

Week 4 Recipes: Maintain

Oatmeal Muffins

(Makes 18 muffins)

3 Tbsp ground flaxseed

6 Tbsp water

¼ maple syrup or honey

½ c almonds (or ¼ c almond butter)

2 zucchini or yellow squash

3 ripe bananas

½ c almond milk

2 tsp vanilla

1-2 dropperfuls of liquid stevia (opt)

3 c rolled oats

2 tsp baking powder

¼ tsp salt

1 Tbsp cinnamon

¼ c mix-ins, opt: mini chocolate chips, dried fruit, coconut flakes, chopped nuts, etc.

Heat oven to 375 F.

Combine ground flax seed and water and allow to gel while you get everything else ready.

Spray muffin tins with nonstick cooking spray or rub with oil.

Combine oats, salt, cinnamon and baking powder in a large bowl.

Cut up squash and bananas into a blender; add maple syrup, milk, almonds, vanilla, and stevia (if you want them sweeter) and blend until smooth. Stir in flax seed gel. Add liquid mixture to dry ingredients and stir until combined. Fold in optional mix-ins if desired.

Spoon batter into muffin tins. These muffins really don't rise, so fill them up to the top.

Bake at 375 for 20-25 minutes.

Choco-Zucchini Smoothie

1 c water or non-dairy milk

1 banana

1 zucchini

2 Tbsp cocoa powder

½ tsp vanilla extract

½-1 scoop chocolate or vanilla protein powder (opt)

1 pkt stevia, opt (or to taste)

Blend until smooth and creamy.

Shepherd's Pie

4 Red, Yukon Gold, or small sweet potatoes
2-4 Tbsp reserved potato water or non-dairy milk
1 Tbsp butter or coconut oil
salt and pepper to taste
1 carrot, diced
1/2 c peas
1 c green beans, cut into 1" pieces
1 c broccoli, chopped
OR just use
1 bag frozen mixed veggies
6-8 oz cooked ground turkey, opt
1 c cooked white beans or lentils, opt
1/4 c shredded cheese, opt

Preheat oven to 425 F.

Wash and quarter potatoes into a large pot. Cover with water and bring to a boil over medium-high heat. Reduce heat to medium and gently boil for 10 minutes. Drain potatoes and mash with reserved potato water or non-dairy milk (If using sweet potatoes, you won't need the extra liquid). Stir in butter or coconut oil, salt and pepper.

Lightly rub the bottom of a 9x9 baking dish with coconut oil. Layer the veggies in the bottom; then layer meat, white beans, or lentils, and top with the mashed potatoes. Sprinkle with cheese if desired.

Bake at 425 for 15 minutes. Allow to cool and divide into 3 portions.

Apple Cinnamon Smoothie

1 c almond milk
1 banana (frozen if desired)
1 red apple, cored and quartered
1 tsp cinnamon

Combine in a blender and blend until smooth and creamy.

Super Simple Stir Fry

1 c rice
2 c water
2 bags stir-fry veggies OR assorted fresh veggies, cut up
2 tsp sesame oil
Bragg's Liquid Aminos
2 oz cubed, cooked chicken, shrimp or tofu (opt)

Simmer the rice, covered, in the water for 15 minutes. Remove from heat and allow to steam for 5 minutes or more.

Heat sesame oil over medium-high heat. Add veggies (and protein, if using) and stir-fry until crisp-tender, about 3-5 minutes. Spritz with Bragg's Liquid Aminos.

Pesto Zoodles

1-2 zucchini or yellow squash
¾ c fresh basil
2 Tbsp pine nuts (you can leave these out, but it tastes better with them)
1-2 cloves garlic
2 Tbsp nutritional yeast (or Parmesan cheese)
¼ tsp salt
¼ tsp pepper
2-3 Tbsp olive oil

Grate or spiralize the zucchini into a large bowl.

Process the basil, pine nuts, garlic, nutritional yeast (or Parmesan cheese), salt and pepper in blender or food processor. Stream in the oil, 1 Tbsp at a time until desired consistency is reached. Use half the sauce and store the rest for the next time.

