



fit MOMMA



5-DAY Vegan KICKSTARTER

www.fitmomma.com

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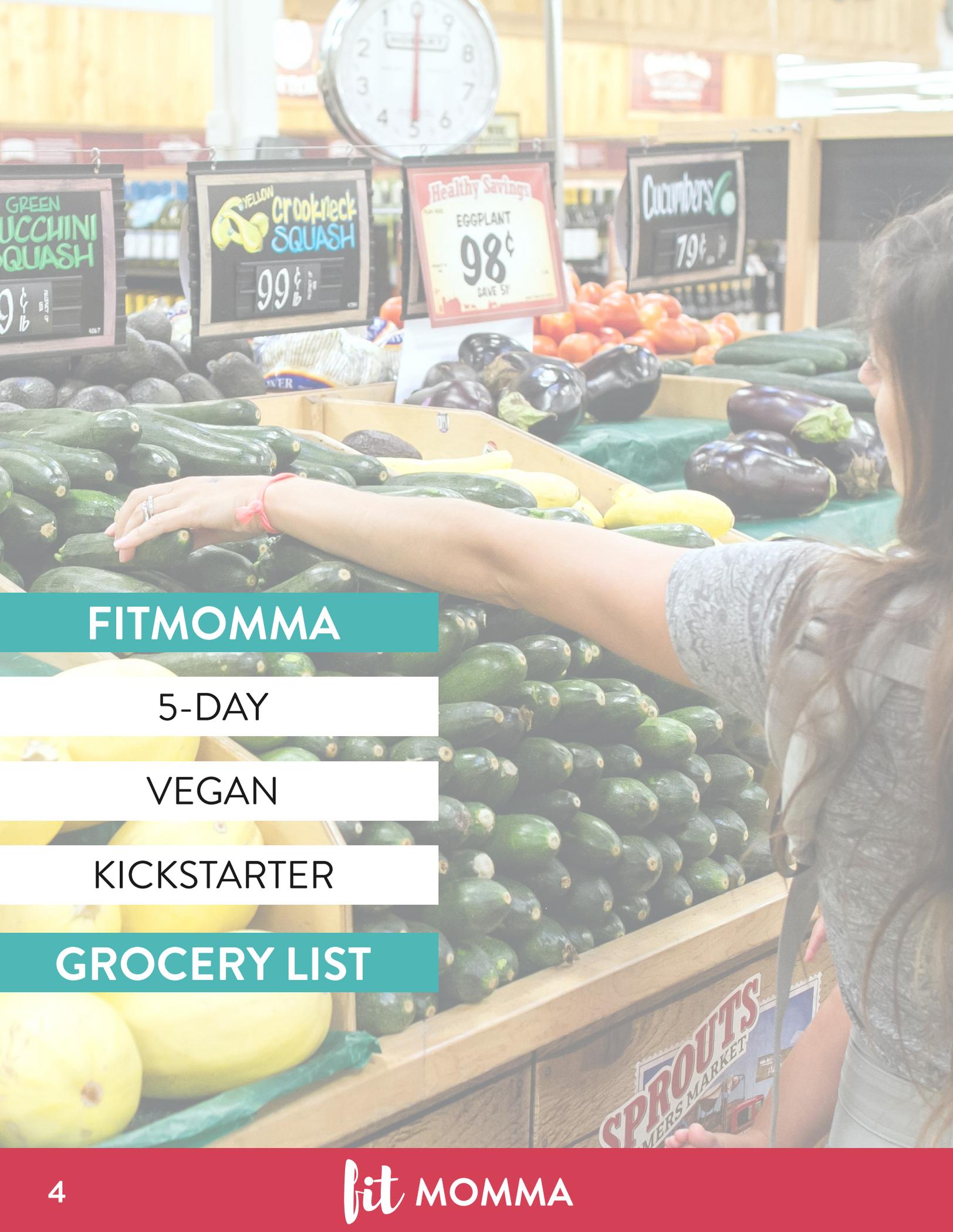
WHAT DOES IT MEAN

TO BE VEGAN?

