BREAKFAST

A simple morning smoothie or bowl of oatmeal can knock out a number of the seven daily foods all at once. Get creative and load them up with berries, greens, nuts and flaxseed, turmeric, and even things like whole green tea leaves and beans (silken tofu one of our preferred beans in a smoothie).

These three recipes demonstrate just a few of the ways you can create a simple breakfast while hitting on several of the essential daily foods.

BERRY-BANANA SMOOTHIE

*Serving Size:* Approximately 2, 20-oz. Smoothies

Smoothies are one of the most reliable ways to get berries into your diet. And since you can use frozen berries in a smoothie, you can save a little money, even when buying organic. Our favorites are strawberries, blackberries, and blueberries, so mix or rotate through those or any other berries (or even other fruits) you like to build variety into your diet and keep your smoothie from getting boring.

**Ingredients**

- 2 medium, ripe bananas
- 2 Brazil nuts (or 1-2 tablespoons raw walnuts)
- 2 tablespoons flaxseeds
- 2.5 cups water
- 2.5 cups frozen berries
- A big handful or two of baby spinach or other mild-tasting greens (optional)
- Optional add-ins (see note below)

**Instructions**

1. Place ingredients in a blender, blend until smooth.

**Notes**

Optional: Add green tea leaves, a 1/2-inch slice fresh turmeric or ginger root, or silken tofu to boost the nutrition content of the smoothie and get more of the seven daily foods.
COLORFUL, HEARTY OATMEAL

Serving Size: 2 bowls

Ingredients

• 1 cup old-fashioned rolled oats
• 2 cups of water
• 1/4 teaspoon cinnamon
• 1/2 cup frozen berries of your choosing
• 1 tablespoon ground flax
• 1 tablespoon chia seeds
• 3 tablespoons of pumpkin seeds
• 1/4 cup crushed almonds
• Splash of maple syrup to taste (optional)

Instructions

1. Combine oats, water, and cinnamon in a saucepan over medium heat
2. Heat until simmering, then cook stirring often, until water is absorbed (about five minutes)
3. Stir in berries and flax until berries are heated through, and take off heat
4. Pour into bowl and top with chia seeds, pumpkin seeds, almonds, and maple syrup
For lunch, we love to throw together a giant salad, loaded with greens, beans, cruciferous veggies, seeds, and grains, then top it off with an oil-free nut-based dressing for an added kick.

Below you’ll find a basic plan for building a giant salad, plus three of our favorite homemade dressings. They’re all easy, delicious, and can be made well ahead of time and used throughout the week.

**LUNCH**

**HOW TO MAKE A GIANT SALAD**

**Instructions**

We like to assemble a salad based on a few basic principles:

1. Start with a large handful or two of mild lettuce — romaine, green leaf, etc.

2. Add another large handful or two of a more bitter green — baby kale, arugula, mustard greens, dandelion greens, etc.

3. Top with at least one cruciferous vegetable (cabbage, broccoli, and radishes are the easiest, in my opinion), green onions, and any other vegetables you like (carrots, celery, tomatoes, etc.)

4. Finish with a cup of beans and nut-based dressing.

5. Serve over brown rice or with a whole-grain side to make it a more filling, satisfying meal.

6. Add a 1/4 inch slice of fresh turmeric and sprinkle with black pepper to increase bioavailability (you can eat your turmeric anytime throughout the day; We find it’s easiest to remember with the salad).
GARLIC-TAHINI DRESSING

Ingredients
- 2 cloves garlic, or more to taste
- 1/2 cup tahini
- 1/4 cup water, more to thin
- 1/4 cup nutritional yeast
- 2 tablespoons lemon juice
- 2 tablespoons reduced-sodium tamari

Instructions
1. Optional first step: Toss the whole garlic cloves (peeled, of course) around in a dry skillet over medium heat for 5-10 minutes, until they just barely start to color and blister. This retains the garlic flavor but tones down the intensity a little bit.

2. Add the garlic to a food processor blender and pulse a few times to mince. Then add the rest of the ingredients and combine until smooth.

3. Add water until you reach a relatively thin consistency, but not so thin that it won’t stick to your salad leaves. (It’ll thicken in the fridge, but you can always add more water before you use it.)

Notes
If the flavor is too strong, whisk in a little extra tahini and/or water.

TURMERIC GINGER ALMOND BUTTER DRESSING

Serving Size: 1 cup

Trader Joe’s makes a delicious oil-free dressing that includes turmeric, ginger, garlic, and almond butter — making it perfect for topping a giant salad with beans to knock out many of the seven foods to try to eat each day. This is our reverse-engineered version, swapping whole dates for the cane sugar that TJ’s uses in theirs.

