



MORE THAN 50

EASY WHOLE FOOD

Plant-based

RECIPES

FOR WEIGHT LOSS
& JOY GAIN



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Breakfast Recipes



Granola



4 servings

INGREDIENTS

- 2 cups rolled oat (certified GF (gluten-free) as needed)
- 1/3 cup honey or maple syrup or 1/3 tsp pure stevia
- 1/3 cup nut butter (peanut, almond, or other)
- 1 tsp vanilla extract (optional)
- Dry bananas (optional)
- Dry shredded coconut (optional)
- Carob chips (optional)
- Almond (optional)
- Raisins (optional)

DIRECTIONS

1. Mix all together well with a spoon or your clean hands.
2. Grease a large pan with some oil.
3. Add the granola mix, and press down on it with the bottom of a large spoon or a glass.
4. Bake for 16 min in a preheated oven at 325°F (160°C), flipping halfway. Let it cool down.



Crepes



6 servings

INGREDIENTS

- 2 cups oat flour (or any certified GF flour as needed)
- 2 to 2 1/2 cups plant-based unsweetened milk
- 2 tbsp cooking oil
- 2 tbsp flaxseed meal
- 2 tbsp honey or maple syrup or a pinch of pure stevia
- 1 tbsp vanilla extract
- A pinch of sea salt

DIRECTIONS

1. Mix up all the ingredients together very well. the consistency should be a little more liquidy than one of pancake but still a little thick. If you use oat flour, use 2 1/2 cups of plant-based milk because it thickens very quickly. But if you use another kind of flour 2 cups of plant-based milk should be enough.
2. With a soup serving spoon, place some of the mixture in a hot non-stick pan on medium-high heat.
3. Turn the crepe once you see that the crepe surface starts to dry and that you see a few bubbles.
4. After the first crepe, you can reduce the heat to medium heat, and repeat the same process as for the first crepe.



Express chia Pudding



4 servings

INGREDIENTS

- 4 tbsp chia seeds
- 1/3 cup unsweetened plant-based milk
- 1 tbsp honey or maple syrup or a pinch of pure stevia
- 1/4 tsp vanilla extract
- 2 ripe bananas
- 2 tbsp nut butter (peanut, almond, or other)

DIRECTIONS

1. Add all of the ingredients to a small pot on medium-low heat.
2. Whisk everything together very well
3. Cook for about 5 minutes, stirring occasionally until the pudding thickens.
4. In a bowl, mash the bananas and stir in the nut butter.
5. Add the banana mixture to the pudding and stir well.



Walnuts & Raisins Muffins



12 servings

INGREDIENTS

- 2 cups spelt flour (or any certified GF flour)
- 1 tbsp aluminum-free baking powder
- 1 cup honey or maple syrup or 1 tsp pure stevia
- 1/2 tsp salt
- 1 1/4 cups unsweetened plant-based milk
- 1 1/2 tbsp lemon juice
- 1 tbsp pure vanilla extract
- 1/4 cup healthy cooking oil (extra virgin olive, coconut, grapeseed oil, or avocado oil)
- 1/2 cup raisins
- 1/2 cup walnuts, chopped

DIRECTIONS

1. Preheat the oven to 350F.
2. Mix the lemon juice into the plant-based milk in a small bowl, and set aside.
3. Mix together the dry ingredients in a large bowl.
4. Add the wet ingredients to the dry ingredients and mix well.
5. Stir in the raisins and walnuts.
6. Grease your muffin baking pans.
7. Add your batter to the muffin pans.
8. Bake for 15-20 minutes, or until the muffins are risen and cooked through.



Psyllium Bread



12 servings

INGREDIENTS

- 2 cups oats flour (certified GF, as needed)
- 1 and 2/3 cups brown rice flour
- 1/3 cup ground psyllium husks
- 2 tsp baking powder
- 3/4 tsp sea salt
- 1 tbsp honey or maple syrup or a pinch of pure stevia
- 2 and 1/3 cups water
- 1 tbsp lemon juice
- 1 to 2 tbsp rolled oats for topping (optional)

DIRECTIONS

1. Preheat the oven to 325F(160C).
2. Whisk the liquid ingredients together in a medium bowl.
3. Let sit for at least 10 minutes.
4. Mix together the dry ingredients in a large bowl.
5. Add the wet ingredients to the dry ingredients and mix well.
6. The dough will become thick as you stir it.
7. Add the dough into a greased loaf baking pan and shape it well.
8. Bake in the oven for about 90 minutes or until golden brown and crusty, and that the bread sounds hollow when you tap on it.
9. Cool in the pan for 30 minutes.



Quinoa Carob Orange Cookies



12 servings

INGREDIENTS

- 2 cups oats flour (certified GF, as needed)
- 1 tsp sea salt
- 2 tsp aluminum-free baking powder
- 1 cup unsweetened applesauce
- 1/2 cup honey or maple syrup
- OR 1/2 tsp of pure stevia
- 1/2 cup nut butter (almond, peanut, or other)
- 3 cups cooked quinoa
- 1 cup carob chips
- 1 tsp pure orange extract

DIRECTIONS

1. Preheat the oven to 350 F.
2. Whisk the liquid ingredients together in a medium bowl.
3. Mix together the dry ingredients in a large bowl.
4. Add the wet ingredients to the dry ingredients and mix well.
5. Fold in the carob chips.
6. Add parchment paper to 2 baking trays.
7. Bake for 30 minutes.
8. Let cool down for 5 minutes and transfer to a cooling rack and let cool for 15 more minutes.



