

PROTEINAHOLIC

**HOW OUR OBSESSION WITH MEAT IS KILLING US AND
WHAT WE CAN DO ABOUT IT**

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Chapter 17: Meal Plan

Dana McDonald is a registered dietitian in Houston who has worked at my clinic. She goes by the name the “Rebel Dietitian” largely because she does not advocate the high-protein diets that her colleagues do from the moment they graduate. Dana also walks the talk. She is the picture of health and strength, all done on a diet filled with fruit and veggies. Like me, she doesn’t advocate counting macronutrients, especially not protein. I have asked her to put together a typical weekly meal plan to help you see how easy and delicious it is once you break free of your obsession with protein.

This plan has more than enough protein. Do it for two weeks and you will feel strong and vibrant. You will be able to prove to yourself that you do not have to stuff your mouth with meat to be healthy. Actually, you will find quite the opposite to be true.

You can follow Dana at:

<https://rebeldietitian.us> or at [Facebook.com/EatCleanTrainMeanLiveGreen](https://www.facebook.com/EatCleanTrainMeanLiveGreen).

General Information and Tips

You may be wondering why I chose to begin the meal plan on Saturday. Great question! I mean, who does that?

Rebel foodies! The reason I chose this layout for the book is to demonstrate weekly meal planning and preparation (“prepping”). By learning to plan and prep on Saturday and Sunday, you will be able to quickly prepare nutrient-dense meals for the rest of the week with little to no effort. Not to mention, you’ll save yourself time and energy during the week. Examples of foods you may want to consider preparing on Sunday include black beans, quinoa, brown rice, and/or any other whole grains you’d like to use during the first half of the week. I list Saturday as the prep day for Sunday because that is when most people have extra time during the week.

Meal Plan Chart

	Breakfast	Snack	Lunch	Snack	Dinner
Saturday (Prep for Sunday)	Carrot Cake Steel-Cut Oats	Strawberry Mint Fruit Salad	Sprouted Avocado Sandwich	Perfect Postworkout Smoothie	Hemp-Powered Green Machine Salad
Sunday (Official Prep Day)	Baked Apple Pie Steel-Cut Oats	Hit-the-Trail Mix Cup	Black Bean Soup Tip: Also create "refried" black beans.	Strawberry Patch Smoothie Tip: Dinner also uses collard greens.	Collard Green Wraps Tip: Calls for "refried" black beans.
Monday	Overnight Oats	Fresh Veggies with Dip	Black Bean Tacos Tip: Calls for black beans.	Coconut Lime Smoothie	Quinoa Power Bowl Tips: Calls for black beans; save some quinoa for breakfast!
Tuesday	Nutty Coconut Quinoa	Fresh Fruit and Nuts	Superfood Salad with Roasted Red Potatoes	Raw Banana "Ice Cream"	Baked Potatoes with Side Salad Tip: Prepare extra for lunch tomorrow.
Wednesday	Back-to-Nature Muesli	Fresh Veggies with Dip	Baked Potato with Side Salad	Mango Lime Sorbet	Cranberry Almond Wheat Berry Bowl Tip: Prepare extra for lunch tomorrow.
Thursday	Nutty Banana Wrap	Fresh Fruit and Nuts	Cranberry Almond Wheat Berry Bowl with Side Salad	Chocolate Protein Smoothie	Baked Sweet Potatoes with Side Salad Tip: Save 1/2 cups sweet potato for tomorrow!
Friday	Whole-Grain Pancakes	Fresh Veggies with Dip	Berrylicious Salad	Pumpkin Pie Smoothie Tip: Calls for sweet potatoes.	Green Goddess Salad

Considering energy requirements vary from person-to-person based upon age, sex, and activity level, please feel free to adjust the portion sizes and/or quantity of snacks based upon your level of hunger. In general, raw fruits and vegetables are an ideal snack choice as these foods are naturally low in calories and high in fiber. For example, if you are still hungry after dinner, consider adding in either the "Fresh Veggies with Dip" or "Fresh Fruit and Nuts" snack option (described below). One of the great things about a plant-based lifestyle is the fact that it is a lifestyle of abundance, rather than restriction.

When it comes to storing your prepared food in the refrigerator, glass is generally your safest bet. While plastic storage containers may seem convenient, they are often a source of potentially harmful substances including endocrine-disrupting chemicals such as bisphenol A (BPA). The containers I use to store and transport my lunch in include glass and/or stainless steel containers. Stainless steel is a great choice for lunch because it is less likely to break. As a reminder, be sure to wash all your produce well to remove any potentially harmful substances prior to eating it. Last, but not least, opt for local ingredients that are organic, free of genetically modified organisms (GMOs), and Fair Trade whenever possible.

Flexible Snack Options

Below are the instructions for the snacks found within your meal plan titled “Fresh Veggies with Dip” and “Fresh Fruit and Nuts.” As always, the portion sizes described here are for your reference only. If you find they are not big enough, simply consume more raw fruits and vegetables. This is not intended to be a restrictive meal plan; rather, one that provides portion-size guidance for those who are interested in it.

Fresh Veggies with Dip

Within the menu, you will notice I’ve included “Fresh Veggies with Dip” as a snack on three separate occasions. The best part about this snack is, you get to eat as many raw vegetables as you like! Below I review how this snack option works.

Raw Vegetables

For your fresh vegetable option, you are free to choose from any of the following. If you’d like a combination of several veggies (e.g., cauliflower and broccoli florets), that works great too!

Don’t forget, for this snack, you are welcome to eat as much as you’d like!

- Bell peppers, sliced (green, red, yellow, orange or a combination)
- Broccoli florets
- Carrot sticks
- Cauliflower florets
- Celery sticks
- Cherry tomatoes
- Cucumber slices
- Eggplants
- Green onions
- Leafy greens
- Microgreens
- Mushrooms
- Purple onions
- Radishes
- Snap peas
- Zucchini

Vegetable Dip

For the dip, feel free to choose one of the following. Of course, you are always welcome to enjoy your vegetables without a dip. For your convenience, I am including the recipes for most of the dips described below within the recipe section; however, you are welcome to use your own recipe or purchase a low-fat minimally processed dip.