Veggie Lasagna

1 large zucchini, thinly sliced lengthwise
1 large yellow squash, thinly sliced lengthwise
2 tsp olive oil
1 onion, diced
2 cloves garlic, minced
1 can (24-oz) diced tomatoes, drained
1/2 tsp red pepper flakes
1/2 tsp salt
1 Tbsp Italian Seasoning or dried Basil (or 1/4 c chopped fresh basil)
¼ c mozzarella cheese

For the sauce:

Sautee onions in olive oil for 5 min over low heat; add garlic and sautee 2 more minutes. You may need to add a little bit of water to the pan. Add drained tomatoes, red pepper flakes, salt and herbs. Bring to a boil, reduce heat, and simmer for 10 minutes.

*Time Saving Tip: Replace this with a jar of Spaghetti Sauce.

Preheat oven to 375 degrees.

Spread a thin layer of tomato sauce on the bottom of a 9x13" baking dish.

Layer all the zucchini slices on top of the tomato sauce, followed by half of the tomato sauce.

Layer yellow squash slices on top of the tomato sauce, followed by the remaining tomato sauce.

Top with mozzarella cheese.

Cover with foil and bake for 30 minutes. Allow to rest for 10 minutes before serving.

*Feel free to add mushrooms, greens (like spinach, chard or kale), shredded carrots or peppers over the squash layers. It's a great way to get in additional servings of veggies (in case you think you need some more)! You can never have too many veggies!!!

Snappy Orange Smoothie

½ c water
1-2 oranges
½-1 banana
1 c frozen mango
1 small knob ginger (start small and add more as desired)

Combine in a blender and blend until smooth.

Apple-Beet Salad

1 beet
1 Tbsp + 1 tsp olive oil
salt and pepper
1 Tbsp apple cider vinegar
2 tsp Dijon mustard
¼ tsp thyme leaves
2 c baby spinach
1 small red apple, cored and cut into 1/2" wedges
1 Tbsp pomegranate seeds, opt
1 Tbsp pistachios, opt

Preheat oven to 400 degrees. Coat beet with 1 tsp oil and wrap in aluminum foil. Bake until fork-tender, about 1 hour. Remove from oven, let cool and peel. Cut into ½" wedges.

In a small bowl, whisk together vinegar and mustard; whisk in 1 Tbsp olive oil and thyme. Season with salt and pepper to taste.

In a large bowl, toss beets, spinach and apples with dressing. Add pomegranate seeds and pistachios if desired and toss again to combine.

Hot Pink Smoothie

(adapted from Green Smoothie Girl)

1 c coconut water
1 banana
1 carrot, peeled
¼-1 raw beet, peeled if desired
1 pkt stevia
1 c frozen strawberries
½-1 scoop vanilla protein powder, if desired

Combine in a blender, liquid and soft ingredients first, and blend until smooth and creamy.

Snapply Beet Smoothie

1 c water
¼-1/2 red beet
1 apple, cored
1 orange
½ c frozen pineapple
1 small knob ginger
1 handful greens (like kale, chard, spinach, romaine, etc.)

Combine in a blender and blend until smooth.

Rainbow Salad

1 head greens
Assorted veggies, cut up
Assorted fruit, cut up
2 oz chicken, cooked and cubed (opt)
½ c garbanzo beans, black beans, kidney beans, etc. (opt)

This is a great way to use up leftover fruits and veggies in your fridge. Chop it all into bite-size pieces. Add apples, oranges, berries, pomegranate seeds, etc. If you must have a dressing, top it with salsa, spritz it with Bragg's Liquid Aminos, add a little Balsamic vinegar, or try the dressing below.

Orange-Spinach-Basil Dressing

(adapted from Fully Raw Kristina)

1 orange
½ c spinach
¼ c fresh basil leaves

Blend in a blender until smooth.

Curry Zoodles

1-2 zucchini
½-1 c Madras Curry Sauce (We love the Maya Kaimal brand)
*or use Tikka Masala or any other curry sauce

Spiralize or grate the zucchini. Ladle the sauce over the zoodles. Leave it cold or heat it up. It's good either way! Grab some chopsticks and enjoy!