The straightforward definition is a person who doesn't eat, wear, or use animal products. The next 30 days we will focus our learning on the eating portion of this definition. Some people choose to jump all in immediately cutting off animal products cold turkey and others ease into this lifestyle one meal at a time. At some point along the way, all vegans, or part-time vegans, realized the foods we eat affect our bodies, the animals, the environment, and even the health of the human population. In consuming only plants we are drastically limiting our contribution to animal suffering, environmental devastation, and world hunger, and in addition we are fueling our bodies to thrive. Lucky for us, there has never been a better time to be vegan. There are now more options than ever for vegans on restaurant menus and grocery store shelves (plus you can pretty much order anything online these days!). I am excited to be a part of your vegan journey.

*yo,
Melina*





FITMOMMA

5-DAY

VEGAN

KICKSTARTER

GROCERY LIST

PRODUCE

- 1 lb baby spinach
- 2 bunches kale
- 2 lb blueberries
- 16 oz strawberries
- 12 bananas
- 1 lemon
- 1 watermelon
- 1 lime
- 2 vine tomatoes
- 10 oz cherry tomatoes
- 4 ears of corn
- 1 zucchini
- 1 head of cauliflower
- 1 head of broccoli
- 8 big carrots
- 16 oz bag of baby carrots
- 1 bunch of celery
- 3 sweet potatoes
- 5 avocados
- 2/3 oz fresh mint
- 1 head garlic

GRAINS + BREAD

- 2 lb rolled oats
- 12 oz couscous
- 12 oz quinoa
- 16 oz pasta noodles
- 1 loaf of sprouted bread
- 8 hot dog buns
- 8 tortillas
- 1 bag of pre-made pizza dough

FROZEN ITEMS

- 12 oz Frozen Beets
- 16 oz Frozen Peas
- 12 oz Frozen Mango
- 12 oz Frozen Peaches

DRY + CANNED GOODS

- 32 fl oz vegetable broth
- 1 can refined black beans
- 1 can lentils (or 1 cup dry lentils)
- 8 oz hemp seeds
- 12 oz chia seeds
- unsweetened shredded coconut
- 1/2 lb raisins
- 1 lb raw cashews
- 1 jar peanut butter
- 12 oz medjool dates
- parchment paper

COLD ITEMS

- 1 tub earth balance (15 oz)
- 1 box of seitan
- 8 oz hummus
- 2 - 1/2 gallons of non-dairy milk
- 2 - 16 fl oz coconut water

SNACKS

- 4 larabars
- 8.5 oz rice cakes
- 4-5g packs of seaweed
- 1 bag of pretzels

CONDIMENTS, ETC.

- apple cider vinegar (16 fl oz)
- Bragg's Liquid Aminos (16 fl oz)
- olive oil (12 fl oz)
- vegan BBQ sauce (12 oz)
- dijon mustard (8 oz)
- rice vinegar (12 fl oz)
- 1/2 lb nutritional yeast
- liquid smoke (4 fl oz)
- maple syrup (12 fl oz)
- cinnamon
- paprika
- turmeric
- mustard powder
- salt
- black pepper
- garlic powder
- chili powder

WHAT IN THE WORLD?

Nutritional Yeast is deactivated yeast sold in flakes that give foods a cheesy taste. It's packed with BOOM! vitamins including B12, folic acid, zinc and some protein. (Also referred to as nooch.)

Chia Seeds are an excellent source of omega-3 fatty acids which help to raise HDL cholesterol. HDL is the "good" cholesterol that protects against heart attack and stroke. Chia seeds are also rich in antioxidants, and they provide fiber, iron and calcium.

Hemp seeds, also referred to as hemp hearts, are exceptionally nutritious and rich in healthy fats, protein and various minerals. They have a mild, nutty flavor and are a great protein source; over 25% of their total calories are from high-quality protein.

Seitan, also known as wheat gluten, is a popular meat substitute that's high in protein. Seitan is the product of rinsing and cooking wheat dough to remove the starch, leaving a protein-dense substance. It has a "meaty" texture and easily takes on the flavors of your favorite seasonings making it simple to cook with.

Earth Balance is a vegan buttery spread made from a natural oil blend (palm fruit and canola, soybean, flax and olive oils), filtered water, pea protein, sunflower lecithin and natural flavor plant derived from corn. It contains no msg, no alcohol or gluten.