- Fresh salsa (enjoy as much fresh salsa as you'd like!)
- 3 tablespoons of fresh guacamole dip
- 3 tablespoons of "refried" bean dip
- 3 tablespoon of hummus
- 1 tablespoon of nut or seed butter (minimally processed; any type)
- 1 tablespoon of olive oil
- 1–2 tablespoons of low-fat salad dressing
- 1–2 tablespoons of low-fat veggie dip

Fresh Fruit and Nuts

Within the menu, you will notice I've included "Fresh Fruit and Nuts" as a snack on two separate occasions. Below I review how this snack option works.

Fresh Fruit

For the fresh fruit, you are free to choose one of the following. Of course, if you'd like to mix it up (e.g., half of a banana with half of an apple), that works great too!

- 1 medium apple (any variety)
- 1 medium banana
- 1 medium pomegranate
- 2 tangerines
- 2 oranges
- 2 small peaches
- 2 small nectarines
- 3 small figs
- 3 medium grapefruits
- 1 cup grapes (any type)
- 2 cups strawberries
- 1½ cups blackberries
- 1½ cups raspberries
- 1 cup blueberries
- 2 kiwi fruit
- 1 cup cherries (with pits)
- 1 cup mango, chopped
- 1 cup pineapple, chopped
- 2 cups watermelon, chopped
- 2 cups cantaloupe, chopped
- 2 cups papaya, chopped
- 2 Medjool dates
- 1 ounce raisins (or other naturally dried fruit)
- ½ avocado

Nuts/Nut Butter

For the nuts portion of the snack, feel free to choose one of the following. Of course, if you'd like to mix it up (e.g., 10 pecan halves with 10 walnut halves), that works great too.

- 15 almonds
- 15 hazelnuts
- 10 walnut halves
- 10 pecan halves
- 20 peanuts
- 25 pistachios
- 12 cashews
- 2½ tablespoons flaxseeds, whole
- 2 tablespoons sunflower seeds, whole
- 1½ tablespoons pumpkin seeds, whole
- 1½ tablespoons chia seeds, whole
- 1 tablespoon of nut or seed butter (minimally processed; any type)

Nut and/or Seed Allergies

For those of you with nut and/or seed allergies, please feel free to omit the nut and seed portion of the snack and consider one of the following options:

- Double the fruit portion
- Substitute raw vegetables

Whole Grains

Throughout the menu, you will notice I also include several recipes using whole grains to demonstrate how easy it is to incorporate different grains into your meals. If you are gluten intolerant, please feel free to make the necessary substitution.

Gluten-Free Grains

The gluten-free grains include sorghum, brown rice, corn, wild rice, buckwheat, amaranth, millet, teff, quinoa, oats,* and kañiwa.

**Oats are inherently gluten free, but they are frequently contaminated with wheat during growing or processing; however, there are several companies that sell oats that are guaranteed gluten free.*

Edamame, Corn, and Green Peas

In general, when a recipe calls for edamame, corn, and/or green peas, I utilize frozen products that are certified organic and non-GMO. Simply cook these ingredients as directed on the package.

Herbs and Spices

Whenever possible, invest in quality food ingredients, including dried herbs and spices. As you will notice, I tend to use a lot of the same ingredients throughout this meal plan to keep the cost to a minimum.

Natural Sweeteners

Throughout this meal plan you will notice several recipes that include the option to add a natural sweetener. Please feel free to omit the sweetener or substitute it with the natural sweetener of your choice.

In general, natural sweeteners include the following:

- Raw honey*
- Pure maple syrup
- Granulated maple sugar
- Coconut palm sugar
- Dried fruit (e.g., Medjool dates)

**Raw honey is not considered vegan.*

Medjool Dates

If you prefer to substitute Medjool dates as your sweetener in any of the following recipes, consider the following:

- In general, substitute 1 chopped Medjool date for every 1 tablespoon of natural sweetener.
- In smoothie or raw food recipes, consider soaking your Medjool dates in filtered water for 1 to 2 hours prior to use. Soaking will soften the dates and enable a more even and consistent distribution of the sweetener.
- After soaking, be sure to rinse the dates with fresh water and remove the pits.

Black Beans

Welcome to Texas, y'all! No seriously, we love black beans in Texas. One of the great things about black beans is their versatility. For instance, black beans can easily be consumed as a soup

or as “refried beans.” If you are new to the border, have no fear—I provide tips on soaking and cooking beans just below and then, later in the chapter, provide a more detailed recipe, Black Bean Soup and “Refried” Beans, to use with your meal plan. Traditionally, to make refried beans, cooked black beans are literally refried using a pan and animal lard or vegetable oil. But using the simple blender method I describe in the later recipe, you’ll see we’ve skipped the need for oil altogether. It’s a simple way to make “refried” black beans to have on hand for veggie tacos and burritos—or even a dip!

General Tips on Cooking Black Beans

- Examine the beans and throw away any foreign particles or beans that are discolored or shriveled.
- Rinse the beans with water and then drain the water.
- Soak beans overnight prior to cooking them using one of the soak methods below. The benefits of soaking include:
 - Significantly reduced cooking time
 - Reduced concentrations of phytic acid levels (i.e., less gas and bloating)
 - Improved nutrient bioavailability
- I recommend the “hot soak” method for 8 to 12 hours; see method below (start it Saturday night).
- Do not add salt to the soaking water.
- Add salt and any acids (e.g., lemon juice or vinegar) after cooking. The addition of salt or acid while cooking delays cooking time and results in a tough bean (that’s no bueno!).
- Add tender herbs and spices near the end of the cooking process to prevent loss of flavor.
- Whatever you do, do not add baking soda to your beans at any time. Baking soda will rob your beans of flavor and important nutrients like vitamin B₁ (or thiamin).
- The exact cooking time will depend upon your altitude, water hardness, age of the beans, and soaking method.
- Generally, most beans cook within 45 to 90 minutes.
- To assess bean readiness, frequently sample your beans or take a fork and mash one of the beans against the side of the pot.
- When the beans are tender but firm, they’re ready to eat!
- Oh, and don’t be shocked if you happen to see a brownish-looking foam form at the top or around the edges during the cooking process. This is some of the protein from the beans coagulating and it is nothing to worry about. If it bothers you, you can skim it off.
- Have fun, foodies!

