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# Dairy-Free Meal Plan

7 days

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# Dairy-Free Meal Plan

88 items

## Fruits
- [ ] 9 1/2 Avocado
- [ ] 1 1/2 Banana
- [ ] 2 cups Blueberries
- [ ] 2 3/4 Lemon
- [ ] 6 1/2 Lime
- [ ] 1 Mango

## Breakfast
- [ ] 1/4 cup Almond Butter
- [ ] 1/2 cup Maple Syrup

## Seeds, Nuts & Spices
- [ ] 1/4 tsp Black Pepper
- [ ] 5 3/4 cups Cashews
- [ ] 1/8 tsp Cayenne Pepper
- [ ] 1 1/2 tbsp Chia Seeds
- [ ] 1 tsp Chili Powder
- [ ] 1/2 tsp Cinnamon
- [ ] 1/16 tsp Cumin
- [ ] 2 tbsp Dried Basil
- [ ] 1 1/3 tbsp Dried Thyme
- [ ] 3/4 tsp Garlic Powder
- [ ] 3 tbsp Ground Flax Seed
- [ ] 1 1/8 cups Hemp Seeds
- [ ] 1 1/2 tbsp Italian Seasoning
- [ ] 1/4 tsp Onion Powder
- [ ] 2 1/3 tbsp Oregano
- [ ] 2 tbsp Pine Nuts
- [ ] 2 1/4 tbsp Sea Salt
- [ ] 0 Sea Salt & Black Pepper
- [ ] 1/4 tsp Smoked Paprika
- [ ] 2 2/3 tsp Turmeric

## Vegetables
- [ ] 1 1/2 cups Asparagus
- [ ] 14 1/2 cups Baby Spinach
- [ ] 2 cups Basil Leaves
- [ ] 2 heads Boston Lettuce
- [ ] 18 Carrot
- [ ] 2 heads Cauliflower
- [ ] 8 stalks Celery
- [ ] 1/2 cup Cilantro
- [ ] 1 cup Coleslaw Mix
- [ ] 22 1/4 Garlic Cloves
- [ ] 3 1/4 tbsp Ginger
- [ ] 1/16 Green Bell Pepper
- [ ] 16 stalks Green Onion
- [ ] 3 cups Kale Leaves
- [ ] 1/8 lb Mini Peppers
- [ ] 1 cup Mixed Greens
- [ ] 2 cups Mushrooms
- [ ] 3 cups Parsley
- [ ] 1/2 cup Red Onion
- [ ] 1/4 Spaghetti Squash
- [ ] 2 Sweet Onion
- [ ] 10 Sweet Potato
- [ ] 1 tbsp Thyme
- [ ] 8 Tomato
- [ ] 4 3/4 Yellow Onion
- [ ] 7 Zucchini

## Bread, Fish, Meat & Cheese
- [ ] 20 ozs Chicken Breast
- [ ] 3 Corn Tortilla
- [ ] 1/4 lb Extra Lean Ground Chicken
- [ ] 4 lbs Extra Lean Ground Turkey
- [ ] 2 tbsp Hummus
- [ ] 4 slices Organic Bread
- [ ] 8 slices Rye Bread
- [ ] 1/2 lb Turkey Breast
- [ ] 2 Whole Chicken Carcass

## Condiments & Oils
- [ ] 1/4 cup Apple Cider Vinegar
- [ ] 1 1/3 tbsp Black Olives
- [ ] 1 tbsp Coconut Aminos
- [ ] 3 2/3 tbsp Coconut Oil
- [ ] 1 1/8 tbsp Dijon Mustard
- [ ] 2/3 cup Extra Virgin Olive Oil
- [ ] 1 1/2 tbsp Sesame Oil
- [ ] 1/2 tsp Tabasco Sauce
- [ ] 1/4 cup Tamari

