

sweet vegan sara

VEGAN MEALS MADE EASY

**10 simple and healthy meals for
any day of the week**

ABOUT SARA

I adopted a plant-based diet in January 2015, and a year later I started my blog to share my healthy, sweet recipes. I was feeling amazing and I had learned so much about plant-based nutrition as well as the horrifying cruelty animals endure to end up as food. My passion since I first discovered veganism has only continued to grow, and in 2018 **I left my job as a kindergarten teacher to pursue blogging full time, with the goal of helping open others' eyes to the animals' suffering and to provide recipes to help them feel as happy and healthy as possible.**

I got certified as a holistic nutritionist in September 2018, and began working one-on-one with clients to help improve their health by adopting a plant-based diet. I also got certified as a personal trainer in April 2019. **My clients all had the same question: "what should I eat?"** They wanted simple, nutritious options, and after developing many meal plans, **I decided to create this eBook to give you some inspiration for simple, healthy plant-based meals to add to your weekly rotation.** My blog sweetvegansara.com is the place to go for fun, healthy, vegan desserts, and this eBook is to fill in those gaps for daily life when you want something savory, simple, quick, and nourishing.



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WHY PLANT-BASED?

Health

Many studies have shown that a whole food plant-based diet is optimal for human health. **This way of eating can meet all nutrient needs in addition to being protective against many of the leading causes of death and disease, such as cardiovascular disease, cancer, and diabetes.** The American Dietetic Association states “appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases. Well-planned vegetarian diets are appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes.”

Ethics

Animals used and abused for food suffer unimaginable living conditions, exploitation, and abuse. Humans do not need to eat animals to survive, therefore there's no excuse for the atrocities that animals are enduring every second of every day. **Animals like cows, pigs, chickens, and fish all feel pain and want to live. They are no different from the dogs and cats we love like family.** By choosing to eat plant-based, you are no longer supporting this cruel system.

Environment

Animal agriculture is a leading contributor to environmental devastation, including climate change, rainforest destruction, ocean dead zones, and more. **Eating plant-based is the greatest positive impact you can have when it comes to the improvement of the current state of our planet.**



THE DIFFERENCE BETWEEN VEGAN AND PLANT-BASED

Vegan

In 2019, we are fortunate to have SO many amazing vegan options, like Oreos and freakishly realistic beyond and impossible burgers. While those products are vegan, they aren't what you want to be eating on a daily basis in order to feel your best. An indulgence on special occasions is, of course, totally fine. I encourage that people transitioning from an omnivorous to a plant-based diet enjoy such foods from time to time to make the transition easier. Also, these choices are ALWAYS better than the non-vegan alternatives from an ethical perspective. However, it's important to be aware of the distinction between vegan food and whole food plant-based eating.

Vegan simply means there are no animal products, but there may be a lot of processed sugars, refined flours, and added oils.

vegan



Plant-based

A whole food plant-based diet is also vegan, but it is based around whole, plant foods (fruits, vegetables, whole grains, beans and legumes, nuts and seeds) that are close to their natural form. It excludes oils and refined sugars and flours. This is why I always recommend purchasing foods that are oil free and refined sugar free when possible. **Basically, just because something is vegan does not mean it's healthy.** The recipes you'll find in this eBook are all whole food, plant-based. Again, this is not to say that you can't have vegan versions of pizza, burgers, pasta, desserts, or anything else you can think of! It's about saving the less nutrient-dense options for special occasions, and going for whole food, plant-based the majority of the time in order to feel your best.

TIPS + RECOMMENDATIONS

1

I recommend that you **buy as much of your fruit and vegetables as possible in frozen form** (other than things like sweet potatoes, greens, raw veggies for salad) because it's often much cheaper and is just as nutritionally dense as fresh. You also won't have to worry about it going bad in the fridge before you get a chance to eat it.

2

Because **dark, leafy greens are one of the most nutrient-dense foods we can eat**, I highly recommend having at least one salad per day. I have a salad before my main dinner meal every night, and recommend you incorporate dark leafy greens and some raw veggies in your day.

3

I recommend **1 large shopping trip on the weekend**, so that you don't have to go to the grocery store daily to pick up ingredients.

4

If you're eating plant-based, a **B12 supplement is absolutely necessary**. A simple google or amazon search will bring up lots of affordable options.

5

Check ingredient lists to ensure products are vegan first and foremost, but also to **do your best to avoid added oils and refined sugars**.



MY FAVORITE BRANDS

These are just some products I use consistently (some daily) and recommend! These specific brands are not a requirement. For example, if you can't find Kite Hill yogurt, grab unsweetened vegan yogurt from a different brand like Silk or So Delicious. Or, if you try a brand I recommend and don't like it, experiment with other brands/products to find what you like!