Banana Bread



12 servings

INGREDIENTS

- 2 cups whole spelt flour (or any certified GF flour)
- 1 tsp aluminum-free baking powder
- ½ tsp sea salt
- 4 medium ripe bananas
- ¼ cup unsweetened plant-based milk
- ¼ cup healthy cooking oil (extra virgin olive, coconut, grapeseed oil, or avocado oil)
- ½ cup honey or maple syrup or 1/2 tsp of pure stevia (optional)
- 2 tsp pure vanilla extract
- Sliced bananas, for topping (optional)
- Walnuts (optional)

DIRECTIONS

1. Preheat the oven to 350F.
2. Roughly mash the bananas.
3. Whisk the liquid ingredients together in a medium bowl.
4. Mix together the dry ingredients in a large bowl.
5. Add the wet ingredients to the dry ingredients as well as the mashed bananas and mix all together, but do not over-mix.
6. Incorporate walnuts if desired.
7. Add the batter to a greased loaf baking pan and top with sliced bananas if desired.
8. Bake in the oven for about 45 minutes and cover with some foil and bake for 15 more minutes.
9. Cool in the pan for 30 minutes.



Almond Oat Chia Pudding



6 servings

INGREDIENTS

- 3 tbsp chia seeds
- 1 cup oat flour
- 1/2 cup unsweetened plant-based milk
- 2 tbsp honey or maple syrup
- OR a pinch of stevia
- 1/2 tsp almond extract
- 2 tbsp almond butter
- 1 cup raisins
- 1/2 cup sliced almonds

DIRECTIONS

1. Add all of the ingredients (except the almond butter, raisins, and sliced almond) to a small pot on medium-low heat.
2. Whisk everything together very well.
3. Cook for about 10 minutes, stirring occasionally until the pudding thickens.
4. Stir in the nut butter, the raisins, and the sliced almonds.



Sautéed Apples Creamy Oatmeal



8 servings

INGREDIENTS

- 3 cups oats (certified GF, as needed)
- 3 cups plant-based milk
- 3 cups water
- 4 tbsp honey or maple syrup
OR a pinch of pure stevia
- 1 tsp pure vanilla extract (optional)
- Pinch of salt
- 4 medium apples, peeled and sliced or cubed
- 1 tbsp ground cardamon
- 1 tbsp healthy cooking oil (extra virgin olive, coconut, grapeseed oil, or avocado oil) Sliced almonds (optional)

DIRECTIONS

1. Add the oil and the apples to a skillet over medium-high heat until mostly melted.
2. Stir occasionally for 7 minutes until the apples are tender.
3. Add 2 tbsp maple syrup, and the ground cardamon and stir well.
4. Cook for 3 more minutes until the apples seem a little caramelized
5. Set aside.
6. Add the oat, the water, the milk, some salt, and the vanilla extract to a saucepan, and stir well.
7. Cook over low heat, stirring occasionally for an hour.
8. Serve with the sautéed apple and almonds.



Almond - Carob Milk Shake



4 servings

INGREDIENTS

- 4 cups plant-based milk
- 2 tbsp carob powder
- 1/2 cup almond butter
- 1/2 cup dates
- 2 tbsp psyllium husk
- A pinch of sea salt

DIRECTIONS

1. Blend all ingredients in a high-speed blender.
2. You can sprinkle some carob powder on top to decorate if desired.
3. You can drink it right away or put it in the fridge for 20 minutes to make it thicken and eat it with a spoon as a pudding.



Delicious Express Smoothie



4 servings

INGREDIENTS

- 4 cups strawberry, sliced, and 2 ripe bananas, sliced
- OR 2 large ripe mango, sliced, and 2 ripe peaches, sliced
- 4 cups plant-based milk
- 1 tbsp honey or maple syrup for more sweetness
- OR a pinch of pure stevia (optional)
- 1/2 cup coconut milk for extra flavor and creaminess (optional)

DIRECTIONS

1. Put all your ingredients into a blender and mix until the consistency is smooth.
2. Drink right away or within a few minutes.



Easy Oat Cake



12 servings

INGREDIENTS

- 10 cups rolled oats (certified GF, as needed)
- 3 cups oat flour (certified GF, as needed)
- 1 tsp baking powder
- 1 tsp sea salt
- 1 cup honey or maple syrup or 1 tsp of pure stevia
- 2 cups plant-based milk
- 1 cup coconut milk
- 1/2 cup walnuts
- 1/2 cup raisins
- 1/2 dates, chopped

DIRECTIONS

1. Preheat the oven to 325F.
2. Whisk the liquid ingredients together in a medium bowl.
3. Mix together the dry ingredients in a large bowl.
4. Add the wet ingredients to the dry ingredients as well as the walnuts, dates, and raisins, and combine well with a spoon or with your clean hands.
5. Add the mixture evenly spread out to a greased large baking pan.
6. Bake in the oven for about 25 minutes.
7. Let it cool down before eating.