## Cold
- [ ] 8 Egg
- [ ] 1 1/4 cups Unsweetened Almond Milk

## Other
- [ ] 6 cups Sparkling Water
- [ ] 37 2/3 cups Water

## Frozen
- [ ] 3 cups Frozen Blueberries
- [ ] 4 cups Organic Coconut Ice Cream

## Boxed & Canned
- [ ] 1/2 cup Brown Rice Macaroni
- [ ] 6 cups Crushed Tomatoes
- [ ] 2 1/2 cups Organic Coconut Milk
- [ ] 2 cups Organic Vegetable Broth
- [ ] 1/8 can Refried Beans

## Baking
- [ ] 3/4 tsp Arrowroot Powder
- [ ] 1/2 cup Nutritional Yeast
1/4 cup Pureed Pumpkin
1/4 cup Raw Honey
2 1/2 tbsp Tapioca Flour
Gut Healing Green Smoothie
8 ingredients · 5 minutes · 1 serving

Directions

1. Throw all ingredients into a blender and blend until very smooth and creamy. Divide into glasses and enjoy!

Notes

No Kale
Use spinach instead.

No Honey
Use maple syrup, dates or extra banana to sweeten instead.

Likes it Creamy
Use almond milk instead of water for extra creaminess.

Storage
Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

Ingredients

1 1/4 cups Water (cold)
1 cup Kale Leaves
1/4 Avocado (peeled and pit removed)
1/2 Banana (frozen)
1 1/2 tsps Chia Seeds
1 tbsp Ground Flax Seed
2 tbsp Hemp Seeds
1 tbsp Raw Honey

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Blueberry Energy Smoothie
5 ingredients · 10 minutes · 2 servings

Directions

1. Combine cashews, hemp seeds and water in a blender. Blend until very smooth.
2. Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

Notes

Make it Sweeter
Add in a few soaked dates to sweeten it up.

Ingredients

1/2 cup Cashews
1/4 cup Hemp Seeds
2 cups Water
2 cups Baby Spinach
1 1/2 cups Frozen Blueberries

Nutrition

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Julia Chebotar
http://www.healthchefjulia.com
Avocado Sweet Potato Toast with Poached Egg

4 ingredients · 15 minutes · 2 servings

Directions

1. Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
2. Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
3. While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
4. Poach, fry or hardboil the eggs.
5. Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens
Add a layer of baby spinach after you spread on the avocado.

Guacamole Lover
Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

Egg-Free
Skip the eggs and top with hemp seeds instead.

Ingredients

1 Sweet Potato (large)
4 Egg
1 Avocado
Sea Salt & Black Pepper (to taste)

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Immunity Boosting Bone Broth
9 ingredients · 12 hours · 4 servings

Directions

1. Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.

2. After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

Notes

Low FODMAP
Omit garlic and onions.

Ingredients

1 Whole Chicken Carcass (about 2 lbs of bones)
1 Carrot (peeled and chopped)
1 Yellow Onion (diced)
2 stalks Celery (chopped)
3 Garlic (cloves, halved)
1 tbsp Apple Cider Vinegar
1 tsp Sea Salt
1 cup Parsley (chopped)
6 cups Water

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Cream of Celery & Asparagus Soup
10 ingredients · 25 minutes · 1 serving

Directions

1. Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.

2. Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.

3. Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

Notes

No Hemp Seeds
Use cashews.

Add Some Crunch
Set aside a few spears of asparagus, roast before serving and use as a garnish.

No Spinach
Use kale, swiss chard or any leafy green.

Ingredients

1 1/2 tsps Coconut Oil
1/4 Yellow Onion (chopped)
1 1/2 stalks Celery (chopped)
3/4 Garlic (cloves, minced)
1 cup Water
1/4 tsp Sea Salt
1/8 tsp Black Pepper
3/4 cup Asparagus (woody ends snapped off)
2 tbsp Hemp Seeds
1 cup Baby Spinach

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Julia Chebotar
http://www.healthchefjulia.com
Turkey Hummus Sandwich

5 ingredients · 5 minutes · 1 serving

Directions

1. Lightly toast the bread.
2. Spread one slice of the bread with hummus and mustard. Layer on the turkey and mixed greens. Place the second slice of bread over top. Slice and enjoy!