Bean-Soaking Methods

Hot Soak

- Reduces cooking time and phytic acid and produces tender beans (I prefer this method).
- Place beans in a pot and add 10 cups of water for every 2 cups of beans.

- Heat to boiling and boil for an additional 2 to 3 minutes.
- Remove beans from heat, cover, and let stand for 8 to 12 hours.
- Drain beans, discard soak water, and rinse with fresh, cool water.

Traditional Soak

- Pour cold water over the beans to cover.
- Soak beans for 8 hours or overnight.
- Drain beans, discard soak water, and rinse with fresh, cool water.
- Cold water starts the rehydration process slowly so beans will appear wrinkled after soaking.

Quick Soak

- Place beans in a large pot and add 10 cups of water for every 2 cups of beans.
- Bring to boil and boil for an additional 2 to 3 minutes.
- Drain beans, discard soak water, and rinse with fresh, cool water.

Recipes

Back-to-Nature Muesli

Serves 2 to 3

- 1 cup extra thick rolled oats
 - 2 tablespoons hulled hemp seeds
 - 2 tablespoons sunflower seeds
 - 2 tablespoons almonds, chopped
 - 2 tablespoons walnuts, chopped
 - 2 tablespoons pistachios
 - 2 tablespoons raisins, unsweetened
 - 2 tablespoons unsweetened coconut flakes
 - ½ teaspoon cinnamon, ground
 - 1 tablespoon granulated maple sugar
 - 1 cup nondairy milk
 - ½ banana, sliced (optional)
1. In a medium bowl, gently toss extra thick rolled oats, hulled hemp seeds, sunflower seeds, almonds, walnuts, pistachios, raisins, cinnamon, granulated maple sugar, and unsweetened coconut flakes.
 2. Serve with nondairy milk and fresh banana slices (optional).
 3. Store muesli in an airtight container in the refrigerator.

Cinnamon Almond Muesli (Extra Recipe)

Serves 2 to 3

- 1 cup extra thick rolled oats
 - 2 tablespoons walnuts, chopped
 - 2 tablespoons almonds, chopped
 - 2 tablespoons unsweetened coconut flakes
 - 2 tablespoons raisins
 - 1 tablespoon granulated maple sugar
 - ¼ teaspoon cinnamon, ground
 - 1 cup (8 ounces) nondairy milk
 - ⅓ cup fresh blueberries
1. In a medium bowl, gently toss extra thick rolled oats, walnuts, almonds, unsweetened coconut flakes, raisins, maple sugar, and cinnamon.
 2. Serve muesli with nondairy milk and fresh blueberries.
 3. Store muesli in an airtight container in the refrigerator.

Overnight Oats

Serves 2 to 3

- 1 cup extra thick rolled oats, uncooked
- 1 cup of nondairy milk
- 1 tablespoon sweetener of choice
- Your favorite toppings and/or other ingredients*

**Toppings/Optional Ingredients*

- Fresh fruit, chopped (e.g., fresh apple, baked cinnamon apples, strawberries, banana, blueberries, and kiwi)
- Nuts and/or seeds (e.g., almond butter, chia, flax, hulled hemp seeds, and almonds)
- Dried fruit (e.g., unsweetened coconut flakes, Medjool dates, goji berries, and raisins)
- Cacao (e.g., raw cacao nibs and raw cacao powder)
- Spices (e.g., cinnamon, vanilla, ginger, and nutmeg)
- Other (e.g., granola, muesli, and acai)
- Nondairy yogurt (e.g., coconut yogurt)

1. Add 1 cup uncooked oats to a tall glass container with a lid (e.g., mason jar).
2. Add in 1–2 tablespoons each of your favorite ingredients (see above), optional.
3. Pour in nondairy milk and sweetener of choice.
4. Close lid and give the container a gentle shake.
5. Store oats in refrigerator overnight.
6. Wake up, grab your oats, and add any additional toppings.
7. Enjoy!
8. Store in an airtight container for up to 3 days (or freeze for up to 3 months).

Baked Apple Pie Steel-Cut Oats

Serves 3 to 4

Steel-Cut Oats Ingredients

- 1 cup steel-cut oats, uncooked
- 1½ cups filtered water
- 1½ cups coconut milk, unsweetened
- 3 tablespoons shelled hemp seeds
- ¼ cup walnuts, chopped
- 1 teaspoon cinnamon, ground
- ¼ teaspoon ginger, ground

- 1/8 teaspoon nutmeg, ground
- 3/4 teaspoon pure vanilla
- 2 tablespoons pure maple syrup
- 1/4 teaspoon salt (optional)

Baked Apple Ingredients

- 1 large Granny Smith apple, peeled, cored, and evenly sliced (divided)
- 1–2 tablespoons of fresh lemon juice
- 1 tablespoon granulated maple sugar
- 1 tablespoon of cinnamon, ground

To Bake the Apple:

1. Preheat oven to 350°F and line a baking pan with parchment paper.
2. Peel, core, and evenly slice the apple.
3. In a medium bowl, toss apple slices with 1–2 tablespoons of lemon juice, 1 tablespoon of granulated maple sugar, and 1 tablespoon of cinnamon until evenly coated.
4. Move the coated apples to the baking sheet lined with parchment paper.
5. Gently fold (or wrap) the apples within the parchment paper (to prevent moisture loss) and bake for 12 minutes.
6. Flip the folded apple mixture and bake for additional 10–12 minutes, or until tender.
7. Set aside and allow to stand for 2 minutes.
8. Divide baked apples in half (half for steel-cut oats and half for garnish).
9. Set aside half of the baked apples for the garnish.
10. On a cutting board, gently dice up the other half of the apples and set aside (to be added to the steel-cut oats).

To Make the Steel-Cut Oats:

- Add 1½ cups of filtered water and 1½ cups coconut milk to a medium pot and bring to boil.
- Once boiling, add 1/4 teaspoon salt (optional) and 1 cup of steel-cut oats.
- Reduce heat to low and cook uncovered for 20 minutes, or until tender, stirring every few minutes.
- When the oats are approximately 75 percent cooked, mix in 1/2 of the baked apples (diced), shelled hemp seeds, walnuts, cinnamon, ginger, nutmeg, vanilla, and maple syrup.
- Cook for another 5 minutes, or until desired consistency.
- Remove oats from heat and allow to stand for 2 minutes.
- Garnish oats with remaining baked apples and serve.
- Store in an airtight container for up to 3 days (or freeze for up to 3 months).

