



HGG MEMBER RECIPE CLUB

june week three

RECIPE 1: BREAKFAST

citrus avocado smoothie

MAKES 1 SERVING

INGREDIENTS:

1/2 avocado
1 cup frozen mango
1 cup spinach or kale
1/2 cup orange juice
1 serving plant-based protein powder

Optional add-ons:

Ground flaxseed
Chia seeds
Unsweetened shredded coconut

DIRECTIONS:

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

RECIPE 2: LUNCH

southwestern soup

MAKES 6 SERVINGS

INGREDIENTS:

1 (15-ounce) can black beans, drained & rinsed
1 (15-ounce) can pinto beans, drained & rinsed
1 (15-ounce) can fire roasted tomatoes
1 onion, diced
1 bell pepper, diced
5 cloves garlic, minced
6 cups vegetable stock
1 cup (dry) long-grain brown rice
1 teaspoon coconut oil
1 tablespoon chili powder
1 tablespoon cumin
1 teaspoon paprika
Salt and pepper, to taste

DIRECTIONS:

Add coconut oil to large soup pot over medium heat. Saute onion and bell pepper until translucent. Add garlic & spices and cook for 1 minute. Add the rest of the ingredients and simmer on low for 25-30 minutes or until rice is tender. Season soup to desired taste. Top with sliced avocado, salsa or tortilla chips!



HGG MEMBER RECIPE CLUB

june week three

RECIPE 3: DINNER

nourish bowl

MAKES 4 SERVINGS

INGREDIENTS:

1 cup (dry) quinoa
1 (15-ounce) cans of chickpeas, drained & rinsed
3 cups of brussels sprouts, sliced in half
2 large carrots, julienned
1 teaspoon coconut oil
1 medium avocado, sliced
1/4 cup sunflower seeds

Dressing ingredients:

1/2 cup olive oil
2 tablespoons lemon juice
6 roasted garlic cloves
1 tablespoon tahini
Pinch of sea salt

DIRECTIONS:

Preheat oven to 425 Fahrenheit. On a baking sheet, add chickpeas, brussels sprouts and carrots. Drizzle with coconut oil & roast for 30 minutes. Cook quinoa according to directions. Add dressing ingredients to blender and blend until creamy. Top cooked quinoa with roasted veggies, sliced avocado, sunflower seeds & dressing.

NUTRITION + SHOPPING TIPS:

what's in season...

Carrots
Lemons
Bell peppers

how to...

Can't find any roasted garlic? Make your own! Peel outer skin of garlic head, leaving cloves intact. Slice the top part off the garlic head, leaving the cloves exposed. Drizzle with coconut oil and wrap in foil. Bake in oven at 425 Fahrenheit for 45 minutes.

did you know...

Mangoes contain over 20 nutrients such as vitamin C, A & B-6 as well as minerals like copper, calcium & iron, plus so much more!

HGG MEMBER RECIPE CLUB

june week three grocery list

PRODUCE

1 cup spinach
1 onion
2 large carrots
3 cups brussels sprouts
1 bell pepper
2 avocados
5 garlic cloves
6 roasted garlic cloves
1 lemon
1 cup frozen mango

DRY, BULK, PANTRY

1 cup (dry) quinoa
1 cup (dry) long-grain brown rice
1/4 cup sunflower seeds
1 (15-ounce) can chickpeas (garbanzo beans)
1 (15-ounce) can black beans
1 (15-ounce) can pinto beans
1 (15-ounce) can fire roasted tomatoes
6 cups vegetable stock
Plant-based protein powder
1/2 cup orange juice

HERBS & SPICES

Sea salt
Pepper
Chili powder
Cumin
Paprika

OILS AND CONDIMENTS

Olive oil
Coconut oil
Tahini

ADDITIONAL GROCERIES