Notes

No Turkey
Use chicken breast instead.

Vegan & Vegetarian
Use smashed chickpeas instead of turkey.

Ingredients

2 slices Organic Bread (or gluten-free)
1/4 lb Turkey Breast (cooked)
1 tbsp Hummus
1 1/2 tsp Dijon Mustard
1/2 cup Mixed Greens

Nutrition

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Spaghetti Squash Chow Mein
10 ingredients · 1 hour 30 minutes · 1 serving

Directions

1. Preheat oven to 350 degrees F and slice the spaghetti squash in half. Place cut-side down on a baking sheet and bake in the oven for about 60 minutes or until it can be easily pierced with a fork. When done, remove from oven. Turn over and let cool slightly.

2. While the spaghetti squash is cooling, heat the sesame oil over medium heat in a large skillet or wok. Add the onion, celery, coleslaw mix, garlic and ginger, stirring to combine. Cover and cook for about 10 minutes, stirring occasionally.

3. In a separate pan, melt the coconut oil and brown the ground chicken.

4. Carefully scoop the flesh out of the spaghetti squash. Add the spaghetti squash and the chicken to the pan with the sauteed veggies. Pour the coconut aminos over everything and mix well. Divide between bowls. Enjoy!

Notes

No Coconut Aminos
Use tamari instead.

Vegan and Vegetarian
Replace the ground chicken with scrambled eggs or tofu.

Likes it Spicy
Serve with hot sauce.

Leftovers
Refrigerate up to 3 days.

Ingredients

1/4 Spaghetti Squash
1 1/2 tsp Sesame Oil
1/4 Yellow Onion (medium, diced)
1 stalk Celery (sliced diagonally)
1 cup Coleslaw Mix
3/4 Garlic (cloves, minced)
3/4 tsp Ginger (peeled and grated)
1/3 tsp Coconut Oil
1/4 lb Extra Lean Ground Chicken
1 tbsp Coconut Aminos

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Julia Chebotar
http://www.healthchefjulia.com
Sweet Potato Nachos
8 ingredients · 45 minutes · 2 servings

Directions

1. Preheat oven to 375 and line 2-3 baking sheets with parchment paper.
2. Season your chicken breast with sea salt and black pepper to taste.
3. Cut sweet potato into rounds as thinly as possible. Try to be consistent with how thin you slice them so they bake evenly.
4. In a mixing bowl, toss the sweet potato rounds with olive oil and sea salt.
5. Place the chicken and sweet potato rounds across the baking sheets in a single layer and bake for approximately 30 minutes in the oven. Flip the sweet potato rounds about halfway through, depending on the thickness or until golden brown. Remove from oven.
6. While your chicken and sweet potato chips cook, assemble the guac by combining avocado, mango, red onion, lime juice and sea salt. Mix and mash with a fork until creamy. Store in fridge until ready to eat.
7. Assemble a layer of baked sweet potato chips and top with shredded chicken and guac. Enjoy!

Notes

Chip Lover
Make brown rice tortilla chips instead of sweet potato chips.

Vegetarian or Vegan
Use 1 can of black beans instead of chicken and skip step 2.

Likes it Spicy
Use extra cayenne pepper.

Ingredients

2 Sweet Potato
1 tbsp Extra Virgin Olive Oil
4 ozs Chicken Breast
2 Avocado (peeled and mashed)
1/2 Mango (peeled and diced)
1/4 cup Red Onion (finely diced)
2 Lime (juiced)
1/4 tsp Sea Salt

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Thai Turkey Burgers with Almond Carrot Slaw

12 ingredients · 30 minutes · 4 servings

Directions

1. In a large bowl, combine the turkey, green onion, cilantro, basil, garlic, and ginger. Season with salt and pepper, and mix until well combined. Form the meat mixture into equal-sized patties and set aside.

