



Week Twelve

Vegan Recipes

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Zucchini Fritters

Ingredients

- 1/2 cup Macadamia Nut Cheese, or to taste (recipe on next page)
- 1 medium zucchini, grated
- 1 clove garlic clove, minced
- 2 green onions, sliced
- 1/2 - 1 teaspoon finely chopped jalapeno

Directions

1. Place grated zucchini in a colander in the sink, sprinkle lightly with salt, and let sit for 15 minutes. Squeeze zucchini with hands to remove excess moisture. Place into a medium bowl.
2. To the bowl, add the Macadamia Nut Cheese, garlic, green onions, and jalapeno. Stir to thoroughly combine.
3. Sprinkle a large plate with nutritional yeast. Scoop large Tablespoons of fritter batter and form into patties. Place on plate, and sprinkle tops of fritters with more nutritional yeast.
4. Place a large frying pan over medium heat. When pan is hot, wipe with a small amount of olive oil. Place the delicate fritters in hot pan. Cook slowly over medium heat until browned on one side. When fritters are browned, carefully flip with a spatula. You may need to scrape the pan slightly to get the crust. It may fall apart a bit. You will continue to brown and flip the fritters until they are cooked to your liking.
5. This process usually takes about 10-15 minutes total.

Serving Size	Calories	Fat	Protein	Sodium
½ of recipe	98 per serving	3g per serving	5g per serving	210mg per serving

BREAKFAST

Macadamia Nut Cheese

Ingredients

- 1 1/2 cup dry macadamia nuts
- 1/4 cup pine nuts (sesame seeds will do in a pinch)
- 3 Tablespoons nutritional yeast
- 1 teaspoon sea salt, or to taste
- 4 Tablespoons lemon juice
- 1 small clove garlic, finely minced
- 2 Tablespoons extra-virgin olive oil (optional)
- Water, as necessary

Directions

1. Place 1 cup organic macadamia nuts in a small bowl with enough warm water to cover. Let soak for 30 minutes. Drain.
2. Place soaked and drained macadamia nuts into a food processor with remaining dry macadamia nuts, pine nuts, nutritional yeast, sea salt, lemon juice, garlic, olive oil, and just enough water to make cheese process smoothly and easily (about 1/4 cup, or to desired consistency).
3. Refrigerate unused cheese.

BREAKFAST

Asian Slaw with Tofu & Shiitake Mushrooms

Ingredients

- 1/4 cup reduced-sodium soy sauce
- 2 1/2 tablespoons lemon juice
- 1 teaspoon wasabi powder
- 1 clove garlic, minced
- 12 ounces firm silken tofu, drained and cut into 1/2-inch cubes
- 4 cups lightly packed shredded Napa cabbage
- 2 cups lightly packed shredded bok choy
- 2 tablespoons canola oil
- 2 cups sliced shiitake mushroom caps
- 2 teaspoons sesame oil

Directions

1. Whisk soy sauce, lemon juice, wasabi powder and garlic in a medium bowl. Gently stir in tofu. Cover and marinate in the refrigerator for 15 minutes, stirring occasionally.
2. Place cabbage and bok choy in a large serving bowl.
3. Drain the tofu, reserving the marinade. Heat canola oil in a large skillet or wok over medium-high heat. Add mushrooms and sesame oil; cook, stirring often, for 2 minutes. Add the tofu; cook, stirring often, until the tofu is lightly browned, about 4 minutes.
4. Spoon the tofu mixture over cabbage. Add the reserved marinade to the pan and bring to a boil, stirring. Pour the hot marinade over the salad and toss gently to coat. Serve immediately.

Serving Size	Calories	Fat	Protein	Sodium
1/4 of recipe	178 per serving	12g per serving	9g per serving	598mg per serving

LUNCH

Grilled Tofu with Mediterranean Chopped Salad

Ingredients

- 1/4 cup lemon juice
- 1 tablespoon extra-virgin olive oil
- 3 cloves garlic, minced
- 2 teaspoons dried oregano
- 1/2 teaspoon salt, or to taste
- Freshly ground pepper, to taste
- 14 ounces extra-firm tofu, preferably water-packed
- Mediterranean Chopped Salad, (recipe on next page)

Directions

1. Preheat grill.
2. Whisk lemon juice, oil, garlic, oregano, salt and pepper in a small bowl. Reserve 2 tablespoons of this mixture for basting.
3. Drain and rinse tofu; pat dry. Cut the block crosswise into eight 1/2-inch-thick slices and place in a shallow glass dish. Add remaining marinade and turn to coat. Cover and refrigerate for at least 30 minutes or for up to 8 hours.
4. Meanwhile, make Mediterranean Chopped Salad (recipe on next page).
5. Lightly oil the grill rack (hold a piece of oil-soaked paper towel with tongs and rub it over the grate). Drain the tofu, discarding marinade.
6. Grill the tofu over medium-high heat, basting occasionally with reserved lemon juice mixture, until lightly browned, 3 to 4 minutes per side.
7. Serve immediately, topped with the salad.

Serving Size	Calories	Fat	Protein	Sodium
½ of the recipe	209 per serving	18g per serving	10g per serving	632mg per serving

DINNER

Mediterranean Chopped Salad

Ingredients

- 2 medium tomatoes, seeded and diced
- 1 cup diced seedless cucumber
- 1/4 cup chopped scallions
- 1/4 cup coarsely chopped fresh parsley
- 1/4 cup Kalamata olives, pitted and coarsely chopped
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon white-wine vinegar
- 1/4 teaspoon salt, or to taste
- Freshly ground pepper, to taste

Directions

1. Combine tomatoes, cucumber, scallions, parsley, olives, oil, vinegar, salt and pepper in a medium bowl
2. Toss gently to mix.
3. Serve within 1 hour.

DINNER