



HGG MEMBER RECIPE CLUB

july week two

RECIPE 1: BREAKFAST

green tropical smoothie

MAKES 1 SERVING

INGREDIENTS:

2 cups spinach
1/2 cup pineapple
1/2 cup mango
1/2 banana
1 cup water or coconut water
1 serving plant-based protein powder

DIRECTIONS:

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

RECIPE 2: LUNCH

mediterranean stuffed sweet potatoes

MAKES 4 SERVINGS

INGREDIENTS:

4 sweet potatoes, rinsed
1 (15-ounce) can chickpeas, drained and rinsed
1 tomato, diced
1 cucumber, diced
1/2 red onion, diced
1 avocado, sliced

Veggie marinade:

2 tablespoons olive oil
1/4 cup tahini
2 cloves garlic, minced
1 tablespoon fresh parsley chopped
1 tablespoon fresh lemon juice
1 tablespoon oregano
Salt, to taste

DIRECTIONS:

Preheat oven to 425 Fahrenheit. Pierce a few holes in each sweet potato and place on baking sheet. Bake in oven for 45 minutes or until tender. Meanwhile, whisk together marinade in a large bowl. Add chickpeas and veggies to bowl and let soak in fridge until sweet potatoes are ready. Top roasted potatoes with chickpea/veggie mixture and enjoy!



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RECIPE 3: DINNER

honey curry brussels with rice

MAKES 2 SERVINGS

INGREDIENTS:

1/2 cup brown rice (dry)
2 cups brussels sprouts
1 cup carrots
1/2 tablespoon coconut oil
1/4 cup sunflower seeds
2 tablespoons sesame seeds
1/2 cup hemp seeds
1/4 cup raw honey
1/2 cup coconut milk (full fat / canned)
1/3 cup mustard
1 tablespoon curry powder
1 pinch of sea salt

DIRECTIONS:

Preheat oven to 425 Fahrenheit. Cook rice according to directions. Wash & dice brussels sprouts and carrots. Place on baking sheet with coconut oil and roast for 30 mins. Once rice is finished, add in sunflower, sesame and hemp seeds. To make sauce, add honey, coconut milk, mustard, curry powder and sea salt into a low heat stove top pot and stir together until warm. Add in brussels and carrots to sauce & mix together. Serve in bowl over seeded rice.

NUTRITION + SHOPPING TIPS:

what's in season...

Tomatoes
Bell Peppers
Zucchini

how to...

When eating potatoes with the skin on, always wash and scrub the skin before baking to get rid of any dirt or residue still on the potato.

did you know...

We love the health benefits from brussel sprouts! They contain vitamin C, manganese, potassium, B vitamins and fiber! Look for locally grown brussel sprouts at your farmers market!

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july week two grocery list

PRODUCE

4 sweet potatoes
1 tomato
1 cucumber
1 avocado
2 cups brussels sprouts
1 red onion
1 cup carrots
2 cups spinach
1/2 cup pineapple
1/2 cup mango
1 banana
2 cloves garlic
1 bunch parsley
1 lemon

DRY, BULK, PANTRY

1 cup coconut water
1 (15-ounce) can chickpeas
1 (15-ounce) can full fat coconut milk
1/2 cup brown rice (dry)
1/4 cup sunflower seeds
2 tablespoons sesame seeds
1/2 cup hemp seeds
1/4 cup raw honey

HERBS & SPICES

Salt
Oregano
Curry powder

OILS AND CONDIMENTS

Olive oil
Coconut oil
Tahini
Mustard

ADDITIONAL GROCERIES

Plant-based protein powder