2. Heat a grill or pan to medium heat and cook the patties for 10-15 minutes per side, or until cooked through.

3. While the burgers are cooking, make the almond carrot slaw by combining the grated carrots, lime juice, almond butter, and tamari. Season with sea salt and black pepper to taste, and stir in some extra chopped cilantro (optional).

4. To serve, wrap patties in lettuce leaves and top with the almond carrot slaw. Enjoy!

Ingredients

1 lb Extra Lean Ground Turkey
2 stalks Green Onion (sliced)
1/4 cup Cilantro (chopped)
1/4 cup Basil Leaves (chopped)
1 Garlic (clove, minced)
1 tbsp Ginger (peeled and grated)
Sea Salt & Black Pepper (to taste)
2 Carrot (medium, grated)
1 Lime (juiced)
2 tbsps Almond Butter
2 tbsps Tamari (or Coconut Aminos)
1 head Boston Lettuce (peeled apart into leaves)

Notes

More Carbs
Serve on burger buns or sweet potato toast.

Make Ahead
Prepare patties in advance and store in the fridge overnight, or freeze up to 3 months.

No Boston Lettuce
Use cabbages leaves instead.

Oven Version
Bake the patties in the oven at 350 degrees F for 30 minutes or until cooked through, flipping halfway.

Nutrition

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Julia Chebotar
http://www.healthchefjulia.com
Creamy Cauliflower & Carrot Soup
8 ingredients · 30 minutes · 4 servings

Directions

1. Heat the olive oil in a large stock pot over medium-low heat. Add the green onions and sauté until softened. Add the carrot, cauliflower, water, thyme and salt. Cover the pot and bring to a boil. Once boiling, reduce to a simmer. Let simmer for 20 minutes then add in the parsley and stir until wilted. Turn off the heat.

2. Puree the soup using a blender or handheld immersion blender. (Note: If using a regular blender, be careful. Ensure you leave a space for the steam to escape.) Taste and adjust seasoning if needed. Ladle into bowls and enjoy!

Notes

Make it Fancy
Roast up some leftover carrots and cauliflower and use as a garnish with pumpkin seeds.

Anti-Inflammatory
Add turmeric powder.

Make it a Meal
Stir in lentils, chickpeas or chicken.

Gut-Healing
Make with bone broth instead of water. Adjust sea salt accordingly if the broth is salted.

Ingredients

2 tbsp Extra Virgin Olive Oil
6 stalks Green Onion (chopped)
5 Carrot (medium size, chopped)
1 head Cauliflower (chopped into florets)
6 cups Water
2 tsp Dried Thyme
1/2 tsp Sea Salt
1/2 cup Parsley

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Golden Turmeric Latte
7 ingredients · 10 minutes · 1 serving

Directions

1. Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.

2. Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

Notes

Use Fresh Turmeric Root
Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

Avoid a Mess
Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

On-the-Go
Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

Vegan
Use maple syrup to sweeten instead of honey.

Ingredients

1 1/2 tsp Ginger (grated)
1/2 cup Organic Coconut Milk (canned)
1/2 cup Water
1/2 tsp Turmeric (powder)
1 1/2 tsp Raw Honey
1/4 tsp Cinnamon
3/4 tsp Coconut Oil

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Carrots & Guacamole
4 ingredients · 5 minutes · 1 serving

Directions

1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
3. Dip the carrots into the guac & enjoy!

Notes

Spice it Up
Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Ingredients

2 Carrot (medium)
1/2 Avocado
1/2 Lime (juiced)
1/8 tsp Sea Salt (or more to taste)

Nutrition

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Julia Chebotar
http://www.healthchefjulia.com
Nacho Cheese Doritos
9 ingredients · 30 minutes · 1 serving

Directions

1. Preheat your oven to 400 degrees F.
2. Stack the tortillas and slice them into triangle-shaped chips each using a large knife.
3. In a coffee grinder or small blender, add the nutritional yeast, chilli powder, sea salt, turmeric, garlic powder, onion powder, and smoked paprika. Grind into a fine powder.
4. Transfer the ground spices to a bowl and stir in oil to create a thin paste. Brush each side of the chips with some of the paste.
5. Lay the chips in a single layer on a baking sheet. Bake for 3 to 4 minutes per side, until the chips are slightly browned and feel crispy. This should take 6 to 8 minutes. Watch them closely so they don’t burn. They will crisp up further as they cool.
6. Remove from oven, transfer to a paper towel and cool for 10-15 minutes before eating them. Enjoy!

