



HGG MEMBER RECIPE CLUB

july week four

RECIPE 1: BREAKFAST

hazelnut protein smoothie

MAKES 1 SERVING

INGREDIENTS:

1 banana, peeled & frozen
1/2 cup unsweetened non-dairy milk
1/4 cup hazelnuts
1 tablespoons cacao powder
3 dates, pitted
A pinch of sea salt
1 serving plant-based protein
1/4 teaspoon ground coffee (optional)

DIRECTIONS:

Add all ingredients into a high-speed blender and blend on high for around 30 seconds or evenly blended.

RECIPE 2: LUNCH

summer pasta salad

MAKES 2-4 SERVINGS

INGREDIENTS:

2-3 cups of cooked lentil pasta
1/2 cup olives, sliced
1 cup cherry tomatoes, sliced
1 tablespoon fresh cilantro, chopped
1 (15-ounce) can black beans, drained & rinsed
1/4 red onion diced

Dressing:

3/4 cup olive oil
2 tablespoons fresh lemon juice
2 tablespoons apple cider vinegar
1 tablespoon maple syrup
1 tablespoon garlic powder
1 pinch sea salt & freshly ground pepper

DIRECTIONS:

Add all salad ingredients into a medium size bowl, top with HGG salad dressing and mix together. Enjoy!



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RECIPE 3: DINNER

summertime sheet pan recipe

MAKES 2-4 SERVINGS

INGREDIENTS:

1 (15-ounce) can chickpeas or protein of choice
2 cups brussels sprouts, sliced in half
1/2 red onion, sliced
1 bunch asparagus
4 cloves of garlic
2 tablespoons coconut oil
1 tablespoon garlic powder
1 tablespoon chili powder
Salt and pepper, to taste

DIRECTIONS:

Preheat oven to 425 Fahrenheit. Drain and rinse chickpeas or prepare protein of choice. Add protein and veggies to a large sheet pan. Drizzle coconut oil and spices and mix until well incorporated. Bake in oven for 30 mins or until veggies are slightly browned (or until protein is cooked). Enjoy as is or serve with a side of cooked quinoa or brown rice.

NUTRITION + SHOPPING TIPS:

what's in season...

Tomatoes
Garlic
Cilantro

how to...

When your produce is a few days past peak ripeness; don't throw it out! Grill them up outside or roast in the oven with a side of rice or quinoa for a quick & easy dinner!

did you know...

Lentil pasta is packed with vitamins, minerals, protein and fiber! 2-oz. contains around 26g of fiber and 14g of protein!

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july week four grocery list

PRODUCE

2 cups brussels sprouts
1 red onion
1 bunch asparagus
1 bunch cilantro
1 cup cherry tomatoes
1 head garlic
1/2 cup olives
1 lemon
1 banana

HERBS & SPICES

Salt
Black pepper
Garlic powder
Chili powder

OILS AND CONDIMENTS

Olive oil
Coconut oil
Apple cider vinegar
Maple syrup

DRY, BULK, PANTRY

1 (15-ounce) can black beans
1 (15-ounce) can chickpeas
1 box lentil pasta
1/4 cup hazelnuts
1 tablespoon cacao powder
1/2 cup unsweetened non-dairy milk
3 dates
1/4 teaspoon ground coffee (optional)

ADDITIONAL GROCERIES

Plant-based protein powder