Liquid Aminos. Bragg Liquid Aminos is a source of amino acids from the soybeans used to make the seasoning. It contains 16 of the 20 amino acids, which are the building blocks of protein. Bragg Liquid Aminos is a natural alternative to soy sauce.

Quinoa is a grain crop that is grown for its edible seeds. Quinoa is gluten-free, high in protein and one of the few plant foods that contains all nine essential amino acids.

Medjool Dates, the greatest natural sweetness and sugar alternative. They are edible sweet fruits of the date palm tree and are packed full of vitamins, minerals and fiber. Medjool dates have a deep brown skin color with a flavor that can be described as caramel-like.

Non-dairy milk is milk not produced from an animal. Well known non-dairy milks include almond, soy and cashew milk. Our current favorite is Ripple made from pea protein.



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MEAL PLAN

MONDAY

BREAKFAST

Oatmeal topped with blueberries and bananas

LUNCH

Smoothie - Feeling Nutty

DINNER

Vegan Protein Bowl:

- Couscous
- Seitan
- Lentils
- Steamed Broccoli
- Topped with Cashew Cheese

TUESDAY

BREAKFAST

Smoothie - Go to Green Smoothie

LUNCH

Kid Friendly Salad

- Spinach
- Celery
- Carrots
- Avocado
- Vegan Cheese (optional)

DINNER

Sweet Potato and Black Bean
Tostadas with a Kale Salad

WEDNESDAY

BREAKFAST

Avocado Toast

LUNCH

- Watermelon Juice
- Ants on a log
- Any leftovers

DINNER

Vegan Mac N' Cheese with Peas

THURSDAY

BREAKFAST

Smoothie - Turn Up the Beet

LUNCH

Avocado and Tomato Sandwich
with a side of baby carrots and hummus

DINNER

Summer Buddha Bowl:

- Quinoa
- Raw Corn
- Grilled Zucchini
- BBQ Cauliflower

FRIDAY

BREAKFAST

Green Monster Pancakes

LUNCH

Fruit Pizza

- Pizza Dough
- Earth balance
- Strawberries
- Blueberries

DINNER

Carrot Dogs with a Summer
Quinoa Salad



HOW TO THRIVE ON A PLANT-BASED LIFESTYLE

KEEP IT SIMPLE

The easiest way to succeed with a plant-based lifestyle is to keep it simple - eat real food but plenty of it! Also, the easiest way to avoid animal products and eliminate the need to read labels is to center your family's diet around whole plant foods - foods that are minimally processed.

THINK ABUNDANCE

Never count calories - eat real food but plenty of it! Plants are low in calories which requires you to eat more of them than animal products in order to intake enough calories.

BE OPEN TO EXPLORING NEW THINGS!

When first transitioning to a plant-based diet, focus on what you are adding to your diet as opposed to thinking of what you are restricting. Visit new plant-based eateries or shop at a local farmer's market to enjoy the abundance of seasonal fruits and vegetables.



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5-DAY

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KICKSTARTER

RECIPES



BREAKFAST

OATMEAL

INGREDIENTS

- 1 3/4 cup water
- 1 cup rolled oats
- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- 1/4 cup raisins

INSTRUCTIONS

Bring the water to a boil, add rolled oats, chia seeds, hemp seeds and raisins. Bring back to a boil and then reduce heat to low and cook for 5 minutes. Stir, turn off heat, place lid on pan and let sit for 5 minutes. We love adding frozen blueberries, sliced bananas and a scoop of nut butter to our oatmeal.

AVOCADO TOAST

INGREDIENTS

- 1 avocado (mashed)
- 2 slices of toasted sliced bread
- sea salt
- black pepper
- red pepper flakes (optional)

INSTRUCTIONS

Spread the mashed avocado on the toast. Top with salt and pepper. Add hot sauce or red pepper flakes, if desired.