Notes

Storage
Chips are best fresh, but can be stored in an airtight container on the counter for 1 to 2 days.

Spice Tip
If you are using a regular sized blender to make the seasoning, make a double or triple batch. This way, it will grind more evenly. Store leftovers in a spice jar.

Ingredients

1 1/2 Corn Tortilla (6-inch)
1 tbsp Nutritional Yeast
1/3 tsp Chili Powder
1/4 tsp Sea Salt
1/16 tsp Turmeric
1/8 tsp Garlic Powder
1/8 tsp Onion Powder
1/8 tsp Smoked Paprika
1 tbsp Coconut Oil (melted)

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Blueberry Ice Cream Floats
5 ingredients · 15 minutes · 2 servings

Directions

1. In a small pot, simmer the blueberries, water and syrup for about 5 minutes. Remove from heat.
2. Once cooled, divide the blueberry syrup and ice cream into bowls or glasses. Top with sparkling water, and garnish with extra blueberries (optional). Enjoy immediately!

Notes

No Blueberries
Use kombucha instead.

Prep Ahead
Prepare the blueberry syrup ahead of time and refrigerate in an airtight container for up to 3 days.

Ingredients

1 cup Blueberries (fresh or frozen)
1/4 cup Water
1/4 cup Maple Syrup
2 cups Organic Coconut Ice Cream
3 cups Sparkling Water

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**Pumpkin Mac n' Cheese**
9 ingredients · 20 minutes · 1 serving

**Directions**

1. Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.

2. Meanwhile, heat milk in a saucepan over medium heat. Once the milk is steaming, whisk in the arrowroot until all clumps are gone.

3. Add the remaining ingredients and whisk until thoroughly combined. Turn down to low heat and cook until the sauce has thickened, about 5-6 minutes.

4. Pour the pumpkin sauce over the macaroni and mix well. Divide into bowls and enjoy!

**Notes**

**Leftovers**
Store in an air-tight container in the fridge for up to 5 days.

**Spice Lover**
Add chili flakes, hot sauce, paprika, cayenne, oregano and/or rosemary.

**More Protein**
Add cooked diced chicken, chickpeas or lentils.

**More Vegetables**
Add wilted spinach, kale and/or sauteed mushrooms.

**Ingredients**

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Sea Salt & Black Pepper (to taste)

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[Julia Chebotar](http://www.healthchefjulia.com)
Zucchini Alfredo with Turmeric Chicken
9 ingredients · 20 minutes · 1 serving

Directions

1. Spiralize the zucchini or use a julienne peeler to create noodles. Set aside.
2. In a large frying pan, heat the olive oil over medium heat. Add the chicken to the pan and sprinkle it with the turmeric, Italian seasoning and sea salt and pepper to taste. Saute for 7-10 minutes, or until cooked through.
3. While the chicken is cooking, make the avocado cream sauce by combining the avocado, coconut milk, lemon juice and sea salt and black pepper to taste in a blender or food processor. Blend until smooth and creamy.
4. Once the chicken is cooked through, transfer it to a plate then add the zucchini noodles back into the pan. Saute the noodles for 1-2 minutes or until soft and warmed through. Add the avocado cream sauce into the pan and stir until well mixed and warmed through.
5. Divide the creamy zoodles between plates, and top with chicken. Enjoy!

Notes

More Carbs
Use brown rice pasta instead of zucchini noodles.

Vegan or Vegetarian
Use chickpeas or white beans instead of chicken.

