

30-Minute VEGETARIAN Recipes for Rapid Weight Loss and Healthy Eating

Table of Contents

Just click this link or follow this address in your browser:

www.sebastianvonfink.com/free-ebook	4
Introduction	5
Stir Fried Noodles with Black Pepper Sauce	7
Crunchy Zucchini Rounds with Goat Cheese and Sun-Dried Tomatoes	10
Spiced Maple Nuts	13
Apple Soup and Butternut Squash	16
Philly Cheese Steak Sandwich	19
Walnut, Pear, and Blue Cheese Salad with Cranberry Vinaigrette	22
Wild Rice Salad	25
Mojito Fruit and Yogurt Plate	27
Orange-Dill Butter with Steamed Baby Carrots	30
Roasted Green Beans with Rosemary and Walnuts	32
Pizza Nachos with Optional Pepperoni and Sausage	34
Black Bean and Pepper Jack Burgers	37
Egg Sandwiches with Pepper Jack and Avocado	40
Mock tuna salad	43
Smoked Tofu Fried Rice	45
Pesto Panini	48
Black Bean Tacos	51
Vegetarian Breakfast Smoothie	54
Sweet and Sour Tofu with Rice Noodles	57
15-Minute Vegetarian Stroganoff	61
Caprese Melts	64
Falafel Pitas with Cucumber-Yogurt Dressing	66
Pumpkin & Apple Waffles	69
Vegetarian Strawberry Agua Fresca	72
Kale and Almond Brussels Sprout Salad	74

<u>Chickpea and Feta Salad.....</u>	<u>76</u>
<u>Vegetarian Curry.....</u>	<u>78</u>
<u>Fruit Salsa.....</u>	<u>81</u>
<u>Tuscan Bean Soup.....</u>	<u>83</u>
<u>Pineapple Upside-Down Cake Martini.....</u>	<u>86</u>
<u>Just click this link or follow this address in your browser:</u>	
<u>www.sebastianvonfink.com/free-ebook.....</u>	<u>88</u>

YOUR BONUS:

Do you want to lose weight while drinking delicious and healthy juices?

As a thank you for downloading my book you can get my **Weight Tracker** software and the digital guide "**Juice Up**" FOR FREE (\$35 Value). It shows you step by step how to the right juices can benefit your health and weight loss. I promise you will love it.

Just click this [link](#) or follow this address in your browser:

www.sebastianvonfink.com/free-ebook

Introduction

First, I want to congratulate you for downloading the book, "30-Minute VEGETARIAN Recipes for Rapid Weight Loss and Healthy Eating".

There is no place for animal products in vegetarian cuisine, such as dairy, meat, or eggs. Vegetarians avoid poultry, meat, fish, game, and slaughterhouse by-products like animal fats and gelatine. The basics of the vegetarian diet include:

- ✓ Grains and cereals: Wholewheat pasta, wholegrain bread, brown rice, muesli.
- ✓ Legumes, nuts, and seeds: Kidney beans, soy beans, lentils, split peas, almonds, sesame seeds, cashews.
- ✓ Fruit and vegetables: As much as you wish. Think different. Try the new type of fruits and vegetables and add them to your everyday diet.
- ✓ Dairy products: Look out for fat-free and lowered calorie options for yoghurts, milk, cheeses.

Adopting a vegetarian diet can be an excellent access into experiencing better health. A vegetarian diet is related to a higher consumption of folic acid, fiber, vitamins C and E, unsaturated fat, magnesium, and countless phytochemicals. This usually results in vegetarians having lower blood pressure, improves mood, being thinner, improves symptoms of psoriasis having lower cholesterol, and reduced risk of cardiac disease.

This document is geared towards providing exact and reliable information in

regards to the topic and issue covered. The publication is sold on the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document by either electronic means or printed format. Recording of this publication is strictly prohibited, and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held by the publisher for any reparation, damages, or monetary loss due to the information within, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information within is offered for informational purposes solely and is universal as so. The presentation of the information is without a contract or any guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.

