



HGG MEMBER RECIPE CLUB

july week one

RECIPE 1: BREAKFAST

mixed fruit breakfast popsicles

MAKES 10 POPSICLES

INGREDIENTS:

1/2 cup unsweetened almond milk
1 cup non-dairy yogurt
1 tablespoon honey
1/4 cup strawberries
1/4 cup blueberries
1/2 cup granola

DIRECTIONS:

Wash and dice fruit. In a small bowl, mix together the almond milk, yogurt and honey. Pour mixture into popsicle layering with fruit and top with granola in molds and use a popsicle stick to mix them in. Freeze for at least 6 hours, until completely solid. Enjoy!

RECIPE 2: LUNCH

roasted garden veggie pasta salad

MAKES 6-8 SERVINGS

INGREDIENTS:

1 box lentil pasta
1 container cherry tomatoes, halved
1 broccoli head, cut into florets
1 zucchini, sliced and then halved
1/2 red onion, sliced
1 orange bell pepper, sliced
1 bunch asparagus, cut into thirds
1 tablespoon coconut oil

Dressing:

1/2 cup olive oil
3 tablespoons lemon juice
1 teaspoon oregano
1 clove garlic, minced
1 teaspoon salt and pepper

DIRECTIONS:

Preheat oven to 425 Fahrenheit. Chop veggies and place on baking sheet. Drizzle with oil and roast for 20-25 mins or until slightly browned. Cook pasta according to directions. Whisk together dressing ingredients and set aside. Add cooked pasta to large bowl. Top with veggies and dressing & mix together until well incorporated.



HGG MEMBER RECIPE CLUB

july week one

RECIPE 3: DINNER

portobello mushroom burgers

MAKES 2 SERVINGS

INGREDIENTS:

2 portobello mushrooms

2 teaspoons coconut oil

Pinch sea salt

Toppings:

Lettuce

Tomato

Red onion

Mustard

Ketchup

Sprouted hamburger buns - We love Alvarado

Street Bakery

DIRECTIONS:

Before cooking mushrooms, remove the stems and scrap away the gills on the bottom. Give them a good rinse. You can roast them, but our favorite way is to cook them on the grill with a small amount of coconut oil & a pinch of salt. Grill bottoms up on a hot grill for about 10 minutes. Add desired toppings and enjoy!

NUTRITION + SHOPPING TIPS:

what's in season...

Blueberries

Strawberries

Zucchini

how to...

Always bring a grocery shopping list to resist unhealthy options and stay on track when shopping! Print our list below for a quick & easy trip to the store!

did you know...

Red onions are full of nutrition. This flavorful root vegetable contains fiber, vitamin C, vitamin B6, folate, potassium, and manganese!

HGG MEMBER RECIPE CLUB

july week one grocery list

PRODUCE

1 container cherry tomatoes
1 broccoli head
1 zucchini
1 red onion
1 orange bell pepper
1 bunch asparagus
1 clove garlic
2 portobello mushrooms
Lettuce
Tomato
1/4 cup strawberries
1/4 cup blueberries
1 lemon

DRY, BULK, PANTRY

1/2 cup unsweetened almond milk
1 cup non-dairy yogurt
1/2 cup granola
1 box lentil pasta
Sprouted hamburger buns

HERBS & SPICES

Salt
Pepper
Oregano

OILS AND CONDIMENTS

Coconut oil
Olive oil
Honey
Mustard
Ketchup

ADDITIONAL GROCERIES