

HEALTHY PLANTBASED



menu on a budget by

 goget.fit™



RECIPES

01

VEGAN JELLO

02

OIL - FREE FRIES

03

BBQ BLACK BEAN BURGER PATTIES

04

GLUTEN - FREE PIZZA

05

NUT - FREE MOCHA PIE

01 VEGAN JELLO

RECIPE

Ingredients

- 1.5 cups fresh juice (we used fresh grapefruit juice)
- 1 cup water
- 2.5 tbsp agar flakes*
- 3 tbsp maple syrup
- fresh fruits (we used pomegranate seeds)

Instructions

1. In a small pot, bring the juice & water to a boil with the agar flakes.
2. Reduce to heat to a simmer & whisk frequently until the flakes are dissolved.
3. Pour into a silicon mold* and add fresh fruits.
4. Set in the fridge for 3-4h or until firm.

*Flakes are not the same as powder! Make sure to use flakes as the quantity needed is different.

**If you don't have silicon molds, you can use a square or rectangle shape container lined with plastic wrap. Then cut into squares.



RECIPE

Ingredients

- 2 medium size sweet potatoes
- 2 tbsp fresh rosemary, minced
- 2 cloves garlic, minced
- 1 tsp fine sea salt

Instructions

1. Preheat the oven to 425F.
2. Chop the fries about 1/4 to 1/2 in.
3. Toss with the remaining ingredients in a bowl until evenly coated.
4. Place the fries on a baking tray lined with a silicon mat. Make sure to keep some distance between each.
5. Bake for 30 min, or until golden and crispy.
6. Serve with dip of your choice.



04 BBQ BLACK BEAN BURGER PATTIES

RECIPE

Ingredients

- 1 cup sunflower seeds
- 1/4 tsp ground black pepper
- 1/2 cup oat flour (powder oats in a grinder)
- 1/2 cup potato starch
- 1/2 tsp paprika
- 1/2 tsp coriander powder
- 1/2 tsp chili powder
- 1 cup diced boiled beets
- 1 cup red onion (chopped)
- 2 cloves garlic, minced
- 1 tbsp flax seed powder
- 1 1/4 cups black beans, drained & rinsed (398ml can)
- 2 tbsp tomato paste
- 1 tbsp GF tamari or coconut aminos
- 2 tbsp avocado or olive oil (for cooking)
- 1/4 cup vegan barbecue sauce (optional)

Instructions

1. Add the sunflower seeds to a food processor and process until crumbly. Transfer to a mixing bowl, add the oat flour, potato starch & spices then set aside.
2. In a small food processor, combine boiled beets, red onion, garlic, flax seed powder, black beans, tomato paste, tamari and process until all ingredients are well incorporated.
3. Transfer wet mixture to the mixing bowl and incorporate to the dry ingredients.
4. If the mix still seems very wet when you touch it, then add in a little more oat flour.
5. Divide the batter into four equal sections and flatten into patties. When all your burger patties are formed, put the baking tray in the fridge for 30 min until the burgers firm up.
6. Heat 2 tbsp of olive oil in a frying pan. Add the burgers if your pan is big enough, otherwise do them in two batches. Cook on medium-low heat for 3 minutes on one side and then flip. Brush the tops and sides of the burgers with some vegan barbecue sauce. Cook for 2 minutes on each side and then remove from the pan.
7. Serve on hamburger buns with toppings of your choice.



05 GLUTEN-FREE PIZZA

RECIPE

Ingredients

- 1 gluten-free vegan pizza crust
- 1 can vegan pizza sauce
- 1/2 cup TVP (textured vegetable protein)
- 1/4 cup vegan BBQ sauce
- 1/4 red onion
- sliced mushrooms
- plantbased cheese
- arugula or micro greens

Instructions

1. preheat the oven according to the instructions on the crust package.
2. soak the TVP in 3/4 cup water for about 5 min.
3. once the water is absorbed, mix with the BBQ sauce.
4. spread pizza sauce on the crust.
5. spread the TVP mix on top of the sauce.
6. place onions and mushrooms on top of the TVP.
7. if the plantbased cheese you're using doesn't melt very well, you can heat it with a little plantbased milk until you get a thick sauce, then pour it over the pizza. Otherwise, just sprinkle grated plantbased cheese on top.
8. cook according to the instructions on the pizza crust package.
9. add arugula or micro greens on top after you remove the pizza from the oven.



06 NUT-FREE MOCHA PIE

CRUST

Ingredients

- 3 cups oat flour
- 1 cups sunflower seeds
- 1 cup chopped dates (packed)
- 2 tsp vanilla extract
- 3 tbsp ground coffee
- 1/2 tsp fine sea salt

Instructions

1. Process all ingredients in small food processor until the texture resembles wet sand.
2. Press at the bottom of a circular springform mold & set in freezer while making the filling.

MOCHA FILLING

Ingredients

- 1/3 cup plant milk
- 1/4 cold pressed coffee
- 1.5 tbsp agar flakes*
- 1 tbsp potato starch or tapioca flour
- 300g silken tofu
- 5-6 tbsp maple syrup
- 1/4 cup cacao powder
- 2 tbsp melted dark chocolate**
- Pinch fine sea salt

Instructions

1. Bring the plant milk & coffee to a boil, then add the agar flakes.
2. Reduce heat to a simmer & whisk frequently until flakes are dissolved.
3. Whisk in the potato starch or tapioca flour & process in a blender with all other ingredients until smooth.
4. Pour over the crust & set in the fridge for 2-3h or until firm.

*Flakes are not the same as powder! Make sure to use flakes.

**Or melted cacao butter



06 NUT-FREE MOCHA PIE

COCONUT WHIPPED CREAM* (OPTIONAL)

Ingredients

- 400ml canned coconut cream (solid part only, discard liquid. You might need 2-3 cans)
- 2-3 tbsp maple syrup
- 1 tsp vanilla extract
- 2 tbsp melted coconut oil, neutral taste (optional, will make the filling harden more if used)**

Instructions

1. Mix everything together in a blender until smooth.
2. Pour over the mocha filling & set in the fridge for 1-2h.

TOPPINGS

Ingredients

- coffee beans
- dark chocolate chunks or chips
- cacao powder

*You can also use canned coconut whipped cream and add a little maple syrup and vanilla extract. We used Cha's Organics.

**If you want the whipped cream to be firmer, add a little coconut oil.

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