



HGG MEMBER RECIPE CLUB

november week four

RECIPE 1: BREAKFAST

almond apple protein smoothie

MAKES 1 SERVING

INGREDIENTS:

1 apple, chopped
1/2 cup non-dairy milk
1 tablespoon almond butter
2 tablespoon rolled oats
1 scoop protein powder
1 teaspoon vanilla extract
1/2 teaspoon ground cinnamon
1 cup ice
Optional: 1 tablespoon cacao powder

DIRECTIONS:

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

RECIPE 2: LUNCH

spinach and roasted sweet potato salad

MAKES 4 SERVINGS

INGREDIENTS:

4 cups spinach
2 sweet potatoes, peeled and cubed
1 avocado, cubed
1/2 cup dried cranberries
1/2 cup chopped walnuts

Dressing:

1/4 cup olive oil
juice from 1/2 lemon
2 garlic cloves, minced
1 teaspoon maple syrup

DIRECTIONS:

Preheat oven to 425 degrees Fahrenheit. Peel and cube sweet potatoes and place on large baking sheet. Roast for 25-30 minutes. Whisk together dressing in small bowl or jar and set aside. Once sweet potatoes have roasted and cooled, add all salad ingredients into a large bowl. Top with dressing and toss well to combine.



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RECIPE 3: DINNER

fall minestrone soup

MAKES 6 SERVINGS

INGREDIENTS:

2 (15-ounce) cans of kidney beans, drained & rinsed

1 (15-ounce) can of white beans, drained & rinsed

3 stalks of celery, diced

3 carrots, diced

1 small onion, diced

1 small zucchini, diced

½ cup of fresh basil, sliced

2 cups of kale, deveined and chopped

1 tablespoon of italian seasoning

1 teaspoon of garlic powder

1 teaspoon of onion powder

6 cups of vegetable stock

1 box of gluten-free elbow pasta

DIRECTIONS:

Wash and prep vegetables. Add all ingredients, except the pasta, into a large soup pot and simmer for 10 -15 mins until veggies start to soften. Add more seasonings for personal taste preference. Add in the pasta and cook for an additional 8 - 10 mins. Serve topped with fresh basil & a side of your favorite crackers or bread. Store in the fridge in an airtight container, enjoy within 1 week.

NUTRITION + SHOPPING TIPS:

what's in season...

Kale

Zucchini

Onion

how to...

For an extra boost of protein, find a pasta made from beans or lentils!

did you know...

Zucchini is an incredible and versatile vegetable that can be roasted, put into soups and even spiralized into noodles! It contains vitamin A, vitamin C, potassium and fiber.

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november week four grocery list

PRODUCE

1 apple
4 cups spinach
2 cups kale
1 avocado
2 sweet potatoes
1 lemon
2 garlic cloves
3 stalks celery
3 carrots
1 small onion
1 small zucchini
½ cup fresh basil

DRY, BULK, PANTRY

1/2 cup non-dairy milk
1 tablespoon almond butter
2 tablespoon rolled oats
1 scoop protein powder
1 tablespoon cacao powder, optional
1/2 cup dried cranberries
1/2 cup chopped walnuts
2 (15-ounce) cans kidney beans
1 (15-ounce) can white beans
6 cups of vegetable stock
1 box of gluten-free elbow pasta

HERBS & SPICES

Cinnamon
Italian seasoning
Garlic powder
Onion powder

OILS AND CONDIMENTS

Vanilla extract
Olive oil
Maple syrup

ADDITIONAL GROCERIES