Oat Milk



8 servings

INGREDIENTS

- 1 cup whole rolled oats
(certified GF as needed)
- 6 cups water
- 1/4 tsp sea salt
- 1 tsp vanilla extract (optional)
- 2 tbsp honey or maple syrup
or a pinch of pure stevia
(optional)

DIRECTIONS

1. Place all the ingredients in a blender and blend for a maximum of 30 seconds. Blending for too long will make the milk slimy.
2. With a fine mesh strainer, strain the milk over a bowl without pressing too much.



Plant-based Butter



16 servings

INGREDIENTS

- 1 cup refined coconut oil
- 1/2 cup neutral-tasting oil
such as avocado oil,
grapeseed oil or sunflower oil
- 1/4 cup plant-based milk
- A pinch of salt (optional)
- A pinch of turmeric (optional)

DIRECTIONS

1. Melt the coconut oil.
2. Place all the ingredients in a bowl and whisk well to form a homogeneous texture.
3. Refrigerate for at least 15 minutes to solidify the consistency a little.
4. Whip with a hand mixer for 3 minutes to make fluffy butter.
5. Place in a container and make the top smooth.
6. Refrigerate overnight.



Date Jam



20 servings

INGREDIENTS

- 2 cups pitted Medjool dates
- 4 cups water
- 4 tsp lemon juice

DIRECTIONS

1. Soak the dates overnight or boil them for 10 minutes to make them soft.
2. Drain the dates but keep 1 cup of the liquid.
3. Place the reserved liquid, the lemon juice, and the dates in a blender and blend until it forms a smooth paste.
4. Transfer to a jam jar and store in the fridge.



Hazelnut Spread



12 servings

INGREDIENTS

- 3 cups roasted hazelnuts
- 1/3 cup raw unsalted cashew
- 2 tbsp neutral-tasting oil such as avocado oil, grapeseed oil, or sunflower oil
- 1 tbsp honey or maple syrup or a pinch of pure stevia
- 1/3 cup roasted carob powder
- 1/4 tsp sea salt

DIRECTIONS

Add all the ingredients to a food processor and process until the mixture becomes very smooth.



Vanilla Apple Sauce



8 servings

INGREDIENTS

- 5 pounds of apples, peeled, cored, and roughly sliced
- 1 cup water
- 1 tbsp honey or maple syrup or a pinch of pure stevia
- 2 tbsp lemon juice
- 1/2 tsp vanilla extract

DIRECTIONS

1. Place the ingredients into a large pot and stir well.
2. Bring to a boil over high heat and then reduce to a simmer and cover the pot.
3. Cook for 25-30 minutes or until the apples are soft.
4. Remove from heat and puree using a hand blender or a potato masher. You can also use a food processor.
5. Enjoy it warm or let it cool down and place it in the fridge for several hours to enjoy it cold.

A top-down view of various legumes and spices arranged on a rustic, weathered metal surface. In the top left, a large wooden bowl is filled with light-colored lentils, with a wooden scoop resting inside. To its right, a smaller wooden bowl contains black beans. Further right, a small pile of black olives sits next to a sprig of fresh thyme. Below the black beans, a small wooden bowl holds a mix of dried, colorful flowers and herbs. In the center, a white bowl is filled with red lentils. Below this, a wooden bowl contains red kidney beans. To the right of the kidney beans, a single star anise is visible. In the bottom left, a wooden bowl is filled with orzo (rice-shaped pasta) and some shredded white cheese. At the bottom center, a large wooden bowl is filled with chickpeas. To the right of the chickpeas, a sprig of fresh basil and another sprig of thyme are placed. In the bottom right corner, a wooden bowl contains brown rice. A small spoon with red powder (likely paprika) is also visible near the top right.

Lunch Recipes



Delicious Vegetable Pizza



4 servings

INGREDIENTS

DOUGH

- 2-2 ⅓ cups spelt flour (or certified GF (gluten-free) flour as needed)
- 1 tsp aluminum-free baking powder
- 3/4 tsp sea salt
- 2 tbsp healthy cooking oil (extra virgin olive, coconut, grapeseed oil, or avocado oil)
- ¾ cup water

TOPPINGS

- Tomato sauce
- Plant-based cheese
- Your favorite vegetables, sliced in small pieces (it can be red onions, bell peppers, olives, mushrooms...)

DIRECTIONS

1. Mix 2 cups of spelt flour, the baking powder, and the sea salt together. Place the flour mix on a clean surface in a volcano shape, and make a hole in the middle.
2. Place the oil and the cold water at the center of the volcano.
3. Mix all the ingredients together very well and knead the dough until it becomes elastic and smooth. The dough should not be too sticky or too dry, so add a little more water or flour if necessary.
4. Sprinkle some flour on a large clean surface and place the dough on the surface. Roll the dough into a circle with the thickness that you desire.
5. Place the circles on greased baking sheets, and add the tomato sauce, your favorite vegetables for topping, and the plant-based cheese at the end.
6. Cook in preheated oven at 425F for 14 minutes.



