



HGG MEMBER RECIPE CLUB

january week three

RECIPE 1: BREAKFAST

orange turmeric ginger smoothie

MAKES 1 SERVING

INGREDIENTS:

1 orange, peeled and segmented
1 teaspoon fresh ginger, peeled & sliced
1 teaspoon fresh turmeric, peeled & sliced
1 ripe banana, peeled
1 serving plant-based protein powder
1/2 cup water or unsweetened almond milk
A handful of ice

DIRECTIONS:

Add all ingredients to a high-speed blender and blend until smooth.

RECIPE 2: LUNCH

cauliflower "rice" lettuce wraps

MAKES 2 SERVINGS

INGREDIENTS:

Butter lettuce or green wrap of choice
1 small head of cauliflower
1 tablespoon coconut oil
1/2 onion, chopped
3 carrots, peeled & shredded
1/2 bell pepper, diced
1/2 cup mushrooms, chopped
1 clove of garlic, minced
Salt and pepper, to taste
2 tablespoons coconut aminos

DIRECTIONS:

Place cauliflower in food processor and blend until rice size pieces form. Squeeze "rice" in towel to remove water. In a large saucepan over medium heat, add coconut oil, onions, carrots, mushrooms, garlic, salt and pepper. Saute about 5 minutes and then add "rice" and aminos to incorporate together. Add mixture to wraps & enjoy!



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RECIPE 3: DINNER

white bean chili

MAKES 4-6 SERVINGS

INGREDIENTS:

2 cans white beans, drained and rinsed
1 can green chilies
1 onion, chopped
2 cloves of garlic, minced
3 cups vegetable broth
1 can coconut milk
1/2 tablespoon coconut oil
2 tablespoons chili powder
1 teaspoon salt and pepper
1 teaspoon cumin
1/2 cup cilantro & 1 avocado

DIRECTIONS:

In a large soup pot, add coconut oil and onions and saute until translucent. Add remaining ingredients, except cilantro. Bring to boil and then reduce to simmer for about 30 minutes. Add cilantro and top with slices of avocado!

NUTRITION + SHOPPING TIPS:

what's in season...

Orange
Ginger
Cauliflower
Mushrooms

how to...

When buying coconut milk, look for cans that are BPA-free, contain no added sugar and do not contain a lot of added preservatives.

did you know...

Ginger has a lot of health benefits! Ginger may help with indigestion, inflammation, nausea and reducing menstrual pain.

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january week three grocery list

PRODUCE

- 1 bunch butter lettuce
- 1 head cauliflower (small)
- 1 bunch cilantro
- 2 onions
- 3 carrots
- 1 bell pepper
- 1/2 cup mushrooms
- 1 head of garlic
- 1 orange
- 1 banana
- 1 piece of fresh ginger root
- 1 piece of fresh turmeric root
- 1 avocado

OILS & CONDIMENTS

- Coconut oil
- Coconut liquid aminos

HERBS & SPICES

- Salt
- Pepper
- Chili Powder
- Cumin

ADDITIONAL GROCERIES

DRY, BULK, PANTRY

- 1 (4-ounce) can of green chilies
- 3 cups vegetable broth
- 1 (15-ounce) can of coconut milk
- 2 (15-ounce) can of white beans
- Plant-based protein powder
- Non-dairy milk (optional)