Ingredients

1 Zucchini
1 1/2 tsp Extra Virgin Olive Oil
4 ozs Chicken Breast (sliced)
1/2 tsp Turmeric
1/2 tsp Italian Seasoning
Sea Salt & Black Pepper (to taste)
1/2 Avocado (peeled and pit removed)
1/2 cup Organic Coconut Milk (canned, full-fat)
1/4 Lemon (juiced)

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**Vegan Cheese Melt with Tomato & Basil Pesto**

13 ingredients · 15 minutes · 4 servings

**Directions**

1. Combine cashews, hot water, 1/2 of the vinegar, nutritional yeast, garlic powder, tapioca flour and half the salt in a blender until smooth. The mixture will be watery at this point.
2. Transfer to a saucepan over medium-high heat. Whisk until creamy and sticky, about 1 minute.
3. In a food processor, make the pesto. Combine basil, avocado, pine nuts, garlic and remainder of the vinegar and salt.
4. Spread basil pesto on toast and top with tomato, vegan cheese and another slice of toast to create the sandwich. Enjoy!

**Notes**

**No Pine Nuts**
Use sunflower seeds or walnuts instead.

**Leftovers**
Refrigerate leftover pesto and vegan cheese separately in air-tight containers up to 5-7 days.

**Ingredients**

- 1/2 cup Cashews (soaked for 1 hour then drained)
- 1 cup Water (hot)
- 1 1/2 tbsp Apple Cider Vinegar (divided)
- 1 tbsp Nutritional Yeast
- 1/4 tsp Garlic Powder
- 2 1/2 tbsp Tapioca Flour
- 1 tsp Sea Salt (divided)
- 1 cup Basil Leaves
- 1/2 Avocado
- 2 tbsp Pine Nuts
- 2 Garlic (cloves)
- 1 Tomato (medium, sliced)
- 8 slices Rye Bread (toasted)

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**Julia Chebotar**

http://www.healthchefjulia.com
Creamy Roasted Tomato Soup
13 ingredients · 1 hour · 4 servings

Directions

1. Preheat the oven to 410. Toss your tomatoes, onion and garlic cloves in olive oil and season with sea salt and pepper. Place on large parchment-lined baking sheet and bake for 40 - 50 minutes.

2. In the mean time, add your vegetable broth, thyme, oregano, cayenne pepper, basil leaves and apple cider vinegar to a large stock pot. When your veggies are done roasting also add them to your stock pot. Stir in almond milk.

3. Transfer mixture to blender and blend in batches until pureed. Ensure you leave a place for the steam to escape to avoid the lid bursting off during blending.

4. Transfer pureed soup back to stock pot and warm through over low heat. Serve topped with chopped spinach and a piece of organic bread for dipping.

Ingredients

7 Tomato (sliced into quarters)
2 Sweet Onion (coarsely chopped)
4 Garlic (cloves, peeled)
1 tbsp Extra Virgin Olive Oil
2 cups Organic Vegetable Broth
1 tbsp Thyme
1 tsp Oregano
1/8 tsp Cayenne Pepper
1 tbsp Apple Cider Vinegar
1/2 cup Basil Leaves (chopped)
1 cup Unsweetened Almond Milk
Sea Salt & Black Pepper (to taste)
1/2 cup Baby Spinach (chopped)

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Julia Chebotar
http://www.healthchefjulia.com
Sweet Potato Lasagna
16 ingredients · 1 hour 30 minutes · 10 servings

Directions

1. Start by making the tomato meat sauce. Heat your olive oil in a skillet over medium heat. Add onion, mushrooms and extra lean ground turkey and saute until meat is cooked through. Add garlic and saute for another minute. Now add in dried basil, oregano and crushed tomatoes. Bring to a boil then reduce to a simmer. Cover and let simmer while you prepare the rest.

2. Now let’s make your cashew ricotta cheese by combining soaked cashews, lemon juice, nutritional yeast, water and sea salt together in a blender or food processor. Blend very well until completely smooth. Transfer to a bowl and set aside.

3. Slice your sweet potatoes into thin rounds as thinly and as evenly possible. Place them in a large mixing bowl and toss with a splash of olive oil and season with sea salt and pepper.