Carrot Cake Steel-Cut Oats

Serves 3 to 4

- 1 cup steel-cut oats, uncooked
 - 1½ cups filtered water
 - 1½ cups coconut milk, unsweetened
 - ⅓ cup unsweetened coconut flakes
 - 1 cup finely grated carrots
 - 1 teaspoon cinnamon, ground
 - ¼ teaspoon ginger, ground
 - ⅛ teaspoon nutmeg, ground
 - ¾ teaspoon pure vanilla
 - 2 tablespoons pure maple syrup
 - 3 tablespoons shelled hemp seeds
 - ¼ cup walnuts, chopped (plus a little extra for the garnish)
 - ¼ cup raisins (plus a little extra for the garnish)
 - ¼ teaspoon salt (optional)
1. Finely grate 3 or 4 medium-size carrots and set to the side (amount should equal 1 heaping cup).
 2. Add 1½ cups of filtered water and 1½ cups coconut milk to a medium pot and bring to boil.
 3. Reduce heat to low and add 1 cup of steel-cut oats, grated carrots, and ¼ teaspoon salt (optional).
 4. Cook uncovered for 20 minutes, or until tender, stirring every few minutes.
 5. When the oats are approximately 75 percent cooked, mix in unsweetened coconut flakes, raisins, shelled hemp seeds, walnuts, cinnamon, ginger, nutmeg, vanilla, and maple syrup. Mix well.
 6. Cook for another 5 minutes, or until desired consistency.
 7. Remove oats from heat and allow to stand for 2 minutes.
 8. Garnish oats with walnuts and raisins (optional) and serve.
 9. Store in an airtight container for up to 3 days (or freeze for up to 3 months).

Nutty Coconut Quinoa

Serves 3 to 4

- 2 cups quinoa, cooked (1 cup dry quinoa yields about 3 cups cooked)
 - 4 Medjool dates, chopped finely
 - ½ teaspoon pure vanilla
 - 1 teaspoon cinnamon, ground
 - 2 tablespoons sunflower seeds
 - 2 tablespoons almonds, chopped
 - 2 tablespoons walnuts, chopped
 - 2 tablespoons pistachio seeds
 - ⅓ cup unsweetened coconut flakes
 - ½–1 cup coconut milk, unsweetened
1. In a large bowl gently toss cooked quinoa with coconut milk, vanilla, chopped Medjool dates, and cinnamon.
 2. Next, layer on chopped almonds, chopped walnuts, pistachios, and sunflower seeds.
 3. Last, sprinkle on unsweetened coconut flakes.
 4. Serve and enjoy!

Whole-Grain Pancakes

Serves 2 to 3

- 1 cup Bob's Red Mill Organic 7 Grain Pancake and Waffle Mix*
- 2 tablespoons olive oil, plus a little extra to grease the pan
- ¾ cup (6 ounces) nondairy milk
- ½ cup pureed banana**
- ½ teaspoon pure vanilla extract
- Pure maple syrup

*If gluten intolerant, substitute 1 cup of Bob's Red Mill Buckwheat Pancake Mix.

**If banana intolerant, substitute 1 flax egg (see recipe below).

1. First, combine dry ingredients in a medium bowl and mix thoroughly.
2. Next, combine the wet ingredients in a separate bowl and mix well.
3. Now, add the wet ingredients to the dry ingredients and stir gently; overmixing results in tough pancakes.
4. Once mixed, preheat your griddle, heavy-bottomed stainless steel pan to 375°F (185°C) or until a drop of water skitters across the pan.
5. Lightly grease the hot pan with olive oil.*

6. Pour in an even amount of pancake batter into the center of the pan.
7. Do not press your pancake.
8. Flip the pancakes when edges begin to brown and bubbles show in the center.
9. Serve with maple syrup and fresh fruit, optional.

*If you prefer, you can bake your pancakes in the oven using a baking sheet lined with parchment paper. Bake at 350°F for 20 to 25 minutes, or until golden brown.

Flax Egg

- 1 tablespoon ground flaxseed
 - 3 tablespoons filtered water
1. In a small bowl, mix ground flaxseed and water.
 2. Set aside for 3 to 5 minutes until it thickens.

Nutty Banana Wrap

Serves 1

- 1 Ezekiel 4:9 New Mexico Style Sprouted Grain Tortillas*
- 1 tablespoon fresh nut or seed butter
- ½ medium banana, sliced
- 1 teaspoon natural sweetener of choice

**If gluten intolerant, consider the black bean, brown rice, corn tortilla, or gluten-free bread of choice.*

1. Slice up the banana and set aside.
2. On a clean plate, lay out tortilla and apply nut butter.
3. Add banana slices and drizzle on natural sweetener.
4. Roll it up and enjoy!

Sprouted Avocado Sandwich

Serves 1

- 2 slices sprouted whole-grain bread
 - ½ cup sprouts (microgreens)
 - Romaine lettuce, whole leaves
 - Ripe tomato, thinly sliced
 - ¼ avocado, sliced
 - Cucumber, thinly sliced
 - Salt and pepper, to taste
 - 2 dill pickles
 - 1 cup fresh fruit, chopped
1. Layer sprouts, lettuce, tomato, avocado, and cucumber between slices of bread. Salt and pepper to taste.
 2. Serve with pickles and fresh fruit.
 3. Enjoy!

Smoothies

Strawberry Patch Smoothie

Serves 1 to 2

- 2 large collard greens, stems removed
- 3 large basil leaves
- 3 strawberries, whole
- 1 mango, cut into chunks
- 1 kiwifruit, quartered*
- 1 tablespoon natural sweetener
- 1 to 1½ cups nondairy milk
- 1 cup ice

**Leave the kiwifruit peel for extra fiber and nutrition!*

1. First, add ice, collard greens, and basil to high-speed blender.
2. Next, add strawberries, mango, and kiwi.
3. Last, pour in nondairy milk and natural sweetener.
4. Blend until creamy and smooth.
5. Enjoy!