Protein powder: 22 Days Nutrition

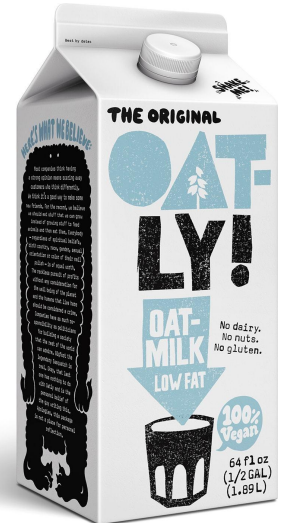
- Use discount code **sweetsara** for 20% off <https://22daysnutrition.com/>

Oil free hummus: Oasis

Oat milk: Oatly low-fat

Nutritional yeast: Bragg's

Yogurt: Kite Hill



STRAWBERRY BANANA PROTEIN SMOOTHIE

MAKES 2 SERVINGS

INGREDIENTS

- 2 frozen bananas
- 2 cups frozen strawberries
- 2 scoops vegan vanilla protein powder
- 3 cups unsweetened almond milk
- Optional: handful of spinach for a not so pretty color, but lots of extra nutrients

INSTRUCTIONS

1. Add all the ingredients to a high speed blender and blend until smooth and creamy. Separate into two glasses and enjoy.



CHOCOLATE STRAWBERRY CHIA SEED PUDDING

MAKES 2 SERVINGS

INGREDIENTS

- ½ cup chia seeds
- 2 tbsp cacao powder
- 2 tbsp maple syrup
- 2 cups unsweetened almond milk
- ½ cup frozen strawberries
- Optional: vegan dark chocolate chips (I like Lily's vegan stevia-sweetened chocolate chips)

INSTRUCTIONS

1. Mix the chia seeds and cacao in a bowl, then add the maple syrup, almond milk, and stir everything together.
2. Separate into two containers, add strawberries to each, then set in the fridge for at least 2 hours, or overnight.
3. When you're ready to eat, stir everything together - the top will be thicker, so do your best to stir until everything thickens up and is the same texture.
4. Top with strawberries and a sprinkle of chocolate chips.



CINNAMON ROLL PANCAKES

MAKES 2 SERVINGS

INGREDIENTS:

- 2 cups rolled oats, blended into flour
- 2 tbsp ground flaxseed
- 1 tbsp cinnamon
- 1 tbsp stevia
- 1 cup unsweetened applesauce
- 2 tsp vanilla extract
- 1 cup unsweetened almond milk
- Vegan yogurt + peanut butter for topping

INSTRUCTIONS

1. Preheat the griddle or pan to medium high heat.
2. In a large bowl, mix the oat flour, flaxseed, cinnamon, stevia, applesauce, vanilla, and almond milk into a thick batter.
3. Use a 1/4 cup measure to portion pancakes onto the griddle, and cook about 8 minutes on each side.
4. Top with a drizzle of vegan yogurt and peanut butter.



SOUTHWESTERN STUFFED SWEET POTATO

MAKES 2 SERVINGS

INGREDIENTS

- 2 medium sweet potatoes
- 1 cup black beans
- 1 cup frozen corn (heated in the microwave)
- 1 cup frozen bell peppers (heated in the microwave)
- 1 avocado, sliced
- Salsa, vegan yogurt, and cilantro for topping

INSTRUCTIONS

1. Preheat the oven to 450 degrees.
2. Poke each sweet potato with a fork, and bake for 30-60 minutes. The baking time will vary depending on how large the potatoes are, so just keep an eye on them and poke with a knife in the center to test whether they're cooked.
3. Slice each potato down the center, not all the way through.
4. Add the black beans, corn, and peppers to each potato.
5. Top with avocado, salsa, vegan yogurt, and cilantro.



TOFU SCRAMBLE TACOS

MAKES 2 SERVINGS

INGREDIENTS

- 2-4 tbsp water or vegetable stock
- ½ onion, chopped
- 1 cup frozen mushrooms
- 2 cups frozen kale
- 1 block tofu
- 1 cup black beans
- 2 tsp turmeric
- 2 tsp black pepper
- 2 tsp chili powder
- 6 mini corn tortillas, or 2 full-size tortillas

INSTRUCTIONS

1. In a saute pan, add stock and cook the onion, mushrooms and kale on medium heat until the onion is cooked to your liking, about 5-8 minutes.
2. Add the tofu and break it up with the spatula, then add the beans and spices and cook for another 10 minutes.
3. Portion the tofu scramble into tortillas and top with salsa, vegan yogurt, and cilantro.