Satisfying Veggie Burger



4 servings

INGREDIENTS

- 2 cups cooked black beans
- 1/2 green bell pepper, thinly diced
- 3 cloves garlic, thinly sliced
- 1/2 red onion, thinly sliced
- 1 tomato, thinly sliced
- 1 1/2 cup oat flour
- 1 tsp sea salt
- 4 quality burger buns (Gluten-free as needed)
- Your favorite assortment to add to the burger (it can be sliced tomatoes, lettuce, plant-based mayonnaise...)

DIRECTIONS

1. In a medium bowl, mash the black beans with a fork or a potato masher.
2. Stir the bell pepper, garlic, onion, tomato, oat flour, and salt into the mashed beans.
3. Mix until the mixture is sticky and holds together. Divide the mixture into 4 patties.
4. Place patties on a lightly oiled baking sheet, and bake in a preheated oven at 375°F for about 10 minutes on each side.
5. Place the cooked patties between burger buns and add any assortment you'd love to your burgers



Veggie Meat Balls



4 servings

INGREDIENTS

- 12 oz extra firm tofu, drained
- 1/2 medium onion, chopped
- 1 garlic clove, minced
- 1 1/4 cups panko breadcrumbs (certified GF as needed)
- 2 tbsp plant-based milk
- 2 tbsp liquid aminos
- 2 tbsp healthy cooking oil (extra virgin olive, coconut, grapeseed oil, or avocado oil)

DIRECTIONS

1. Preheat oven to 375°F (190°C). Place the tofu, onion, garlic, panko bread crumbs, milk, and liquid aminos into a food processor bowl. Pulse until well mixed and crumbly.
2. Roll into several balls. Place the balls on a baking sheet lined with parchment and brushed with some oil.
3. Bake for 30 minutes, turning about halfway through



Mashed Potatoes



8 servings

INGREDIENTS

- 2 lbs Yukon gold potatoes
- 1/2 cup unsweetened coconut milk
- 2 tbsp plant-based butter
- 1 tsp garlic powder
- 1 tsp sea salt

DIRECTIONS

1. Add your potatoes to a large pot and cover with water.
2. Bring to a boil and let cook for about 30 minutes or until the potatoes are tender.
3. Drain the potatoes, let them cool down, and remove the skin if desired.
4. Place the potatoes back in the pot and mash them with a potatoes masher.
5. Add the rest of the ingredients and stir everything well.



Brown rice Pasta



6 servings

INGREDIENTS

- 4 quarts water
- 16 oz brown rice pasta (any style)
- 2 tbsp sea salt
- 1 tbsp plant-based butter or healthy cooking oil (extra virgin olive, coconut, grapeseed oil, or avocado oil)

DIRECTIONS

1. In a large pot, bring the water to a boil.
2. Add the salt to the pot and the pasta.
3. Set a timer for 5-7 minutes or according to the pasta package direction.
4. Stir well so that no pasta stick together or to the bottom of the pot.
5. Continue boiling while stirring occasionally.
6. Turn down the heat a little bit if necessary to keep the pot from boiling over.
7. When the pasta is cooked, remove the pot from the heat and drain off all the pasta water.
8. Rinse the pasta with warm tap water or with cold tap water if you are serving the pasta cold in a salad.
9. Right away, add the pasta to a large bowl and toss with the plant-based butter or olive oil (for cold pasta) so that they don't stick together.
10. Cover with a plastic wrap until ready to serve.



Tasty Brown rice



8 servings

INGREDIENTS

- 2 cups uncooked brown rice, well rinsed (jasmine, basmati, or any other kind)
- 4 cups water
- 1 tsp healthy cooking oil (extra virgin olive, coconut, grapeseed oil, or avocado oil)

DIRECTIONS

1. Combine the rice, water, and olive oil in a pot and bring to a boil.
2. Once the water is boiling, cover the pot with its lid, reduce the heat to low, and simmer for about 45 minutes or until the rice is tender.
3. Remove from the heat and let it sit, keeping it covered for 10 more minutes.
4. Fluff with a spoon.



Express Savory Stew



6 servings

INGREDIENTS

- 1/2 lbs Yukon gold potatoes, peeled and roughly sliced
- 1 cup uncooked brown lentils, rinsed
- 2 medium carrots, peeled and sliced
- 2 celery legs, sliced
- 2 large tomatoes, cubed
- 1 yellow bell pepper
- 4 large cloves of garlic, sliced thinly
- 1 large onion, sliced
- 3 tbsp healthy cooking oil (extra virgin olive, coconut, grapeseed oil, or avocado oil)
- 2 tbsp lemon juice
- 2 bay leaves
- 2 tsp dried thyme
- Sea salt, to taste

DIRECTIONS

1. Add all the ingredients into a large pot, cover with water, and bring to a boil.
2. Once the water starts boiling, simmer over medium-high heat for about 15 minutes and stir occasionally to avoid the lentils sticking to the bottom of the pan.
3. Turn the heat to low and simmer for 15 more minutes or until the lentils and the potatoes are tender.
4. Season with more salt if necessary.