Ingredients
- 3/4 cup water
- 1/4 cup almond butter
- Juice of 1 lemon
- 2 tsp minced ginger (from about a thumb-sized piece)
- 2 fresh Medjool dates, pits removed
- 1 small clove garlic
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground turmeric
- 1/8 teaspoon black pepper

Instructions
1. Combine all ingredients in a blender and blend until smooth. The dressing will become thicker in the refrigerator, so thin with water before serving each time.
SID’S ‘I CAN’T BELIEVE IT’S CASHEW’ RANCH DRESSING

Ingredients

- 1 1/4 cups cashews (you can soak them for a creamier dressing)
- 1 cup of filtered water for blending
- 1 1/2 tablespoons lemon juice
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon garlic powder
- 1.5 teaspoons onion powder
- 1 teaspoon dried dill
- 1 teaspoon sea salt or to taste
- 1/2 teaspoon dried basil
- 1/4 teaspoon fresh ground black pepper or to taste

Instructions

1. Blend all ingredients (ideally in a high-speed blender) until creamy and smooth.

2. Make sure not to blend so long that the dressing gets hot. If it’s too thick, add more water. It’ll thicken in the fridge; just add more water to make it pourable again.

Notes

- This dressing thickens in the fridge, so add a little water as needed to thin before using.

- To make Buffalo Cashew Ranch: stir hot sauce (Frank’s Red Hot is highly recommended) into the finished dressing, to taste. A teaspoon of hot sauce per quarter cup of dressing is a good place to start, but this will vary depending on the brand of hot sauce you use.
A grain, a green, and a bean. It’s actually that simple, and if you’re creative about it, the options are endless.

A GGB dinner could be pasta, rice and bean bowls, tacos, soups or stews, and so much more. And this is the perfect way to knock out any remaining foods from the list, like:

- Whole grains
- Greens
- Beans
- Onions & Garlic
- Mushrooms
- Turmeric
- Cruciferous & Other Vegetables
- Nuts & Seeds (topping or dressing)

Here are three of our go-to dinners that check off several of these foods.
**TEMPPEH TACOS**

**Serving Size:** 2 bowls

This recipe was inspired by one we discovered in Rip Esselstyn’s Plant-Strong, after getting the chance to hang out with Rip in Austin, Texas at Whole Foods HQ. If you don’t like soy, you can substitute any other bean here. Brown or green lentils would probably work best to replicate the texture of the tempeh.

**Ingredients**
- 12 corn tortillas
- 16 ounces tempeh, crumbled
- A few splashes of low-sodium tamari or soy sauce
- 12 oz bottle BBQ sauce (look for oil-free — some varieties of Stubb’s and Annie’s are oil-free and delicious)
- 1 cup red or green cabbage, shredded
- 1 cup pineapple, chopped
- 1/2 bunch fresh cilantro, chopped

Optional:
- Jalapeño or serrano pepper, seeded and ribbed, minced, for garnish
- Pickled onions, for garnish

**Instructions**

1. Preheat a medium pan over medium-high heat.

2. Once it’s warm, heat each corn tortilla for about a minute on one side, then flip and heat for 10 seconds or so on the other side. It’s okay for the tortillas to get light brown spots, but don’t let them burn.

3. After each tortilla is heated, move it to a plate covered by a barely-damp kitchen towel to keep warm. (You can do this step at the end instead and make the tacos “to order,” but you’ll save time if you can do it while you prepare the tempeh.)

4. Heat the crumbled tempeh in a pan over medium heat, stirring frequently to prevent sticking.

5. Once the pan is warm, sprinkle the tempeh with tamari or soy sauce (to taste, less than two tablespoons) and stir occasionally until tempeh is heated through.

6. Add the barbecue sauce to the pan and mix thoroughly until heated through.

7. To assemble, spoon a portion of the tempeh mixture onto a heated tortilla, then add red cabbage, pineapple, cilantro, and jalapeño and pickled onions (if using). Repeat for the remaining tortillas.
HEARTY CHICKPEA PASTA SOUP

Serves: 6

This grain, green, and bean recipe also incorporates onions and garlic and two other super-healthy foods: tomatoes and fresh herbs.

Ingredients

• 2 tablespoons extra virgin olive oil, optional (you can use water instead)
• 1 small onion, chopped
• 2 celery ribs, diced
• 4 cloves garlic, minced
• 2 teaspoons fresh rosemary, finely chopped, divided
• 1 cup tomato sauce
• 6 cups vegetable stock
• 1 15-ounce can (or 1 ½ cups cooked) chickpeas, drained and rinsed
• 1 bunch kale (about 8 leaves), preferably lacinato (also called dinosaur kale), torn into bite-size pieces, coarse stems removed
• 4 ounces whole wheat or alternative-grain linguine, broken into 1- to 2-inch lengths (or choose a bite-size pasta)
• 1 teaspoon sea salt, or to taste
• ½ teaspoon fresh ground black pepper

Instructions

1. Heat the oil or water in a large pot over medium heat. Add the onion, celery, garlic, and 1 teaspoon of the rosemary and cook until the vegetables are soft and translucent, about 5 minutes.