CHICKPEA BURGERS + ROASTED VEGETABLES

MAKES 2 SERVINGS

INGREDIENTS

- 1 cup chickpeas, mashed
- ½ cup chickpea flour
- 2 tsp garlic powder
- 2 tsp chili powder
- ¼ cup water
- Lettuce wrap or whole grain bun + toppings of your choice
- 2 red bell peppers, sliced into quarters
- 20 spears frozen asparagus

INSTRUCTIONS

1. Preheat the oven to 400 degrees.
2. In a large bowl, use clean hands to mash the chickpeas as much as possible. Add the chickpea flour, spices, and water, and mix everything together thoroughly.
3. Divide the mixture and shape into 2 patties.
4. Put the patties, asparagus and red bell peppers on a baking sheet and roast everything for 20 minutes.
5. Serve the burger with asparagus and red pepper, on a whole grain bun or in a lettuce wrap.



BLACK BEAN BURRITO BOWL

MAKES 2 SERVINGS

INGREDIENTS

- 2 cups frozen brown rice (heated in the microwave)
- 1 cup black beans
- 2 tsp cumin
- 2 tsp chili powder
- 1 cup frozen corn (heated in the microwave)
- 1 cup frozen bell peppers (heated in the microwave)
- ½ avocado, chopped
- 2 tbsp unsweetened vegan yogurt
- ¼ cup salsa
- Green onion, chopped

INSTRUCTIONS

1. Separate the rice into two containers.
2. Mix the black beans, cumin, and chili powder, then portion over the rice.
3. Add corn, bell peppers, and avocado to each container.
4. When you're ready to eat, top with a drizzle of vegan yogurt, salsa, and green onion.



EDAMAME SUSHI BOWL

MAKES 2 SERVINGS

INGREDIENTS

- 2 cups frozen brown rice (heated in the microwave)
- 2 tsp liquid aminos
- 1 cup frozen edamame (heated in the microwave)
- ½ cucumber, thinly sliced
- 4 small radishes, thinly sliced
- Green onion, sliced
- Optional: sprinkle of sesame seeds
- Spicy peanut sauce
 - 2 tbsp peanut butter
 - 2 tsp liquid aminos
 - 4 tsp chili garlic sauce (or hot sauce of your choice)
 - ¼ cup water

INSTRUCTIONS

1. Mix the liquid aminos and rice, then separate into two containers.
2. Top with edamame, cucumber, radish, green onion, and sesame seeds
3. To make the peanut sauce, mix the peanut butter, liquid aminos, chili garlic sauce, and water in a bowl until everything is combined (add more/less water to get a consistency you like). If the peanut butter seems too hard to mix, heat it in the microwave for 20 seconds before adding other ingredients to loosen it up a bit.
4. Separate the sauce for each bowl.



CHICKPEA CURRY

MAKES 2 SERVINGS

INGREDIENTS

- ½ onion, chopped
- 2 cloves garlic, finely diced
- ½ cup vegetable stock or water to saute
- 2 cups frozen broccoli
- 2 cups chickpeas
- 1 cup unsweetened soy, pea, or coconut milk
- 1 cup vegetable stock
- 2 tbsp red curry paste
- 1 tbsp ground ginger
- 2 tsp stevia
- 2 handfuls spinach
- 2 cup frozen brown rice (heated in the microwave)

INSTRUCTIONS

1. Put the onion, garlic, and vegetable stock in a saute pan and cook on medium-high heat for 5 minutes, stirring to avoid sticking.
2. Add the broccoli and cook for another 5 minutes.
3. Add the chickpeas, non-dairy milk, vegetable stock, curry paste, ground ginger, and stevia, and cook on medium high heat for 10-15 minutes, until most of the liquid has been absorbed.
4. Turn off heat and mix in spinach until wilted, separate into two containers and serve with brown rice.



BLACK BEAN QUINOA CHILI

MAKES 2 SERVINGS

INGREDIENTS

- ¼ cup vegetable stock
- 1 small yellow onion, finely diced
- 3 cloves garlic, finely diced
- 2 cups vegetable stock
- 1 cup dry quinoa
- 2 cups canned crushed tomatoes
- 1 cup black beans
- 2 tsp cumin
- 2 tsp chili powder
- Vegan yogurt and green onion for topping

INSTRUCTIONS

1. Saute the onion and garlic in veggie stock until the onion is translucent, about 8 minutes.
2. Add the veggie stock and quinoa, bring to a boil, then reduce to a simmer and cook for another 10 minutes until most of the liquid is absorbed, stirring occasionally.
3. Add the remaining ingredients, simmer on medium heat for another 10-15 minutes, occasionally stirring to be sure that nothing is sticking to the bottom of the pan.
4. Top with a drizzle of vegan yogurt and green onion.