Stir Fried Noodles with Black Pepper Sauce

When was the last time you said 'YUM'? Can you remember it? Yes, that is the point! Don't worry! Try the stir fried noodles with black pepper sauce. It is delicious and yummy! It takes only 30 minutes to cook. The stir fried noodles with black pepper sauce is an excellent diet to lose weight! You can try this healthy meal for your lunch or dinner!

Serves: 4

Cooking Time: 15 minutes

Preparation Time: 15 minutes

Ready In: 30 minutes

Nutritional Facts

Per serving

Calories 413

Fat 12.4g

Saturated Fat 2.3g

Carbohydrate 58.7g

Dietary Fiber 3.8g

Protein 16g

Sodium 1274.5 mg

Ingredients

For the Black Pepper Sauce:

½ tablespoon freshly ground black peppercorns

1 1-inch piece ginger

2 tablespoons cornstarch dissolved in six tablespoons water

2 tablespoons honey or sugar

3 cloves garlic

3 tablespoons mirin (sweet rice wine)

5-6 tablespoons soy sauce

For the Stir Fried Noodles:

2 tablespoons sesame oil

2 cups spinach leaves

8 ounces udon noodles or rice noodles

10 ounces extra firm tofu

Sesame seeds for topping

Preparation

Step 1

Take a large pot and start boiling water in it. Cook for 1-2 minutes by adding the noodles. Drain and wash with cold water. This helps to remove the starch and also helps them to stir fry without turning them into a big blob. Now set aside.

Step 2

Take a food processor and put all the sauce ingredients in it. Provide it a whirl. When it is smooth, take a taste of it and adjust it to your liking. Now slice the tofu and press out the extra moisture many times with paper towels. Again slice the tofu into cubes. Take a large wok or nonstick skillet and heat one tablespoon sesame oil in it. Once the oil is shiny, include the tofu. Stir fry very lightly until dark golden brown, about 5-10 minutes. Add a tiny splash of water, a little splash of black pepper sauce, and ½ tablespoon oil. Shake the pan around. Once the tofu is cooked, move to a bowl and then set aside.

Step 3

Take a skillet and heat the remaining ½ tablespoon oil in it. Once the oil is shiny, include the black pepper sauce and noodles. If the sauce becomes too thick, then add a splash of water. Stir the fry until the noodles are completely softened. Cover it with sauce, and start piping in hot. Toss with the spinach and tofu by removing from the heat. Serve it sprinkled with the addition of sesame seeds. Enjoy!

Crunchy Zucchini Rounds with Goat Cheese and Sun-Dried

Tomatoes

The Crunchy zucchini rounds with goat cheese and sun dried tomatoes recipe contains zucchini, goat cheese, sun-dried tomatoes, extra-virgin olive oil, fresh chives, and more. Zucchini is a versatile and abundant vegetable that can help to keep your weight under control for the long run. This recipe is low in carbohydrate, cholesterol, and sodium.

Serving: 8 (serving size: 3 rounds)

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Ready In: 25 minutes

Nutritional Information

Per serving

Calories 86

Carbohydrates 4g

Fiber 1g

Fat 7g

Saturated Fat 2g

Polyunsaturated Fat 1g

Monounsaturated Fat 4g

Protein 3g

Cholesterol 5mg

Iron 1mg

Calcium 27mg

Sodium 103mg

Ingredients

1/4 teaspoon freshly ground black pepper

1/4 teaspoon salt

2 zucchini

2 ounces sun-dried tomatoes, packed in oil

2 tablespoons extra-virgin olive oil

2 tablespoons chopped fresh chives

3 ounces goat cheese

Preparation

Step 1

Cut the zucchini into 1/4-inch-thick rounds slices. (You need to make 24 at least 24 slices). Lay out on large plate; season with pepper and salt.

Step 2

Put a sun-dried tomato on each slice. Take a pinch of goat cheese and top each tomato with it. Mix the tops with the chopped chives, and drizzle them with extra-virgin olive oil.

Step 3

Serve and enjoy!

Spiced Maple Nuts

This is spicy, sweet, and low in sodium. The spiced maple nuts recipe offers heart-healthy fats and fiber, along with magnesium and potassium, that can help to maintain a healthy blood pressure level.