Chickpea Flour Omelette



4 servings

INGREDIENTS

- 1 cup chickpea flour
- 1/4 tbsp black salt
- 1/4 tbsp ground turmeric
- 1 tbsp dry onions
- 1 tsp dry parsley
- 1 cup cold water
- 1 tsp healthy cooking oil (extra virgin olive, coconut, grapeseed oil, or avocado oil)

DIRECTIONS

1. Mix all the ingredients together very well with a spoon, except the cooking oil. The consistency of your mixture should be similar to the one for pancakes. Add a little more water or chickpea flour if necessary.
2. Coat a medium size pan with cooking oil and warm up over medium-high heat.
3. Add half of the mixture to the pan and form a circle by gently extending the mixture to the border of the pan.
4. When the top starts dry, gently turn over the omelette and cook for a minute or two.
5. Repeat the same process for the rest of the mixture.



Chicken-less Stripes



8 servings

INGREDIENTS

- 3 cups soy curls
- 1 large onion, sliced
- 2 tbsp cooking oil
- 1 tbsp ground paprika
- 1 tsp sea salt

DIRECTIONS

1. Preheat oven to 375 F degrees.
2. Soak soy curls in boiling water for 10-15 minutes, until fully rehydrated.
3. Drain soy curls and try to press out all the water as much as you can.
4. Add the soy curls and the rest of the ingredients to a large baking pan and stir all the ingredients together so that they are well coated with the oil, paprika, and salt.
5. Bake for 10 minutes, turn the soy curls and onions to make sure nothing sticks to the pan, and bake for 10 more minutes.



Ratatouille



8 servings

INGREDIENTS

- 6 tomatoes, diced
- 1 eggplant, diced
- 1 bell pepper, diced
- 3 large zucchini, cubed
- 6 tbsp healthy cooking oil (extra virgin olive, coconut, grapeseed oil, or avocado oil)
- 1 medium yellow onion, chopped
- 1/2 cup mushroom (optional)
- 4 cloves garlic, minced
- 1/4 cup fresh or dry basil
- 1/4 tsp fresh or dried oregano
- Fresh or dry rosemary
- Sea salt, to taste

DIRECTIONS

1. In a large pan add 1 tbsp of cooking oil and the onion and cook on medium-low heat until slightly brown and soft. Add some water during the cooking if necessary so that it doesn't burn.
2. Add all the other ingredients and cook for 7 minutes without the pan lid, stirring occasionally.
3. Add the pan lid and cook for 20 more minutes, stirring occasionally.



Potato Fries



8 servings

INGREDIENTS

- 6 medium Russet potatoes, cut into thick fries
- 2 tbsp healthy cooking oil (extra virgin olive, coconut, grapeseed oil, or avocado oil)
- 1 tsp dry parsley
- 1/2 tsp sea salt
- 1/2 tsp paprika
- 1/2 tsp garlic powder

DIRECTIONS

1. Preheat oven to 425°F.
2. Coat the potato fries with the oil.
3. Spread coated potato fries in a single layer, leaving space around each fries, on one or two prepared baking sheets.
4. Bake for 20 minutes; flip fries and continue baking until crisp and browned for about 20 more minutes.
5. Sprinkle some garlic powder, salt, paprika, and parsley on the hot fries.



Simple Gourmet Salad



12 servings

INGREDIENTS

- 5 large tomatoes, cubed
- 2 large Cucumbers, cubed
- 2 yellow sweet peppers, diced
- 3 cups cooked quinoa, brown rice, or brown rice pasta
- Fresh cilantro or basil
- 1 cup dry cranberries (optional)
- 2 can of chickpeas, drained (optional)
- 1 cup croutons (certified gluten-free) (optional)
- 1/2 cup So easy So tasty salad dressing (page 40)

DIRECTIONS

1. Add all the ingredients into a large bowl and gently stir together.
2. Add some So Easy So Tasty salad dressing (recipe on page 40) and toss well.



Baked Falafel



8 servings

INGREDIENTS

- 2 cups dry chickpeas
- 1 small yellow onion, chopped
- 1/4 cup fresh parsley, chopped
- 4 cloves garlic
- 8 tbsp chickpea flour
- 2 tsp ground cumin
- 1 tsp ground coriander
- 1/4 tsp ground cardamom
- 1/4 tsp ground cayenne pepper
- 1 3/4 tsp sea salt, to taste
- 2 tbsp healthy cooking oil (extra virgin olive, coconut, grapeseed oil, or avocado oil)

DIRECTIONS

1. Soak the chickpeas overnight, and drain them. In the food processor, add the chickpeas, and all the other ingredients, except the chickpea flour and the vegetable oil. Process until blended, but it should not form a puree.
2. Progressively add the chickpea flour and pulse. It should form a ball and the dough should not be too sticky and not too dry while placed in your hands or they might fall apart while cooking (add a little more flour if necessary).
3. Place the mixture into a bowl. Cover it and place it in a refrigerator for 2 to 3 hours.
4. Preheat oven to 375 F degrees.
5. Spread the cooking oil on a large baking sheet.
6. Form small falafel balls with your hands and place them on the baking sheet.
7. Bake for 30 minutes, flipping every 10 minutes, until the falafels are golden.