Pumpkin Pie Smoothie

Serves 2 to 3

- 1½ cups sweet potato, cooked*
- 1 banana, peeled, quartered, and frozen overnight
- ½ teaspoon cinnamon, ground
- ¼ teaspoon ginger, ground
- ¼ teaspoon nutmeg, ground
- ½ teaspoon pure vanilla
- 1 tablespoon pure maple syrup
- 1 to 1½ cups coconut milk, unsweetened
- 1 cup ice cubes

**Include the sweet potato peel for extra fiber and nutrition!*

1. First, add ice, cooked sweet potato, and frozen banana to high-speed blender.
2. Next, add dry spices (i.e., cinnamon, ginger, and nutmeg).
3. Last, add in vanilla, maple syrup, and coconut milk.

4. Blend until creamy and smooth.
5. Enjoy!

Perfect Postworkout Smoothie

Serves 2 to 3

- 1 cup extra thick rolled oats, cooked
 - 1 banana, peeled, quartered, and frozen overnight
 - 3 tablespoons shelled hemp seeds
 - 1 teaspoon cinnamon, ground
 - ½ teaspoon pure vanilla
 - 2 tablespoons Medjool dates, soaked
 - 1½ cups nondairy milk
 - 1 cup ice cubes
1. Prepare extra thick oats per instructions, allow to cool, and set to side.
 2. First, add the ice, frozen banana, and cooked oats to high-speed blender.
 3. Next, add in the soaked Medjool dates (or sweetener of choice), cinnamon, and shelled hemp seeds.
 4. Last, add in pure vanilla and nondairy milk.
 5. Blend until creamy and smooth.
 6. Enjoy!

Chocolate Protein Smoothie

Serves 2

- 2 bananas, quartered and frozen overnight
 - 3 tablespoons shelled hemp seeds
 - 1 to 2 teaspoons raw cacao powder
 - 2 tablespoons raw cacao nibs, plus extra for garnish (optional)
 - ½ teaspoon pure vanilla
 - 1 tablespoon natural sweetener of choice
 - 1 to 1½ cups nondairy milk
 - 2 handfuls of ice
1. First, add ice, frozen bananas, and shelled hemp seeds to high-speed blender.
 2. Next, add cacao nibs, cacao powder, and sweetener of choice.

3. Last, pour in vanilla and nondairy milk.
4. Blend until creamy and smooth.
5. Garnish smoothie with cacao nibs and enjoy!

Coconut Lime Smoothie

Serves 2

- 2 cups baby spinach
- 2 cups coconut ice, frozen overnight*
- ½ teaspoon fresh lime zest
- ¼ cup fresh lime juice
- 1 cup coconut water
- 1 tablespoon natural sweetener of choice
- Handful of unsweetened coconut flakes, for garnish

**To make coconut ice, freeze pure coconut water in ice cube trays overnight. Enjoy!*

1. First, add coconut ice and baby spinach to high-speed blender.
2. Next, add in lime zest and natural sweetener.
3. Last, pour in lime juice and coconut water.
4. Blend until creamy and smooth.
5. Garnish with unsweetened coconut flakes and enjoy!

Hemp-Powered Green Machine Salad

Serves 3 to 4

- 4 cups of mixed leafy greens (e.g., baby kale, spinach, and romaine)
 - 1 green bell pepper, sliced
 - ½ cup broccoli florets, chopped
 - ½ cup cauliflower florets, chopped
 - ½ cup purple cabbage, shredded
 - ½ cup green peas, cooked (frozen)
 - ½ cup celery, sliced
 - ¼ cup green olives
 - ½ cup cashews
 - ½ cup almonds
 - ⅓ cup dried cranberries
 - ⅓ cup shelled hemp seeds
 - Salad dressing of choice
1. Prepare green peas per package instructions and set to the side.
 2. Thoroughly wash all produce and pat dry.
 3. Prepare produce (e.g., chop, dice, or slice) and set to the side.
 4. In a large bowl, add leafy greens, bell pepper, broccoli, cauliflower, cabbage, and celery.
 5. Next add in the green peas, olives, cashews, almonds, and dried cranberries.
 6. Last, sprinkle on shelled hemp seeds and serve with salad dressing of choice, and enjoy!

Green Goddess Salad

Serves 3 to 4

- 4 cups of mixed leafy greens (e.g., baby kale, spinach, and romaine)
- 1 cup sprouts (microgreens)
- ½ cup broccoli florets, chopped
- 1 green bell pepper, sliced
- ½ cup green zucchini, shredded
- ½ cup purple cabbage, shredded
- ½ cup green peas, cooked (I purchase frozen)
- ½ cup edamame, cooked (I purchase frozen)
- ½ cup blueberries
- ½ cup cashews
- ½ cup almonds
- 2 kiwis, quartered
- 1 avocado, cubed

- Salad dressing of choice
1. Prepare green peas and edamame per package instructions and set to the side.
 2. Thoroughly wash all produce and pat dry.
 3. Prepare produce (e.g., chop, dice, or slice) and set to the side.
 4. In a large bowl, add leafy greens, sprouts, broccoli, bell pepper, and zucchini.
 5. Next layer on the purple cabbage, green peas, edamame, and blueberries.
 6. Next, sprinkle on your cashews and almonds.
 7. Last, add in your avocado and kiwi.
 8. Serve with salad dressing of choice and enjoy!

Berrylicious Salad

Serves 1 to 2

- 2 cups of mixed leafy greens (e.g., baby kale, spinach, arugula, and romaine)
 - ½ cup carrots, diced
 - ½ cup green peas, cooked
 - ½ cup edamame, cooked
 - ½ cup blueberries
 - ½ cup strawberries, sliced
 - ¼ cup almonds
 - ¼ cup dried cranberries
 - 3 tablespoons shelled hemp seeds
 - Salad dressing of choice
1. Prepare green peas and edamame per package instructions, and set to the side.
 2. Thoroughly wash all produce and pat dry.
 3. Prepare produce (e.g. chop, dice, or slice) and set to the side.
 4. In a large bowl, add leafy greens, carrots, green peas, edamame, blueberries, strawberries, and almonds.
 5. Next, sprinkle on shelled hemp seeds and dried cranberries.
 6. Serve with salad dressing of choice and enjoy!

