



HGG MEMBER RECIPE CLUB

august week three

RECIPE 1: BREAKFAST

southwest sweet potato toast

MAKES 2 SERVINGS

INGREDIENTS:

1 sweet potato
1 avocado, mashed
1 tomato, diced
1/4 red onion, diced
1/2 jalapeno, diced
1/4 cup cilantro, chopped
1 lime, juiced
Salt and pepper, to taste

DIRECTIONS:

Slice sweet potato into 1/4 inch pieces and place in toaster 3-4 times until soft and toasted. Meanwhile, add diced tomato, red onion, jalapeno and cilantro into a bowl with salt, pepper and lime juice. Mix together to prepare salsa. Assemble sweet potato toast with mashed avocado and top with salsa.

RECIPE 2: LUNCH

veggie burger lettuce wrap

MAKES 2 SERVINGS

INGREDIENTS:

2 veggie burgers
1 head bibb lettuce
1 tomato, sliced
1/4 cup red onion, chopped
1 avocado, sliced
2 tablespoons hummus

DIRECTIONS:

Cook veggie burgers according to package directions. Meanwhile, prepare veggies and wash then dry bibb lettuce. Once veggie burgers are cooked assemble lettuce wrap with hummus on bottom, burger, tomato slice, red onion and avocado slices.



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RECIPE 3: DINNER

lentil quinoa kale salad

MAKES 2 SERVINGS

INGREDIENTS:

4 cups kale
1 cup cooked quinoa
1 cup cooked lentils
1/2 cup carrots, chopped
2 tablespoons hemp seeds

Dressing Ingredients:

1/4 cup olive oil
2 tablespoons tahini
1 lemon, juiced
Pinch of sea salt

DIRECTIONS:

Add dressing ingredients to a jar and whisk together until combined. Add kale to a large bowl and pour salad dressing over top. Massage kale to soften. Add the rest of the ingredients into bowl & toss together!

NUTRITION + SHOPPING TIPS:

what's in season...

Avocado
Carrots
Tomatoes

how to...

Cant find bibb lettuce at your grocery store? Any large green leaf works great! Other alternatives are collard greens, green leaf and radicchio.

did you know...

Leafy greens are packed with vitamins, minerals and fiber, which may aid in digestion! This is why we love using greens for wraps!

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august week three grocery list

PRODUCE

4 cups kale
1 sweet potato
2 avocado
2 tomato
2 large carrots
1 red onion
1 jalapeno
1 bunch cilantro
1 lime
1 lemon
1 head bibb lettuce

DRY, BULK, PANTRY

1/2 cup (dry) quinoa
1/2 cup (dry) lentils
2 tablespoons hemp seeds
2 veggie burgers

HERBS & SPICES

Salt
Black pepper

OILS AND CONDIMENTS

Hummus
Olive oil
Tahini

ADDITIONAL GROCERIES