Quinoa Tabbouleh



8 servings

INGREDIENTS

- 1 cup quinoa
- 2 cups water
- 2 cups fresh parsley, chopped
- 2 Tomatoes, cubed
- 1 large cucumber, cubed
- ½ onion, chopped
- 3 tbsp lemon juice
- 1 tsp paprika
- 1 tsp ground ginger
- ½ tsp ground nutmeg
- ½ cup healthy cooking oil
(extra virgin olive, coconut,
grapeseed oil, or avocado oil)
- Sea salt, to taste

DIRECTIONS

1. Boil the quinoa in the water on medium-low heat for 15-20 minutes, stirring occasionally.
2. When cooked, place it on a large plate and let it cool down.
3. In a large bowl, place the fresh parsley, the tomatoes, the cucumber, the onion, and the cooled quinoa.
4. In a small bowl, mix up together the lemon juice, oil, salt, and all the other spices. Then add this sauce to the salad bowl and gently mix all the ingredients together.



Kale salad



12 servings

INGREDIENTS

- 2 bunches of kale, washed
- 1 tbsp extra virgin olive oil

DIRECTIONS

1. Remove the kale stems by squeezing the top of the kale stem and moving your hand down the kale stem.
2. Chop the kale with a sharp knife.
3. Place the kale in a bowl and drizzle the olive oil on top.
4. Massage with your clean fingers for about 5 minutes until the kale softens.
5. Add some So Easy So Tasty salad dressing (recipe on page 40) and toss well.



Tomato Cucumber Salad



8 servings

INGREDIENTS

- 4 large tomatoes, sliced
- 1 long cucumber, peeled and sliced
- 3 garlic cloves, peeled and minced
- 1 tbsp extra virgin olive oil
- Sea salt, to taste
- Fresh parsley (optional)
- Dry kelp (optional)

DIRECTIONS

1. Add the sliced tomatoes and cucumbers in a decorative way on a large platter.
2. Sprinkle the garlic, olive oil, parsley, kelp, and sea salt over the tomatoes and cucumbers.



Grated carrots



8 servings

INGREDIENTS

- 6 medium carrots, peeled and shredded
- Parsley (optional)
- 1/4 cup So Easy So Tasty salad dressing (recipe on page 40)

DIRECTIONS

1. Add the shredded carrots and parsley in a bowl.
2. Add some So Easy So Tasty salad dressing (recipe on page 40) and toss well.



Shredded Cabbage



8 servings

INGREDIENTS

1 Cabbage red or green (or both), shredded

1/4 cup So Easy So Tasty salad dressing (recipe on page 40)

DIRECTIONS

1. Add the shredded cabbage to a bowl.
2. Add some So Easy So Tasty salad dressing (recipe on page 40) and toss well.



So easy so fasty salad dressing



8 servings

INGREDIENTS

- 1/2 cup fresh lemon juice
- 1/2 cup extra virgin olive oil
- 1 tsp sea salt
- 1/4 cup honey or maple syrup
- OR 1/4 tsp of pure stevia

DIRECTIONS

1. Boil the quinoa in the water on medium-low heat for 15-20 minutes, stirring occasionally.
2. When cooked, place it on a large plate and let it cool down.
3. In a large bowl, place the fresh parsley, the tomatoes, the cucumber, the onion, and the cooled quinoa.
4. In a small bowl, mix up together the lemon juice, olive oil, salt, and all the other spices. Then add this sauce to the salad bowl and gently mix all the ingredients together.



Chickpea Mayo



8 servings

INGREDIENTS

- 3/4 cup chickpea flour
- 2 cups water
- 1 1/3 cups extra virgin olive oil
- 3 tbsp lemon juice
- 1 tbsp ground mustard seeds
- 3/4 tsp sea salt

DIRECTIONS

1. Bring the water to a boil in a saucepan and whisk in the chickpea flour and the salt.
2. Keep whisking continually for one minute.
3. Turn down the heat to medium and cook for more minutes, whisking regularly.
4. Place in a glass bowl, cover and refrigerate until it is cold.
5. Transfer to a blender along with the oil, lemon juice, ground mustard seeds, and salt, and blended until it forms a fluffy and light mayonnaise consistency.
6. Enjoy it right away or place it in the fridge for several hours to eat it cold.



Barbecue Sauce



12 servings

INGREDIENTS

- 1 cup tomato paste
- 3 tbsp liquid aminos
- 4 tsp lemon juice
- 2 cups water
- 2 tbsp arrowroot powder
- 1/4 cup blackstrap molasses
- 2 tsp onion powder
- 1 tsp garlic powder
- 1 tsp ground mustard seeds
- 2 tsp smoked paprika
- 1 tsp ground cayenne pepper

DIRECTIONS

1. Add half of the water and the rest of the ingredients except the arrowroot powder into a saucepan.
2. Heat on medium heat and whisk well.
3. The rest of the water and the arrowroot powder into a bowl and whisk until there are no lumps.
4. Stir in the arrowroot powder into the saucepan and whisk for 3 minutes or until the sauce thickens.
5. Remove from the heat and let cool down.