Superfood Salad

Serves 2 to 4

- 4 cups of mixed leafy greens (e.g., baby kale, spinach, arugula, and romaine)
- ½ cup broccoli florets

- ½ cup celery, chopped
- ⅓ cup carrots, shredded
- ⅓ cup purple cabbage, shredded
- ½ cup cherry tomatoes
- ½ cup red and green bell peppers, sliced
- ⅓ cup green peas, cooked
- ⅓ cup edamame, cooked
- ⅓ cup corn, cooked
- ⅓ cup blueberries
- ½ cup strawberries, sliced
- ⅓ cup cashews
- ⅓ cup almonds
- 3 tablespoons shelled hemp seeds
- Salad dressing of choice

1. Prepare green peas, corn, and edamame per package instructions, and set to the side.
2. Thoroughly wash all produce and pat dry.
3. Prepare produce (e.g., chop, dice, or slice) and set to the side.
4. In a large bowl, add leafy greens, broccoli, cherry tomatoes, celery, carrots, purple cabbage, bell peppers, green peas, edamame, corn, blueberries, strawberries, cashews, almonds, and shelled hemp seeds.
5. Serve with salad dressing of choice and enjoy!

Quinoa Power Bowl

Serves 2 to 4

- 4 cups crisp romaine lettuce, shredded
- 2 cups quinoa, cooked (1 cup dry quinoa yields about 3 cups cooked)
- 1 cup black beans, cooked
- 1 cup tomatoes, diced
- ½ cup sweet onions, diced
- 1 cup corn, cooked
- 1 cup edamame, cooked
- 1 avocado, diced (or cubed)
- Fresh lime juice, to taste
- Salt and pepper, to taste

1. Prepare quinoa, black beans, corn, and edamame per instructions, and set aside.
2. Rinse and prepare produce (e.g., chop, slice, dice) and set aside.
3. In a large bowl, layer ingredients in the following order: romaine lettuce, quinoa, black beans, tomatoes, onions, corn, edamame, and diced avocado.

4. Serve with fresh lime juice and enjoy!

Optional: If you prefer, you can substitute pico de gallo for the diced tomatoes and onions and/or guacamole dip for the sliced avocado.

Collard Green Wraps

Serves 2

- 2 large collard green leaves
 - ½ to ¾ cup “refried” black beans
 - 1 cup quinoa, cooked (1 cup dry quinoa yields about 3 cups cooked)
 - ¼ cup shelled hemp seeds
 - 1½ cup sprouts (microgreens)
 - ½ cup purple cabbage, shredded
 - ½ cup carrots, shredded
 - ½ cup cucumber, thinly sliced
 - ⅓ cup fresh guacamole dip
 - Fresh lime juice, to taste
 - Salt and pepper, to taste
1. Prepare quinoa, guacamole dip, and refried beans per instructions in the later recipes for them and set aside.
 2. Rinse and prepare produce (e.g., chop, dice, and shred).
 3. On a clean surface, lay collard greens flat and layer ingredients in the following order: “refried” black beans, quinoa, shelled hemp seeds, sprouts, cabbage, carrots, and cucumber.
 4. Last, garnish with fresh guacamole dip.
 5. Serve with fresh lime juice and enjoy!

Black Bean Tacos

Serves 2

- 2 Ezekiel 4:9 New Mexico Style Sprouted Grain Tortillas*
- ½ to ¾ cup black beans
- ¾ cup quinoa, cooked (1 cup dry quinoa yields about 3 cups cooked)
- 1 cup crisp romaine lettuce, shredded
- ¼ cup Roma tomatoes, diced**
- ¼ cup sweet onions, diced**

- ½ Haas avocado, sliced (save the remaining avocado for dinner!)**
- Fresh lime juice, to taste
- Salt and pepper, to taste

1. On a clean plate, lay out whole-grain tortillas.
2. Add layer on the black beans, quinoa, lettuce, tomatoes, and onions.
3. Garnish with fresh guacamole and lime juice.
4. Enjoy!

***If gluten intolerant, consider black bean tortillas, brown rice tortillas, corn tortillas, or 2 large collard green leaves.*

***Optional: If you prefer, you can substitute pico de gallo for the diced tomatoes and onions and/or guacamole dip for the sliced avocado.*

Cranberry Almond Wheat Berry Bowl

Serves 2 to 4

- 1 cup wheat berries, uncooked*
- 3½ cups filtered water
- ¼ teaspoon salt, optional
- ¼ cup dried cranberries
- ¼ cup almonds, sliced
- 1 tablespoon fresh lemon juice, optional

1. Using a colander, rinse wheat berries.
2. In a medium pot, bring filtered water, wheat berries, and salt to a boil.
3. Reduce heat, cover, and simmer for 1 hour or until tender.
4. Remove from heat and let stand for 5 minutes.
5. In a medium bowl, gently toss the wheat berries, cranberries, almonds, and lemon juice (optional).
6. Enjoy!

**If gluten intolerant, consider substituting quinoa or brown rice, or your favorite gluten-free grain.*

Baked Sweet Potatoes

Serves 4

- 4 medium sweet potatoes, scrubbed and patted dry
 - 1 to 2 tablespoons coconut oil or nondairy butter (e.g., Earth Balance).
 - ¼ cup raisins or dried cranberries
 - ½ cup walnuts, chopped
 - 1 teaspoon cinnamon, ground
 - 1 tablespoon maple sugar, granulated (optional)
1. Line a baking sheet with parchment paper and set to the side.
 2. Preheat oven to 400°F and place the lined baking sheet on the lowest rack (the baking sheet will be used to catch any sweet potato drippings).
 3. Prick each sweet potato five or six times with a knife or a fork.
 4. Lightly coat each sweet potato with coconut oil or nondairy butter.
 5. Place the sweet potatoes inside the oven on the top rack.
 6. Bake for 45 to 60 minutes, or until tender.
 7. Remove from heat and let stand for 3 to 5 minutes.
 8. Cut a slit in the top of each sweet potato and serve with cinnamon, raisins (or dried cranberries), walnuts, and maple sugar (optional).

