

HEALTHY PLANTBASED

menu on a budget by



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01 BLUEBERRY-LEMON GRANOLA

RECIPE

Ingredients

- 4 cup old fashioned oats
- 3/8 tsp fine sea salt
- 1 tsp lemon extract
- 1 tsp vanilla
- 1/4 cup coconut oil (neutral taste)
- 1/2 cup maple syrup
- 1/3 cup chopped nuts
- 3 tbsp pumpkin seeds
- 2 tbsp coconut flakes
- 1/3 cup dried blueberries
- zest of 1 lemon

Instructions

1. Preheat the oven to 300f
2. Combine all dry ingredients (except dry fruits & nuts) together in a bowl & mix well
3. Mix wet ingredients together in a bowl
4. Mix wet & dry ingredients together
5. Lay on a baking sheet at least 1/4 in thick
6. Bake in the oven for 45-60 min
7. Remove from the oven every 15 min & mix well
8. Remove from the oven and add the dried fruits & nuts
9. Leave to cool for 30-40 min



02 SPRING ROLLS

RECIPE

Ingredients rolls

- 1 red bell pepper
- 1 cucumber
- 1 mango
- fresh mint
- 1 cup spinach
- sprouts
- rice paper

Ingredients peanut sauce

- 1/2 tsp ginger powder
- 1 small garlic clove, minced
- 6 tbsp creamy peanut butter
- 2 tbsp GF tamari or coconut aminos
- 1 tbsp fresh lime juice

Instructions

1. Combine all ingredients except water. Whisk until well incorporated.
2. Add water, 1 tablespoon at a time, until desired consistency is reached.

Instructions

1. Cut mango & veggies into small strips.
2. Pour water over rice paper sheets, making sure to cover them on both sides. Remove excess water.
3. Leave the sheets on a plate until they become a bit sticky.
4. Place the veggies on the lower third of the rice paper sheets, leaving about 1 in on the sides for folding.
5. Fold the lower edge up over the filling, then fold the sides before rolling it up from bottom to top.

- 1 tsp maple syrup
- 1/4 tsp chili powder
- 1/4 tsp paprika
- 2-3 tbsp water



RECIPE VEGAN SMOKED SALMON

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

Instructions

1. Preheat the oven to 400F
2. Whisk all marinade ingredients together in a bowl
3. Peel the carrots and steam 5min
4. Drain the excess water, then place on a sheet of parchment paper in a baking dish
5. Lightly coat the carrots with the marinade
6. Bake for 35 minutes
7. Remove from the oven and allow the carrots to cool
8. Combine carrots and the rest of the marinade in a sealed container and store in the fridge



03 POKE BOWL

ASSEMBLY

Ingredients

- 3/4 cup cooked brown rice (or quinoa)
- 1 cup spinach or mache
- 1/4 cucumber, sliced
- 1/2 cup edamame
- 2 radishes, sliced
- 1/3 cup sunflower sprouts
- coriander for garnish
- dressing of your choice
- sesame seeds for garnish (optional)
- hemp seeds for garnish (optional)

Instructions

1. Put all ingredients in a bowl and serve with dressing of your choice.

04 GREEN CURRY

RECIPE

Ingredients

- 1 cup brown long grain rice, rinsed (dry measure)
- 2 tsp olive oil
- 1/2 small yellow onion, diced
- 1 tbsp fresh ginger (about a 1-inch piece, peeled and sliced thin)
- 1 clove garlic, minced
- pinch of salt
- 2 carrots, peeled and sliced diagonally
- 2 tablespoons Thai green curry paste*
- 1 can (14 ounces) coconut milk (we used full-fat coconut milk)
- 1/2 cup water
- 1/2 cup shrimps (we used vegan shrimps)
- 4-6 small baby eggplants, cut in quarters
- a few stalks of rapini
- juice of half a lime
- 2 tsp GF soy sauce** (or coconut aminos)
- garnishes: sliced green onions, red chili peppers, Thai basil

Instructions

1. Cook the rice according to the instructions on the packaging.
2. Heat the oil in a large skillet with deep sides over medium heat. Cook the onion, ginger and garlic with a sprinkle of salt for about 5 min, stirring often. Add the carrots and cook for 3 more min, stirring occasionally. Then add the curry paste & stir well.
3. Pour the coconut milk into the pan, along with water, baby eggplants and shrimps. Simmer for 5 to 10 minutes.
4. Once the vegetables are done cooking, stir the rapini into the mixture and cook for 2-3 minutes. Remove the curry from heat and add soy sauce.
5. Divide rice and curry into bowls and garnish with chopped green onions, red chili peppers & thai basil.