Plant-based Gravy



8 servings

INGREDIENTS

- 1/4 cup arrowroot powder
- 2 cups water
- 1/4 cup nutritional yeast
- 1 1/2 tsp onion powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/4 tsp rosemary
- 1/8 tsp thyme
- 2 tbsp liquid aminos
- 1 tbsp lemon juice
- Sea salt to taste

DIRECTIONS

1. Add half of the water and the rest of the ingredients except the arrowroot powder into a saucepan.
2. Heat on medium heat and mix well.
3. Add the rest of the water and the arrowroot powder into a bowl and whisk until there are no lumps.
4. Stir in the arrowroot powder into the saucepan and whisk for about 2 minutes or until the sauce thickens.
5. Remove from the heat and let cool down.



Oven Roasted Tomatoes



8 servings

INGREDIENTS

- 2 lb cherry tomatoes or small tomatoes, halved and cut in half
- 2 tbsp extra virgin olive oil
- 4 garlic cloves, minced
- 1 tsp sea salt

DIRECTIONS

1. Preheat the oven to 450 F degrees.
2. Place all the ingredients on a large baking pan and toss to coat.
3. Spread the tomatoes in one single layer, flesh side up.
4. Bake in the oven for 25 minutes and roast for 5 minutes.
5. Remove from the oven heat.

A top-down view of a wooden crate filled with fresh vegetables. The crate contains several bright orange carrots, yellow potatoes, stalks of celery, and various leafy greens including parsley and chard. A large head of green cabbage is also visible. Outside the crate, there are three garlic bulbs and two green bay leaves on a textured, light brown surface. A semi-transparent white rectangular box is centered over the image, containing the text "Dinner Recipes" in a black, elegant script font.

Dinner Recipes



Sesame Oat Crackers



8 servings

INGREDIENTS

- 2 cups oat flour (certified gluten-free as needed)
- 1/2 cup toasted sesame seeds
- (plus extra for sprinkling)
- 3/4 tsp sea salt (plus extra for sprinkling)
- 1 tsp garlic powder
- 1/4 tsp ground turmeric
- 1 tbsp honey
- OR a pinch of pure stevia
- 1/3 cup untoasted sesame oil (plus extra for brushing)
- 3/4 cup water

DIRECTIONS

1. Preheat the oven to 400°F.
2. Mix together the dry ingredients in a large bowl.
3. Add the wet ingredients to the dry ingredients and mix well to form a ball of dough.
4. Roll the dough into a thin rectangular shape. With a sharp knife cut them into small rectangles and place them on a baking sheet.
5. Brush with some sesame oil and sprinkle some sesame seeds and salt.
6. Bake for 20 minutes or until golden brown.
7. Let them cool down.



Guacamole



4 servings

INGREDIENTS

- 2 medium size ripe avocados
- 1/2 cup roasted bell pepper (optional)
- 1/4 red onion, chopped thinly (optional)
- 1/4 cup fresh cilantro (optional)
- 1 tbsp lemon juice
- 1/2 tsp sea salt

DIRECTIONS

1. Cut the avocados in half and remove the pits. Remove the skin and place the avocado meat into a bowl.
2. Add the lemon juice and the salt.
3. Mash it to the consistency you prefer (smooth or lumpy).
4. Stir in the rest of the ingredients.



Hummus



8 servings

INGREDIENTS

- 3 1/2 cooked chickpeas
- 1/3 cup tahini paste
- 8 garlic cloves
- 1/2 cup fresh lemon juice
- 1 tbsp extra virgin olive oil
- 3/4 tsp ground cumin
- 1/2 tsp sea salt
- 1/4 tsp ground cayenne pepper
- More extra virgin olive oil, a few chickpeas, paprika or cayenne pepper, and fresh minced parsley for garnish

DIRECTIONS

1. In a food processor combine all the ingredients (except the garnish ingredients).
2. Blend until the consistency is very smooth (add more extra virgin olive oil if you would prefer a thinner consistency). Place the hummus into a serving bowl, and use a spoon to make some smooth waves on top.
3. Garnish with the extra chickpeas, extra virgin olive oil, paprika or cayenne pepper, and fresh parsley.



Tofu Boursin



8 servings

INGREDIENTS

- 12 oz extra firm tofu
- 2 tbsp lemon juice
- 4 garlic cloves
- 2 tbsp fresh or dry chives
- 1/2 sea salt

DIRECTIONS

1. Drain the tofu from its liquid as much as you can.
2. Add all the ingredients to a blender.
3. Place the mixture into a cup and press down firmly.
4. Turn a cup over on a plate to form a boursin shape.



Caesar salad



8 servings

INGREDIENTS

- 1 cup cashew nuts, soaked for 10 minutes or more
- 1 cup unsweetened and unflavored plant-based milk
- 1 tbsp nutritional yeast
- 1/2 tsp mustard powder
- cloves garlic
- 2 tbsp lemon or lime juice
- Sea salt to taste
- 1 tbsp tahini (optional)
- 2 medium heads of romaine lettuce, washed and chopped
- Croutons (certified gluten-free as needed)
- Plant-based parmesan, shaved or shredded

DIRECTIONS

1. Place all the ingredients (except the romaine lettuce, crouton, and plant-based parmesan) into a food processor and process until smooth consistency to make a Caesar dressing,
2. Place the lettuce into a large bowl and stir in the Caesar dressing. Toss well.
3. Add a few croutons and some parmesan on top.



