



HGG MEMBER RECIPE CLUB

august week four

RECIPE 1: BREAKFAST

peach & strawberry granola parfait

MAKES 1 SERVING

INGREDIENTS:

1/2 cup granola of choice
1 peach, sliced
1/2 cup strawberries, sliced
1 cup non-dairy yogurt
1 tablespoon hemp hearts

DIRECTIONS:

Slice fruit and set aside. Layer parfait: yogurt, granola, fruit, yogurt, granola, fruit. Top with hemp hearts and optional drizzle of honey.

RECIPE 2: LUNCH

brown rice arugula salad

MAKES 2 SERVINGS

INGREDIENTS:

1 cup brown rice, cooked
2 cups arugula
1/2 tomato, diced
1/2 bell pepper, diced
1 avocado, diced
1 (15-ounce) can black beans, drained & rinsed

Dressing:

1 lemon, juiced
1/4 cup olive oil
2 cloves garlic, minced
1 teaspoon sea salt

DIRECTIONS:

Cook brown rice according to directions. Meanwhile, whisk together dressing ingredients in a jar and set aside. In a large bowl, add all veggies, beans and rice. Mix in dressing and stir until combined.



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RECIPE 3: DINNER

veggie & lentil chili

MAKES 4-6 SERVINGS

INGREDIENTS:

1 tablespoon coconut oil
1 portobello mushroom
1 (15-ounce) can lentils, drained & rinsed
1 (15-ounce) can kidney beans, drained & rinsed
1 (28-ounce) can crushed tomatoes
2 (4-ounce) cans green chilies, drained
2 bell peppers
1 small white onion, diced
3 garlic cloves, minced
1/4 cup chili powder
2 tablespoons oregano
1 teaspoon cumin
Salt and pepper, to taste

DIRECTIONS:

Over medium heat, add coconut oil & diced onion to soup pot; cook for 4 minutes. Add in bell pepper & garlic; cook for 2 minutes. Add the remainder of the ingredients. Stir together and simmer for 30-45 minutes stirring occasionally. Enjoy with sprouted bread and avocado slices!

NUTRITION + SHOPPING TIPS:

what's in season...

Avocado
Bell Pepper
Tomatoes

how to...

Sick of brown rice? Some great gluten-free substitutes for any recipe are quinoa, millet and wild rice!

did you know...

Peaches are an incredible summer fruit with lots of nutrition! It contains vitamin A, C, potassium and is a great source of fiber!

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august week four grocery list

PRODUCE

1 peach
1/2 cup strawberries
2 cups arugula
1 tomato
3 bell pepper
1 small white onion
1 portobello mushroom
1 avocado
1 lemon
1 head garlic

DRY, BULK, PANTRY

1/2 cup granola of choice
1 cup non-dairy yogurt
1 tablespoon hemp hearts
1/2 cup (dry) brown rice
1 (15-ounce) can black beans
1 (15-ounce) can lentils
1 (15-ounce) can kidney beans
1 (28-ounce) can crushed tomatoes
2 (4-ounce) cans green chilies, drained

HERBS & SPICES

Salt
Black pepper
Chili powder
Oregano
Cumin

OILS AND CONDIMENTS

Olive oil
Coconut oil

ADDITIONAL GROCERIES