GREEN MONSTER PANCAKES

▶ **WATCH VIDEO**

INGREDIENTS

- 2 cup rolled oats
- 2 handfuls of Spinach
- 2 ripe bananas (skin needs to be spotty)
- 2 pitted medjool dates
- 1 1/2 cups non-dairy milk

INSTRUCTIONS

Blend all ingredients in a high-speed blender or food processor until smooth. Cook in skillet over medium heat. Wait for the bubbles around the outside of the pancake then flip. Top with maple syrup, peanut butter or fresh fruit.

SMOOTHIE TIP

Blend greens and liquid together first, then add the remaining smoothie ingredients and blend again.

FEELING NUTTY

INGREDIENTS

- 2 cups spinach
- 2 ripe bananas
- 1/2 cup frozen peaches
- 1 tbsp peanut butter
- 2 cups coconut water

GO-TO GREEN SMOOTHIE

INGREDIENTS

- 2 handfuls of spinach
- 2 bananas
- 1 cup frozen mango
- 2 medjool dates (pitted)
- 1 tbsp hemp seeds
- 2 cups non-dairy milk

TURN UP THE BEET

INGREDIENTS

- 2 cups kale
- 1/2 cup frozen beets
- 2 bananas
- 1/4 cup blueberries
- 2 cups coconut water

WATERMELON JUICE

INGREDIENTS

- 1/4 of a whole watermelon
(remove from rind)
- 10-15 mint leaves



LUNCH

KID FRIENDLY SALAD

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INGREDIENTS

- 2 leaves kale (chopped)
- 1 celery (chopped)
- 2 carrots (peeled + chopped)
- 1 avocado (mashed)
- handful of vegan cheese (optional)

INSTRUCTIONS

In a food processor, chop the kale and put into a bowl. Next, chop the celery into small pieces followed by the carrots. You can mash the avocado by hand or in the food processor. If you have any vegan cheese on hand you can throw that into the mashed avocado. Mix all ingredients together and enjoy your salad mash.

- *We like to chop everything in the mini food-prep. The kids like to push the button which makes them excited about eating this salad.*
- *We found that mixing and mashing everything helps to reduce pickiness as the kids can't pick apart what they don't like. The avocado gives everything a familiar texture. Finally, chopping the greens makes it easier for the kids to eat versus chewing big pieces of lettuce.*

ANTS ON A LOG

INGREDIENTS

- 2 ribs of celery
- 2 tbsp peanut butter
- raisins

INSTRUCTIONS

Wash the celery and cut off the ends. Spoon the peanut butter into the celery stalk and top with raisins. This is a go-to snack for us.

- *Fat is an essential part of a well-balanced diet, especially for the developing brain or a child. Avocado and nuts are great healthy vegan fat sources.*

AVOCADO + TOMATO SANDWICH

INGREDIENTS

- 1 avocado
- tomato slices
- salt
- pepper
- 2 pieces of sliced bread

INSTRUCTIONS

Slice tomato and avocado. Layer onto bread slices (I like to toast bread). Sprinkle with salt and pepper for taste. Optional: spread JUST (vegan mayo) on one side of the bread. Also, add lettuce or additional veggies of your choice to your sandwich.

FRUIT PIZZA

INGREDIENTS

- pizza dough
- earth balance
- strawberries
- blueberries
- cinnamon

INSTRUCTIONS

Preheat oven to 475. Roll out the pizza dough to a pizza shape and spread with a layer of earth balance (vegan butter). Wash your blueberries and strawberries. Slice the strawberries into thin slices and top pizza with fruit. Sprinkle a little cinnamon on top and bake for 12 minutes. Optional: add other fruit of preference such as figs, peaches and apples

VEGAN PROTEIN BOWL

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INGREDIENTS

- 1 cup couscous
- 1 cup vegetable broth
- 1 box seitan
- 1 can lentils
- 1 head of broccoli (steamed)
- top with cashew cheese

INSTRUCTIONS

Cook couscous according to package in vegetable broth. Wash and chop the head of broccoli into florets. Steam the broccoli in a steamer basket on the stove, in a rice cooker or other steaming devices. Heat seitan on stove in a sauté pan. Option to season with Bragg Liquid Aminos. Heat lentils in sauce pan. Combine cooked couscous, seitan, lentils and broccoli in a bowl and top with cashew cheese. Enjoy!