Bean Patté



8 servings

INGREDIENTS

- 1 cup cooked kidney beans
- 1 tsp garlic powder
- 1/2 tsp cumin
- 1 tsp ground paprika
- 2 tbsp extra virgin olive oil
- 2 tbsp lemon juice
- 2 tbsp water
- Sea salt, to taste

DIRECTIONS

1. Mashed the cooked beans with a potatoes masher.
2. Add the rest of the ingredients and stir well.



Fruit salad

INGREDIENTS

- Your favorite fruits, peeled, chopped, sliced or cubed
- Raisins (optional)
- Cardamon (optional)
- Walnuts (optionla)

DIRECTIONS

- 1.Add all your prepared fruits into a bowl as well as other optional ingredients.
- 2.Toss well and enjoy!



Caribbean Style Soup



8 servings

INGREDIENTS

- 2 medium carrots chopped
- 3 cups pumpkin, chopped
- 1 sweet potato, chopped
- 1 cup corn
- 1 cup bell pepper, chopped
- 1 cup coconut milk
- 2 tbsp lemon or lime juice
- 1 tbsp cooking oil
- 4 scallion, chopped
- 1 onion, chopped
- 5 garlic cloves, chopped
- 2 tsp dry or fresh thyme
- 1/2 tsp cumin
- Sea salt, to taste
- Cayenne pepper, to taste

DIRECTIONS

1. Add the oil, onion, peppers, and a pinch of salt to a large pot.
2. Saute over medium heat for 5-7 minutes.
3. Stir in the garlic, thyme, and cumin and cook for about 2 minutes until fragrant.
4. Add the carrots, pumpkin, sweet potato, and corn, and cover with water.
5. Bring to a boil on high heat, and then reduce to a simmer and cover the pot.
6. Cook for 15 minutes or until the vegetables are tender.
7. Remove from heat and stir in the lemon or lime juice, the coconut milk, some cayenne pepper and sea salt to taste.



Pistou Soup



8 servings

INGREDIENTS

- 2 zucchini, diced
- 1 yellow onion, chopped
- 2 cloves garlic, chopped
- 1 carrot, thinly chopped
- 1 large tomato, diced
- 2 cups cooked navy beans
- Green beans, chopped
- 1 cup small pasta (GF as needed) (optional)
- 1 tbsp extra-virgin olive oil
- 2 bay leaves
- ½ cup fresh basil leaves, thinly chopped
- 2 tbsp lime or lemon juice
- Sea salt, to taste

DIRECTIONS

1. Add the oil, onion, and a pinch of salt to a large pot.
2. Saute over medium heat for 5-7 minutes.
3. Stir in the garlic and cook for about 2 minutes until fragrant.
4. Add the rest of the ingredients except fresh basil, lemon, or lime juice, and cover with water.
5. Bring to a boil on high heat, and then reduce to a simmer and cover the pot.
6. Cook for 12 minutes or until the vegetables and pasta are tender.
7. Remove from heat and stir in the lemon or lime juice, basil, and some sea salt to taste.



Lentils Soup



8 servings

INGREDIENTS

- 2 cups dry brown lentils
- 2 ribs of celery
- 1 yellow onion, chopped
- 2 cloves garlic, chopped
- 2 carrots, chopped
- 1 large tomato, diced
- 1 large potato, cubed
- 1 tbsp extra-virgin olive oil
- ½ cup fresh parsley leaves, thinly chopped
- 2 tbsp lime or lemon juice
- Sea salt, to taste

DIRECTIONS

1. Add the oil, onion, and a pinch of salt to a large pot.
2. Saute over medium heat for 5-7 minutes.
3. Stir in the garlic, carrots, and celery and cook for about 5 minutes, stirring often.
4. Add the rest of the ingredients except fresh parsley, and the lemon or lime juice, and cover with water.
5. Bring to a boil on high heat, and then reduce to a simmer and cover the pot.
6. Cook for about 30 minutes or until the lentils are tender.
7. Remove from heat and stir in the lemon or lime juice, parsley, and some sea salt to taste.



Digest & Relax Tea



8 servings

INGREDIENTS

- 2 tbsp dried chamomile flowers
- 1/2 tbsp dried lavender buds
- 1 tsp dried valerian leaves
- 1 tbsp dried lemon balm leaves
- 1 tsp dried peppermint leaves
- 8 cups water
- 2 tbsp honey or maple syrup or a pinch of stevia (optional)

NOTE: Do not worry if you do not have all the ingredients. Use what you have. All these herbs have digestive and relaxing properties

DIRECTIONS

1. Bring your water to a boil in a saucepan or tea kettle.
2. Place a tea strainer with the dry herbs in it, into a teapot.
3. Pour your hot water over the tea leaves.
4. Steep the tea in hot water for 3 to 5 minutes.
5. Remove your tea leaves.

For more information, visit
WWW.COACHANNELAURE.COM

Don't hesitate to send an email if you have any questions:
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