RECIPE

Ingredients

- 1 tbsp olive oil
- 1 cup chopped onion
- 3 cloves of garlic, minced
- 1 cup chopped mushrooms
- 1/2 cup chopped celery
- 1/2 cup grated carrots
- 1/3 cup grated apple
- 1 tsp fresh thyme, chopped
- 1 tsp fresh oregano, chopped
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1 tsp paprika
- 3/4 tsp poultry seasoning
- 1/4 tsp each cinnamon
- 1/4 tsp nutmeg
- 1 cup cooked lentils
- 1 cup walnuts
- 1/4 cup sunflower seeds
- 1.5 tbsp GF tamari or coconut aminos
- 2 flax eggs (mix 2 tbsp flaxseed powder with 5 tbsp water)
- 1 cup ground oats
- 1 tbsp psyllium powder (optional)

Instructions

1. Preheat the oven to 325°F (160°C).
2. Line a 9x5-inch loaf pan with a piece of parchment paper (bottom and sides).
3. Cook lentils according to the instructions on the package. Drain & set aside.
4. Spread the chopped walnuts onto the baking sheet. Toast for 8 to 12 minutes until lightly golden. Set aside to cool.
5. Increase the oven heat to 350°F (180°C).
6. Heat the oil into a large skillet, then cook the onion for a few minutes until it softens. Add the garlic & mushrooms and cook for 3-4 minutes.
7. Stir in the celery and carrot, and continue cooking for another few minutes.
8. Stir in the apple, thyme, oregano, salt, black pepper & spices. Cook for a few minutes.
9. In a small food processor, combine lentils, walnuts, sunflower seeds, tamari, ground flax, oat flour, psyllium and process until combined.
10. Stir in all of the veggie mixture and pulse until well incorporated.
11. Press the mixture into the loaf pan.
12. Bake the nut loaf, uncovered, at 350°F for 50 to 60 minutes until the edges start to darken and the loaf is semi-firm to the touch. Place the loaf pan directly onto a cooling rack for 15 minutes. Carefully lift out the loaf (using the parchment paper as "handles") and place it directly onto the cooling rack for another 30 minutes.



RECIPE GLAZE

Ingredients

- 1/4 cup (60 g) ketchup
- 2 tsp dijon mustard
- 1.5 tbsp soy sauce/tamari
- 1 tbsp maple syrup
- 2 tsp apple cider vinegar
- 1/2 tsp garlic powder
- 1/4 tsp onion powder

Instructions

1. In a small bowl, whisk together the ketchup, applesauce, vinegar, and maple syrup until combined. Using a pastry brush (or simply a spoon), spread all of the glaze over top of the lentil loaf.
2. After cooling, carefully slice the loaf into slabs. Serve immediately. The loaf will continue to firm up as it cools. Some crumbling is normal if sliced while warm.

06 EDAMAME DIP

RECIPE

Ingredients

- 6 tbsp aquafaba (liquid from a can of chickpeas or pinto beans)
- 1/4 cup lemon juice (about 2 to 3 lemons)
- 2.5 tbsp avocado oil, plus more for garnish
- 1-2 tbsp coconut aminos or gluten-free tamari
- 2 cups shelled edamame, thawed
- 2 medium cloves garlic, minced
- 1/4 cup chopped yellow onion
- 1/2 cup lightly packed fresh cilantro leaves, plus more for garnish
- 1/4 cup diced avocado
- 1/4 tsp cumin powder
- 1/4 tsp coriander powder
- 1/4 tsp fine sea salt (optional)
- black pepper for garnish (optional)
- sesame or hemp seeds for garnish (optional)
- chopped pistachio for garnish (optional)
- chopped green onions for garnish (optional)

Instructions

1. Combine aquafaba, lemon juice, avocado oil and coconut aminos and set aside.
2. In a small food processor, combine edamame, garlic, onion, cilantro, avocado, salt & spices and pulse until coarse.
3. Slowly incorporate the liquid and pulse until smooth.
4. Transfer in a bowl.
5. Garnish with pepper, seeds, oil, cilantro, chopped nuts & green onions (optional)



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