CASHEW CHEESE

INGREDIENTS

- 1 cup raw cashews (soaked)
- 1/2 cup non-dairy milk
- 1/4 cup nutritional yeast
- 1 clove garlic
- 1 tbsp rice vinegar
- 1 tsp dijon mustard
- dash of turmeric
- add sea salt and pepper to taste

INSTRUCTIONS

Simply add all ingredients into your high speed blender or food processor and blend until smooth. Can be stored in the refrigerator for up to a week in an airtight container.



DINNER

NUT-FREE CHEESE SAUCE

INGREDIENTS

- 1 clove garlic (minced)
- 1 russet potato (peeled and cubed)
- 1 carrot (peeled and cubed)
- 1 cup vegetable broth
- 1/2 cup unsweetened, non-dairy milk
- 1/4 cup nutritional yeast
- 2 tbsp olive oil
- 1/2 tbsp Bragg Liquid Aminos
- 1/4 tsp sea salt
- 1/2 tsp chili powder

INSTRUCTIONS

- In a skillet over medium to low heat, add the minced garlic, 1 tbsp olive oil, the potato, carrot and 1/2 cup vegetable broth. Stir, put a lid on and let the vegetables soften for about 15 minutes. Then let cool.
- While the veggies are cooling, throw the remaining ingredients into a blender. Blend 1/2 cup of vegetable broth, non-dairy milk, nutritional yeast, olive oil, Bragg's, salt and chili powder. Then, add the softened veggies and their liquids to the blender and blend until smooth and creamy.

SWEET POTATO + BLACK BEAN TOSTADAS

INGREDIENTS

- 3 Medium sized sweet potatoes, peeled and cubed
- 2 Tbsp Olive Oil
- 1/2 tsp chili powder
- Sea Salt
- 1 can refried black beans
- 8 corn tortillas
- 1 tbsp olive oil for brushing tortillas
- 1 avocado

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INSTRUCTIONS

- Preheat the oven to 400 degrees Fahrenheit and line a baking sheet with parchment paper to prevent sticking.
- Toss cubed sweet potatoes with olive oil, chili powder and salt until the sweet potatoes are lightly and evenly coated with oil and spices. Place the potatoes on the prepared baking sheet. Bake until the potatoes are tender and caramelized on the edges. Approximately 30-35 minutes. Set aside.
- Leave the oven on to prepare the crispy tortillas. Brush both sides of each tortilla lightly with olive oil. Arrange tortillas in a single layer in the oven. Bake for 10-12 minutes, turning halfway, until each tortilla is older and lightly crispy. Set aside.
- Open the can of refined black beans and heat in saucepan on the stove.
- To assemble the tostadas, spread black beans over each tortilla, then layer on the sweet potatoes. Top each tortilla with a few slices of avocado. Serve with your favorite hot sauce or salsa on the side.

KALE SALAD WITH AVOCADO DRESSING

INGREDIENTS

For Salad:

- one bunch of kale
- 1 tbsp fresh lemon juice

For Dressing:

- one avocado, mashed
- 1 tbsp apple cider vinegar
- 1 tsp nutritional yeast
- ¼ tsp sea salt
- pinch of black pepper

INSTRUCTIONS

To make salad: Wash and remove hard stem from leaves of kale and rip the leaves into strips. Place kale pieces into large bowl and add 1 tablespoon of olive oil, 1 tablespoon of lemon juice, and salt. Massage the kale for about 2 minutes. It should start to turn a rich, greener color. Set aside.

To make dressing: Combine avocado, ACV, nutritional yeast, salt and pepper in a small bowl and mash until smooth and creamy or use a small food processor. Massage dressing into the kale. Serve!

VEGAN MAC N CHEESE

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INGREDIENTS

- 1 1/2 cups raw cashews
- 3 tbsp fresh lemon juice
- 3/4 cup water
- 1 1/2 tsp. sea salt
- 1/4 cup nutritional yeast
- 1/2 tsp. chili powder
- 1 clove garlic
- pinch of turmeric
- 1/2 tsp. dijon mustard
- 8 oz. of pasta
- 1 cup frozen peas
- freshly ground black pepper

INSTRUCTIONS

Cook pasta and peas according to directions on pasta box. Blend the remaining ingredients in a Vitamix or food processor until smooth and creamy! Once pasta is cooked to your liking, drain and rinse it, then return the pasta to the pot to be mixed with the cheese sauce and peas. Once you've mixed everything together, pour the mac n' cheese into a serving dish and serve!