2. Add the tomato sauce, vegetable stock, and chickpeas, and bring to a boil.

3. Add the kale and after about 5 minutes, add the pasta and stir occasionally. (This assumes your pasta will take 7 to 8 minutes to cook. If you're using pasta that takes 12 to 15 minutes, add the pasta when you add the kale.)

4. When the pasta is al dente, remove the soup from the heat and season with salt and pepper.

5. Garnish with the remaining teaspoon of fresh rosemary.
PUGLIESE GREENS AND BEANS

This one is inspired by the food of Puglia, the heel of Italy’s boot where chickpeas are king. But any bean works here; The vegan meat substitute is entirely optional but is a good example of allowing an occasional indulgence to keep food interesting. If you choose not to use it, you might experiment with a small amount of miso, stirred in at the end of the simmering time, to add umami richness and saltiness.

Ingredients

• 2 14.5-ounce cans reduced-sodium cannellini beans or chickpeas (don’t drain and rinse, in this case)

• 2 tablespoons extra virgin olive oil, optional (you can use water instead)

• 6 cloves garlic, rough-chopped

• 4 ounces vegan meat substitute, diced small, optional (check the ingredients and avoid protein isolates)

• 1 large bunch (about 1 pound) turnip greens, kale, or other bitter greens

• Salt and pepper, to taste

• Whole grain or sourdough bread, for serving (feel free to instead serve over another grain — barley, bulgur wheat, brown rice, etc.)

Instructions

1. In a dry skillet or one just lightly drizzled with a half teaspoon of oil (don’t use water here), brown the vegan meat substitute over medium heat for just a few minutes. Remove from pan and set aside.

2. Heat the rest of the oil in the skillet over medium heat and add the garlic and crushed red pepper.

3. After two minutes, add the beans and their liquid and increase the heat to medium-high.

4. Once the liquid is simmering, add the greens and continue to simmer until most of the liquid has evaporated and the greens are tender, 5 to 10 minutes depending on the type of greens you’re using.

5. Add the vegan meat substitute, season with salt and pepper, and serve alongside rustic bread or over another grain.
CONDIMENTS

We’re big fans of condiments around here. Not condiments like ketchup, so much, but simple add-ons that enhance the meal with new flavors and textures.

Below you’ll find recipes for two of our favorites, which can be added to salads, pastas, tacos, and more.

VEGAN ‘PARMESAN’ SPRINKLE

Ever since we came across a recipe like this one in Minimalist Baker’s Everyday Cooking our fridge has never been without this cheesy sprinkle. It keeps for a few weeks in the fridge, but never gets the chance to last that long in our house! We use it on salads, like the cheese on pizza, and on top of just about any other Italian dish. This brilliantly simple recipe is close to the one in the book, but with a little bit less salt. Add more if you wish. Inspiration: Minimalist Baker’s Everyday Cooking, by Dana Shultz

**Ingredients**
- 1 cup raw cashews
- \( \frac{1}{4} \) cup nutritional yeast
- \( \frac{3}{4} \) teaspoon salt, more to taste
- 1 teaspoon garlic powder

**Instructions**
1. Combine all ingredients in food processor and process until you’re left with a coarse powder (just slightly coarser than the stuff in the green can we all used to use). A high-speed blender works too, but make sure you keep scraping the sides so that it doesn’t turn into nut butter!
"Pickled" Onions

This isn't really pickling, but the flavor is wonderful and the color vibrant. We keep a near-constant supply of this beautiful, delicious garnish, because it's simple to make and lasts for weeks in the fridge.

Inspiration: Vegan Eats World and Viva Vegan! by Terry Hope Romero.

Ingredients

• 2 large red onions, thinly sliced into half-moons
• ¼ cup fresh lime juice or lemon juice
• 1 tablespoon apple cider vinegar
• 2 teaspoons salt
• Generous pinch of sugar

Instructions

1. Bring a large pot of water to a boil.

2. Option 1: If you want to preserve a lot of the onion “bite” flavor, set the onions in a strainer in the sink and pour the boiling water over the onions. Wait a few seconds and then rinse under cold water to stop the cooking process, and proceed with remaining steps.

3. Option 2: For a milder, more kid-friendly flavor, drop the onions into the pot of boiling water and let them simmer for 30 seconds or so, then drain and rinse under cold water before proceeding with remaining steps.

4. Place the slightly-cooked onions in a large bowl or another dish with a lid, then add remaining ingredients.

5. Stir to combine. Let sit in the refrigerator for at least half an hour before using.

6. Add to Latin dishes, Indian dishes, salads, wraps, and anything else that needs a little extra zing. Store in a covered container in the refrigerator; these keep for several weeks so you can make them once and use to garnish lots of dishes.