Baked Potatoes

Serves 4

- 4 medium russet potatoes, scrubbed and patted dry
 - 1 to 2 tablespoons coconut oil or nondairy butter
 - 1 to 2 tablespoons nondairy butter, optional
 - ¼ cup shelled hemp seeds
 - ¼ cup green onions, diced
 - Salt and pepper, to taste
1. Line a baking sheet with parchment paper and set to the side.
 2. Preheat oven to 400°F and place the lined baking sheet on the lowest rack (the baking sheet will be used to catch any potato drippings).
 3. Prick each potato five or six times with a knife or a fork.
 4. Lightly coat each potato with coconut oil or nondairy butter.
 5. Place the potatoes inside the oven on the top rack.
 6. Bake for 45 to 60 minutes, or until tender.
 7. Remove from heat and let stand for 3 to 5 minutes.
 8. Cut a slit in the top of each potato and serve with 1 teaspoon nondairy butter, 1½ tablespoons shelled hemp seeds, 1 tablespoon green onions, and salt/pepper, to taste.
 9. Enjoy!

Black Bean Soup and “Refried” Beans

Serves 8 to 10

- 16 ounces (1 pound) black beans
 - 10 cups filtered water (plus water for soaking)
 - 1 bay leaf
 - ½ teaspoon cumin, ground
 - ¼ teaspoon dried oregano
 - 4 cloves garlic, minced (divided)
 - ½ cup cilantro, chopped finely
 - 1 yellow onion, diced
 - 1 green bell pepper, diced
 - 1 teaspoon red wine vinegar
 - 2 tablespoons olive oil
 - 2 teaspoons salt, or to taste
 - ½ avocado, sliced (optional)
1. Soak beans overnight (I prefer the hot soak I described earlier).
 2. Add rinsed beans to a large pot with 10 cups of filtered water, bring to boil.
 3. Reduce temperature to low, cover, and cook for 45 to 60 minutes or until tender, stir occasionally.
 4. In a separate pan, heat the oil over medium heat and sauté the diced onion, bell pepper, and 2 cloves of minced garlic.
 5. When beans are approximately 75 percent cooked, add bay leaf, cilantro, oregano, cumin, 2 cloves of garlic (minced), red wine vinegar, salt, and the sautéed ingredients (i.e., sautéed onion, bell pepper, and garlic), and stir.
 6. Remove from heat and remove the bay leaf.
 7. Serve with chopped cilantro and fresh avocado (optional).
 8. Store black bean soup in an airtight container for up to 3 to 5 days in the refrigerator (or up to 3 months in the freezer).
 9. Alternatively, you can add your bean soup to your blender to create “refried beans.”
 10. When making refried black beans, add 1 cup black beans and a small amount of bean broth to a high-speed blender, and blend well, or until desired consistency.
 11. If refried beans are too watery, add in additional black beans without the broth, and mix.
 12. If refried beans are too thick, add a small amount of additional broth, and mix.
 13. Store refried black beans in an airtight container for up to 3 to 5 days in the refrigerator (or up to 3 months in the freezer).

Roasted Red Potatoes

Serves 2 to 4

- 1 pound red new potatoes, cut in quarters
 - 1 tablespoon of extra virgin olive oil
 - 1 tablespoon fresh parsley, finely chopped
 - 1 tablespoon fresh dill, finely chopped
 - 2 garlic cloves, minced
 - Salt and pepper, to taste
1. Preheat oven to 400°F.
 2. In a large bowl, toss quartered potatoes with extra virgin olive oil, fresh herbs, garlic, salt, and pepper.
 3. Move potatoes to a large roasting pan and roast for 35 to 45 minutes, or until tender and golden brown.
 4. Turn potatoes a few times while roasting to ensure they cook evenly.
 5. Enjoy!

Guacamole Dip

Serves 6 to 8

- 4 ripe Haas avocados
 - 2 ripe Roma tomatoes, seeded and diced
 - ½ cup sweet onion, diced
 - 1 to 2 serrano chilies, seeded and minced
 - ½ cup cilantro, finely chopped
 - 1 clove garlic, minced
 - ½ teaspoon cumin, ground
 - 4 tablespoons fresh lime juice
 - ¼ to ½ teaspoon salt, or to taste
1. Using a large spoon, remove the flesh from the avocados and place in a medium bowl or molcajete.
 2. Gently mash the avocados with a fork, leaving some larger chunks for texture.
 3. Gently mix in remaining ingredients.
 4. Immediately serve or refrigerate for 1 hour prior to serving (optional).
 5. Store within an airtight container in the refrigerator.
 6. Guacamole is best fresh (within one day of preparation).

Pico de Gallo

Yields ~3 cups

- 4 ripe Roma tomatoes, diced
- 1 small sweet onion, diced
- ½ cup fresh lime juice
- 2 to 3 serrano chilies, seeded and minced
- ¼ cup cilantro, finely chopped
- 2 teaspoons salt, or to taste

1. Combine the tomatoes, onion, lime juice, serranos, cilantro, and 2 teaspoons salt in a large bowl.
2. Gently toss all ingredients.
3. Enjoy!

Hummus

Serves 8 to 10

- 2 cups chickpeas, cooked and drained
- 3 tablespoons extra virgin olive oil, unrefined and cold-pressed
- 3 tablespoons tahini
- 1½ tablespoons fresh lemon juice, or to taste
- 1 small clove of garlic, minced
- 1 teaspoon salt
- ½ teaspoon finely ground black pepper

1. Prepare, drain, and rinse chickpeas, and set aside.
2. For a smooth consistency, pinch the skins from each of the chickpeas.
3. Combine all ingredients in a food processor (or high-speed blender).
4. Blend until creamy and smooth.
5. If the hummus is too thick, add additional lemon juice (or a small amount of filtered water).
6. If the hummus is too thin, add additional rinsed chickpeas.
7. Transfer hummus to an airtight container and chill for 1 hour prior to serving (optional).
8. Enjoy!

Optional: To spice things up, consider adding in 1 to 3 teaspoons of cumin, sumac, harissa, or smoked paprika. For a vegetable-flavored hummus, blend in 1 cup of roasted eggplant, zucchini, bell pepper, or garlic.

Strawberry Mint Fruit Salad

Serves 2 to 3

- 2 cups fresh strawberries, halved
- 1 cups fresh blackberries
- 1 to 2 teaspoons fresh lemon juice
- 1 tablespoon fresh mint, finely chopped
- 2 tablespoons maple syrup or sweetener of choice

1. In a large bowl, whisk maple syrup and lemon juice.
2. Add strawberries and blackberries and gently toss all ingredients, except mint.
3. Chill in the refrigerator for 30 to 60 minutes before serving.
4. Stir in mint just before serving.
5. Enjoy!