4. Preheat oven to 375.

5. Grab a baking dish (we use 13 x 9) and lightly grease the bottom. Create a layer of sweet potatoes in the bottom of the dish so that the base is completely covered. Next use a spatula to spread on a layer of your cashew ricotta cheese. Top it with a layer of your tomato sauce. Arrange a layer of spinach over top then a layer of zucchini rounds. Add the remaining spinach and top with the remaining tomato sauce. Add another layer of sweet potato rounds and finish off by spreading the remaining cashew ricotta over top.

6. Cover dish tightly with foil and bake for 45 minutes.

7. Remove from oven and let sit for 15 minutes. Cut into slices and enjoy!

Notes

Leftovers
Transfer leftovers into an airtight container and freeze for later.

Vegans & Vegetarians
Use 1 can of cooked lentils in replace of 1 lb. ground meat.

Slow Cooker It
Layer ingredients into a slow cooker. Cook on low for 6 - 8 hours or on high for 3 - 4 hours.

Ingredients

1 tbsp Extra Virgin Olive Oil
1 Yellow Onion (diced)
1 cup Mushrooms (thinly sliced)
1 lb Extra Lean Ground Turkey
3 Garlic (cloves, minced)
1 tbsp Dried Basil
1 tbsp Oregano
3 cups Crushed Tomatoes
2 cups Cashews (soaked for 1 hour and drained)
1 Lemon (juiced)
1 tbsp Nutritional Yeast
2/3 cup Water
1/2 tsp Sea Salt
2 Sweet Potato
4 cups Baby Spinach
2 Zucchini (sliced into rounds)

Nutrition

<p>| Calories | 304 | Cholesterol | 34mg |
| Fat      | 18g | Sodium      | 319mg|
| Carbs    | 24g | Vitamin A   | 5088IU|
| Fiber    | 4g  | Vitamin C   | 21mg |
| Sugar    | 8g  | Calcium     | 90mg |</p>
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Julia Chebotar
http://www.healthchefjulia.com
**Stuffed Mini Peppers with Vegan Cheese Sauce**

16 ingredients · 25 minutes · 1 serving

### Directions

1. Spread beans onto the mini pepper halves. Place on a parchment-lined baking sheet and broil in the oven for 5 minutes or until slightly charred. (Watch closely for burning!)
2. Prepare your “cheese” sauce by combining cashews, nutritional yeast, sea salt, garlic powder, cumin, chili powder, tabasco sauce, olive oil and warm water in a blender or food processor. Blend until smooth and creamy. Add more warm water 1 tbsp at a time if necessary.
3. Divide stuffed mini peppers into bowls and top with diced avocado, green pepper, olives, “cheese” sauce and cilantro. Squeeze lime juice over top before serving. Enjoy!

### Notes

**Chip Lover**
Make brown rice tortilla chips or sweet potato chips instead of peppers.

**Meat Lover**
Top with diced chicken or stuff the peppers with cooked ground beef or turkey.

**Storage**
Store in an airtight container up to three days. Reheat before serving.

**No Mini Peppers**
Use regular bell peppers and slice them into quarters.

**Likes it Spicy**
Instead of mini peppers, use jalapeno peppers halved and seeds removed.

### Ingredients

- 1/8 lb Mini Peppers (halved and seeded)
- 1/8 can Refried Beans
- 1/4 cup Cashews
- 1 1/2 tsps Nutritional Yeast
- 1/8 tsp Sea Salt
- 1/16 tsp Garlic Powder
- 1/16 tsp Cumin
- 1/4 tsp Chili Powder
- 1/2 tsp Tabasco Sauce
- 1/2 tsp Extra Virgin Olive Oil
- 2 tsps Water (warm)
- 1/8 Avocado (diced)
- 1/16 Green Bell Pepper (diced)
- 1 1/3 tbsp Black Olives (pitted and diced)
- 2 tsps Cilantro (chopped)
- 1/16 Lime

### Nutrition

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<th>Cholesterol</th>
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