



HGG MEMBER RECIPE CLUB

august week one

RECIPE 1: BREAKFAST

breakfast pizza

MAKES 1 SERVING

INGREDIENTS:

2 large tortillas
1/4 cup nut butter
1 banana, sliced
1 tablespoon maple syrup
2 tablespoons hemp hearts or chia seeds
1/4 cup fresh blueberries

DIRECTIONS:

Preheat oven to 425 degrees Fahrenheit. Spread nut butter on tortillas and top with banana. Bake in oven for about 5 minutes or until tortilla is slightly browned. Let cool & then top with maple syrup and hemp hearts or chia seeds & fresh blueberries. Enjoy!

RECIPE 2: LUNCH

veggie taco salad

MAKES 2 SERVINGS

INGREDIENTS:

4 cups chopped romaine lettuce
1 (15-ounce) can black beans, drained and rinsed
1/2 red bell pepper, chopped
1/2 red onion, chopped
1/2 cup cherry tomatoes, cut in half
1/4 cup cilantro, chopped

Dressing:

1 avocado
1/2 cup canned coconut milk
1/2 lemon, juiced
1 teaspoon salt
1 teaspoon black pepper

DIRECTIONS:

Add dressing ingredients into a blender and blend until smooth & set aside. Chop up veggies and place all salad ingredients into a large bowl. Add in dressing and mix until well incorporated. Top salad with optional salsa and green onions!



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RECIPE 3: DINNER

cashew ginger quinoa bowl

MAKES 2 SERVINGS

INGREDIENTS:

1 cup cooked quinoa
1/2 cup purple cabbage, thinly sliced
1/4 cup fresh cilantro, chopped
1/2 red bell pepper, diced
1/4 cup raw cashews
1 cup broccoli, diced

Cashew Ginger Sauce:

1/4 cup cashew butter
1 tablespoon fresh ginger
2 fresh limes, juiced
1/4 cup coconut milk (full-fat, canned)
2 tablespoons coconut liquid aminos

DIRECTIONS:

Cook quinoa according to directions. Add dressing ingredients into a small jar and whisk together until combined. Add cooked quinoa & all ingredients into a bowl & toss together with salad dressing.

NUTRITION + SHOPPING TIPS:

what's in season...

Red Bell Pepper
Broccoli
Ginger

how to...

Over the weekend find a time to make big batches of quinoa or brown rice! This will help save you time while cooking during the week!

did you know...

Cashews are packed with vitamins, minerals and antioxidants like vitamin E, K, B6, magnesium, copper, zinc and phosphorous. They also contain 5g of protein per cup!

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august week one grocery list

PRODUCE

1 head purple cabbage
1 head romaine lettuce
1 head broccoli
1 red bell pepper
1 red onion
1/2 cup cherry tomatoes
1 bunch cilantro
1 avocado
1 lemon
2 limes
1 tablespoon fresh ginger
1 banana
1/4 blueberries

DRY, BULK, PANTRY

1 package tortillas
1/4 cup nut butter
1/4 cup cashew butter
2 tablespoons hemp hearts or chia seeds
1/2 cup quinoa (dry)
1/4 cup raw cashews
1 (15-ounce) can full fat coconut milk
1 (15-ounce) can black beans

HERBS & SPICES

Salt
Black pepper

OILS AND CONDIMENTS

Maple syrup
Coconut liquid aminos

ADDITIONAL GROCERIES