 3 Add the cooked apple to the chia mixture and mix well. Refrigerate for two hours or overnight.
- 4 Divide evenly between bowls or containers. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one heaping cup.

More Flavor: Add cinnamon.

Additional Toppings: Top with granola, coconut flakes, or nut/seed butter.

Likes It Warm: If you'd prefer a warm chia pudding, cook the apples after the chia pudding has set and add them to the pudding just before eating.



Saucy Tomato Lentils & Roasted Eggplant

2 servings
 40 minutes

Ingredients

1 Eggplant (large, sliced lengthwise)
 1 tbsp Extra Virgin Olive Oil (divided)
 Sea Salt & Black Pepper (to taste)
 1 Garlic (clove, minced)
 1/2 tsp Paprika
 1 1/2 cups Lentils (cooked)
 1 cup Tomato Purée
 1/2 cup Vegetable Broth
 2 tbsps Parsley (chopped)

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper. Brush the eggplant slices with half of the oil, then season with salt and pepper.
- 2 Arrange the eggplant slices on the baking sheet and cook in the oven for 35 to 40 minutes, or until cooked through and browned, flipping halfway.
- 3 Meanwhile, heat the remaining oil in a pot over medium heat. Add the garlic and paprika and cook for one minute until fragrant. Add the lentils, tomato purée, and broth and stir to combine.
- 4 Season with salt and pepper. Cover with a lid and simmer on low heat for 15 minutes until the sauce has thickened and the flavors are well combined.
- 5 Divide the eggplant evenly onto plates. Top with lentils and garnish with parsley. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups.

More Flavor: Add onion powder and chili flakes to the lentil mixture.



Lentil Bolognese with Chickpea Pasta

2 servings

55 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (small, finely chopped)
- 1 Garlic (cloves, minced)
- 1 Carrot (peeled, finely chopped)
- Sea Salt & Black Pepper (to taste)
- 1 cup Crushed Tomatoes (from the can)
- 1 cup Vegetable Broth
- 1/2 cup Lentils (rinsed, drained)
- 1 tbsp Italian Seasoning
- 5 ozs Chickpea Pasta

Directions

- 1 Heat the oil in a large pot over medium heat. Add the onions and sauté for two to three minutes or until they have softened. Add the garlic and sauté for 30 to 60 seconds.
- 2 Add the carrots, salt, and pepper. Sauté for five to six minutes or until the carrots have softened.
- 3 Add the crushed tomatoes, vegetable broth, lentils, and Italian seasoning. Bring to a boil then reduce the heat to a simmer. Simmer for 30 to 35 minutes or until the lentils are tender and the sauce has thickened. Stir occasionally.
- 4 While the bolognese is cooking, cook the chickpea pasta according to the package directions.
- 5 Divide the pasta and bolognese evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat on the stove and add some water.

Serving Size: One serving is approximately one cup.

More Flavor: Add fresh herbs like parsley or basil. Season with salt and/or use regular broth.

Additional Toppings: Top with dairy-free parmesan.



Butternut Squash Chili

3 servings
 40 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
 4 cups Butternut Squash (peeled, chopped into 1/2-inch pieces)
 1/2 cup Red Onion (chopped)
 1 Red Bell Pepper (chopped)
 1/2 tsp Cumin
 1 1/2 tsp Chili Powder
 3/4 tsp Sea Salt
 2 cups Black Beans (drained, rinsed)
 3/4 cup Vegetable Broth
 1 1/2 cups Diced Tomatoes

Directions

- 1 Heat the oil in a large dutch oven or pot over medium heat. Once hot, add in the squash, onion, and bell pepper and saute for five minutes.
- 2 Reduce the heat to medium-low and add the cumin, chili powder, salt, beans, broth, and tomatoes. Simmer covered for 25 to 30 minutes, until the squash is cooked through and some of the liquid has reduced.
- 3 Season with salt to taste and divide into bowls, serve and enjoy!

Notes

Leftovers: Refrigerate in a sealed container for up to four days, or freeze for up to two months.

Serving Size: One serving is equal to about 1 1/2 cups of chili.

More Flavor: Add more spice such as cayenne.



Tempeh & Brussels Sprouts Stir Fry

2 servings
 20 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil (divided)
 8 ozs Tempeh (crumbled)
 1/4 cup Water
 1 1/2 tsps Taco Seasoning
 Sea Salt & Black Pepper (to taste)
 2 Garlic (clove, minced)
 3 cups Brussels Sprouts (shredded)
 4 stalks Green Onion (small, chopped)
 1 tbsp Red Wine Vinegar

Directions

- 1 Heat half of the oil in a non-stick pan over medium heat. Add the tempeh, water, taco seasoning, salt, and pepper, and stir to combine. Cook for two to three minutes, until the water has completely evaporated.
- 2 Add the garlic to the pan and sauté for one more minute. Remove the ingredients from the pan and set them aside.
- 3 In the same pan over medium-high heat, add the remaining oil, Brussels sprouts, and green onion. Sauté for five to seven minutes or until the Brussels sprouts are browned and tender-crisp. Add the red wine vinegar and stir well to coat the vegetables.
- 4 Return the cooked tempeh to the pan and stir to combine. Cook for one more minute to heat through. Divide evenly onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately two cups.

More Flavor: Add a squeeze of lime juice or top with avocado slices.

Additional Toppings: Salsa or hot sauce.