Raw Banana “Ice Cream”

Serves 2

- 2 ripe bananas, peeled, chopped, and frozen overnight

1. Add frozen bananas to high-speed blender and blend.
2. Mix in optional ingredients.*
3. Blend until creamy.
4. Enjoy!

**Optional Ingredients: Ready to take your raw banana ice cream to the next level? Consider mixing in one or more of the following ingredients:*

- Fresh fruit (e.g. strawberries)
- 1 tablespoon of raw cacao nibs
- 1 teaspoon of raw cacao powder
- 1 tablespoon nut butter
- ½ teaspoon cinnamon, ground
- ¼ cup unsweetened coconut flakes
- ¼ teaspoon pure vanilla
- ½ teaspoon orange zest

Mango Lime Sorbet

Serves 2

- 4 cups frozen mango, chunks
- ¼ cup fresh lime juice
- ¼ cup fresh lemon juice
- 1 tablespoon maple syrup (optional)

1. Add frozen mango, fresh lemon and lime juice, and maple syrup to blender and blend well.
2. Enjoy!

Hit-the-Trail Mix

Serves 6 to 8

- ½ cup walnuts
- ½ cup almonds
- ½ cup pistachios
- ½ cup cashews
- ½ cup pecans
- ½ cup cranberries
- ½ cup raisins
- ½ cup unsweetened coconut flakes

1. In a large bowl, gently toss all ingredients.
2. Store in an airtight container in the refrigerator and enjoy!

Salad Dressings

When it comes to creating your own vinaigrettes with balsamic vinegar, quality matters. For a quality balsamic vinegar, look for either the D.O.P. or I.G.P. stamp. Balsamic vinegar without one of these stamps is likely poor quality (i.e., imitation).

Balsamic Vinegar Quality Assurance Stamps:

- Aceto Balsamico Tradizionale with the Denominazione di Origine Protetta (D.O.P.)
- Balsamic Vinegar of Modena Protected Geographic Identification (I.G.P.)

Blackberry Vinaigrette

Serves 6 to 8

- 1 cup fresh blackberries, rinsed and chilled
- 6 tablespoons (90 mL) extra virgin olive oil, unrefined and cold-pressed
- 2 tablespoons (30 mL) Italian balsamic vinegar
- 1 tablespoon (15 mL) pure maple syrup

1. Add fresh blackberries to blender with olive oil, balsamic vinegar, and pure maple syrup.
2. Blend well (approximately 30 to 60 seconds).
3. Chill in the refrigerator for 1 hour prior to serving.
4. Store in an airtight container in the refrigerator for up to 3 days.

Raspberry Vinaigrette

Serves 6 to 8

- 1 cup fresh raspberries, rinsed and chilled
- 6 tablespoons (90 mL) extra virgin olive oil, unrefined and cold-pressed
- 2 tablespoons (30 mL) Italian balsamic vinegar
- 1 tablespoon (15 mL) pure maple syrup

1. Add fresh raspberries to blender with olive oil, balsamic vinegar, and pure maple syrup.
2. Blend well (approximately 30 to 60 seconds).
3. Chill in the refrigerator for 1 hour prior to serving.
4. Store in an airtight container in the refrigerator for up to 3 days.

Alternatives to Salad Dressing

- Fresh salsa
- Balsamic vinegar (my favorite!)
- Fresh citrus juice
- Guacamole dip
- Hummus
- “Refried” black beans
- Pomegranate seeds

Whole Grains Cooking Instructions

Quinoa

Serves 4 to 6

- 1 cup quinoa, uncooked*
- 2 cups filtered water
- ¼ teaspoon salt (optional)

**Unless you are using a quinoa product that says the grain is prerinsed, it's a good idea before cooking quinoa to rinse it in a fine-mesh strainer to get rid of the natural, sometimes bitter or soapy-tasting coating.*

1. Bring 2 cups filtered water to a boil.
2. Reduce heat to low, add 1 cup quinoa, and salt.
3. Cover with lid and cook for 15 minutes, or until tender.
4. Stir every few minutes.
5. Remove from heat and let stand for 5 minutes.
6. Fluff with fork and serve.

Wheat Berries

Serves 4 to 6

- 1 cup wheat berries, uncooked
- 3½ cups filtered water
- ¼ teaspoon salt (optional)

1. Rinse wheat berries.

2. In a medium pot, bring filtered water, wheat berries, and salt to a boil.
3. Reduce heat, cover, and simmer for 1 hour, or until tender.
4. Stir every few minutes.
5. Remove from heat and let stand for 5 minutes.
6. Fluff with fork and serve.

Brown Rice

Serves 4 to 6

- 1 cup brown rice, uncooked
- 1¾ cup filtered water
- ¼ teaspoon salt (optional)

1. In a medium pot, bring filtered water to a boil.
2. Reduce heat, add brown rice, and salt.
3. Cover with a lid and simmer for 25 to 30 minutes, or until tender.
4. Stir every few minutes.
5. Remove from heat and let stand for 5 minutes.
6. Fluff with fork and serve.

Steel-Cut Oats

Serves 4 to 6

- 1 cup steel-cut oats, uncooked
- 3 cups filtered water
- ¼ teaspoon salt (optional)

1. In a medium pot, bring 3 cups of filtered water to a boil.
2. Reduce heat, add steel-cut oats, and salt.
3. Simmer for 20 minutes, or until tender.
4. Stir every few minutes.
5. Remove from heat and let stand for 2 minutes.
6. Fluff with a fork and serve.

Extra Thick Rolled Oats

Serves 2 to 4

- 1 cup extra thick rolled oats, uncooked
- 3 cups filtered water
- ¼ teaspoon salt (optional)

1. In a medium pot, bring 2 cups filtered water and salt to a boil.
2. Reduce heat to low, add rolled oats, and simmer for 20 minutes, or until tender.
3. Stir every few minutes.
4. Remove from heat and let stand for 2 minutes.
5. Fluff with a fork and serve.

For more recipes, meal ideas, restaurant guides, cooking videos, and all around helpful stuff, go to Proteinaholic.com.