DINNER

SUMMER BUDDHA BOWL

INGREDIENTS

- 1 cup quinoa
- 1 3/4 cup vegetable broth
- 2 ears of corn on the cob
- 1 zucchini
- 2 tbsp olive oil
- sea salt
- black pepper
- 1 head of cauliflower
- BBQ sauce

INSTRUCTIONS

- Cook quinoa in vegetable broth according to package.
- Sauté cauliflower in a grill pan or outside grill for 3-4 minutes each side. Then brush with bbq sauce and grill for another 3-4 minutes on each side.
- Slice zucchini, brush with olive oil and season with salt and pepper. Grill for 2-3 minutes on each side.
- Cut the fresh corn off the cob.
- Combine all ingredients in a bowl and enjoy.

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CARROT DOGS

INGREDIENTS

- 1 cup vegetable broth
- 1/4 cup apple cider vinegar
- 2 tbsp rice vinegar
- 2 tbsp Bragg Liquid Aminos
- 1/2 tsp liquid smoke
- 8 large carrots
(peeled and cut to the size of the bun)
- 2 tbsp olive oil
- 8 hotdog buns
- 1 tbsp paprika
- 2 tsp mustard powder
- 1/2 tsp garlic powder
- 1/4 tsp black pepper

INSTRUCTIONS

- In a medium size saucepan, mix together the broth, vinegars, Bragg, liquid smoke and spices. Bring to a simmer and simmer the marinade while you prepare the carrots.
- Rub the carrots with olive oil and place the carrots in a 9x13 inch baking dish.
- Pour the marinade over the carrots, cover with foil and let sit for 2 hours.
- When you are ready to cook the carrots, preheat the oven to 425F. Stick the carrots in the oven (still covered), and cook them for 30 minutes. Then take off the foil, turn them over and roast them for another 20 minutes.
- Pop your carrot in a bun, add your choice of toppings and serve!

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SUMMER QUINOA SALAD

INGREDIENTS

Salad

- 1 cup quinoa
- 1 3/4 cup vegetable broth
- 2 cups halved cherry tomatoes
- 2 ears of corn (corn sliced off cob)
- 2 cups spinach leaves, chopped (or kale or combo of both)
- Let's use all the greens left in the fridge!

INSTRUCTIONS

Salad

Cook quinoa according to directions package in vegetable broth. After the quinoa finishes cooking, let it cool in the fridge. Halve the cherry tomatoes, slice the corn off the cob and chop the spinach leaves. Mix the tomatoes, corn and spinach in with the cooled quinoa.

Dressing

Pulse all dressing ingredients in a high speed blender or food processor until mostly smooth. Mix dressing into the quinoa salad and serve cool.

Dressing

- 1 avocado
- 1 clove garlic
- 1 lime (juiced)
- 3/4 cup water
- 2 tbsp olive oil
- 1 tsp salt
- 1/3 cup soaked cashews

NO BAKE COCONUT COOKIES

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INGREDIENTS

- 1 cup unsweetened coconut
- 4 tbsp almond butter
- 2 tbsp hemp seeds
- 2 tbsp maple syrup
- 1/2 tsp vanilla extract (optional)

INSTRUCTIONS

Mix all ingredients together in a bowl. Line a baking sheet with parchment paper. Scoop cookies onto tray. Place in freezer for at least 10 minutes. Enjoy!

BANANAS ICE CREAM

INGREDIENTS

- 2 frozen bananas*
- 2 medjool dates (pitted)
- 1/2 cup frozen strawberries or fruit of choice (optional)
- 1 tbsp non-dairy milk
- 1 tsp cinnamon

INSTRUCTIONS

Blend all ingredients together in high speed blender or food processor. Top with dark chocolate or mixed nuts. Eat immediately!
*Peel, cut and put banana pieces in ziplock bag 24 hours in advance. Make sure your bananas are SUPER ripe before freezing. The skin should be full of brown spots.