



HGG MEMBER RECIPE CLUB

august week two

RECIPE 1: BREAKFAST

pineapple mango coconut oatmeal

MAKES 2 SERVINGS

INGREDIENTS:

1 cup old fashioned oats
1 tablespoon chia seeds
2 cups coconut milk beverage
1 tablespoon maple syrup
1/2 cup pineapple
1/2 cup mango
1/4 cup shredded coconut

DIRECTIONS:

In a small saucepan over medium heat, stir together oats and coconut milk. Let oatmeal simmer until desired consistency. Stir in chia seeds, and maple syrup. Divide into bowls and top with pineapple, mango and shredded coconut.

RECIPE 2: LUNCH

loaded lentil wrap

MAKES 4 SERVINGS

INGREDIENTS:

4 tortillas
1 (15-ounce) can lentils, drained and rinsed
1 cucumber, diced
1/2 cup arugula
1/2 onion, diced
1 tomato, diced
1 avocado
1/2 lemon, juiced
Sea salt, to taste
Pepper, to taste
1 teaspoon chili powder
1 teaspoon garlic powder

DIRECTIONS:

Add lentils to a medium saucepan. Add spices and cook on low until heated through. Meanwhile, mash avocado in bowl and sprinkle with sea salt & lemon juice. Chop veggies and set aside. Assemble wrap with avocado mash on bottom, lentils, and veggies. Roll up and eat as is or heat through on grill.



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RECIPE 3: DINNER

enchilada casserole

MAKES 4 SERVINGS

INGREDIENTS:

1 cup dry quinoa
1 (15-ounce) can black beans
1 medium red bell pepper
1 cup black olives, sliced
1/2 cup green onions
Enchilada sauce (store-bought)
12 organic corn tortillas

DIRECTIONS:

Cook quinoa according to directions to yield 2 cups cooked. Preheat oven to 350 degrees Fahrenheit. Drain and rinse black beans. Wash and dice red bell pepper. Using a baking dish, add enchilada sauce to the bottom and then layer with tortilla, quinoa, bell pepper, black beans, olives, green onions & then start all over again. For the top layer only add tortilla, sauce, bell pepper, olives & finish with green onion. Cover with parchment paper and tin foil. Bake in the oven for 25-30 minutes.

NUTRITION + SHOPPING TIPS:

what's in season...

Red Bell Pepper
Cucumber
Pineapple

how to...

Buy frozen pineapple and mango to save time when making oatmeal! Frozen fruit contains the same nutritional value as fresh. Make sure to thaw before using!

did you know...

Pineapples are a deliciously sweet fruit that contains high amounts of vitamin C! One cup can give almost all your your daily recommended value!

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august week two grocery list

PRODUCE

1/2 cup pineapple
1/2 cup mango
1 cucumber
1/2 cup arugula
1/2 onion
1 tomato
1 avocado
1 lemon
1 medium red bell pepper
1 cup black olives
1/2 cup green onions

DRY, BULK, PANTRY

1 cup old fashioned oats
1 tablespoon chia seeds
2 cups coconut milk beverage
1/4 cup shredded coconut
1 package tortillas
12 organic corn tortillas
1 (15-ounce) can lentils
1 cup (dry) quinoa
1 (15-ounce) can black beans
1 (28-ounce) jar enchilada sauce

HERBS & SPICES

Salt
Black pepper
Chili powder
Garlic powder

OILS AND CONDIMENTS

Maple syrup

ADDITIONAL GROCERIES