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serving: 18 (Serving size 35g)

Nutritional Information

Per serving

Calories 193

Fat: 16g

Saturated Fat 3g

Carbohydrate 12g

Dietary Fiber 2g

Sugars 5g

Protein 4g

Cholesterol 7mg

Sodium 69mg

Ingredients

1/2 teaspoon salt

1/4 cup unsalted butter

1/4 cup brown sugar

1/4 teaspoon cayenne pepper

1 teaspoon ground cinnamon

1 pound nuts (single variety, or a mixture according to your wish)

3 tablespoons maple syrup

Preparation

Step 1

Take a large skillet and set it over medium-high heat. Start melting the butter and include the nuts. Stir occasionally and cook for three to four minutes until the nuts are fragrant. Continue until it begins to toast.

Step 2

Include the rest of the ingredients and stir until the sugar starts to melt. Decrease the heat to medium and cook for another 3 to 4 minutes, until the nuts are perfectly caramelized around the outside.

Step 3

Take a parchment-lined baking sheet and transfer the nuts to it, occasionally stirring so they do not clump.

Step 4

Serve and enjoy!

Apple Soup and Butternut Squash

This soup creates a light start to any meal. It looks like creamy, but it is without cream. The garnishes provide textural and flavor contrasts.

Serving: 8

Preparation Time 15 minutes

Cooking Time 20 minutes

Nutritional Information

Per serving

Calories 103

Fat 4g

Saturated fat 2g

Monounsaturated fat 1g

Protein 4g

Carbohydrates 15g

Fiber 3g

Sodium 115mg

Cholesterol 9mg

Calcium 84mg

Iron 1mg

Ingredients

1 1/2 teaspoons unsalted butter
1/2 cup fat-free evaporated milk
1 large garlic clove smashed and peeled
1 1/4 cups chopped vidalia
1 1/4 pounds peeled and cubed butternut squash
1/4 cup crème fraîche, for garnish
1/4 teaspoon dried rubbed sage
1 1/3 cups peeled and cubed braeburn apple
1/4 teaspoon freshly ground black pepper
1/2 teaspoon kosher salt, plus pinch
1/8 teaspoon ground nutmeg
2 cups fat-free, less-sodium chicken broth

Preparation

Step 1

First, take a large saucepan and melt the butter over medium heat in it. Include onion; sauté for 3 minutes. Add apple and garlic; cook for 1 minute, stirring constantly. Add squash, rubbed sage, kosher salt, freshly ground black pepper, and ground nutmeg. Stir for 30 seconds until well-combined. Put broth, and bring to a simmer. Decrease the heat to medium-low and bring to a simmer for 20 minutes until the squash and vegetables are tender.

Step 2

Place half of squash mixture with 1/4 cup evaporated milk in the blender. Remove the center of the blender lid and secure the lid. Place the clean towel over opening to prevent splatters and blend until smooth. Put into the bowl. Repeat with evaporated milk and remaining squash.

Step 3

Take a small bowl or mini pumpkin and spoon 1/2 cup soup into it. Swirl in 3/4 teaspoon crème fraîche, if desired.

Step 4

Serve immediately and enjoy!

Philly Cheese Steak Sandwich

Philly cheese steaks sandwich is an amazing healthy vegetarian recipe. You can also make it by using vegetable broth in place of chicken stock. This is high in fiber, calcium and potassium and good for healthy weight.

Serving: 4

Preparation Time 15 minutes

Cooking Time 15 minutes

Ready In: 30 minutes

Nutritional Information

Per serving

Calories 268

Fat 10g

Saturated Fat 4g

Monounsaturated Fat 4g

Cholesterol 15g

Carbohydrates 35g

Fiber 7g

Protein 13g

Sodium 561mg

Potassium 704mg

Ingredients

1 medium onion, sliced

1 tablespoon all-purpose flour

1 large red bell pepper, thinly sliced

1 tablespoon reduced-sodium soy sauce

1/2 teaspoon freshly ground pepper

1/4 cup reduced-sodium chicken broth

2 teaspoons extra-virgin olive oil

2 tablespoons minced fresh oregano

3 ounces thinly sliced reduced-fat provolone cheese

4 whole-wheat buns, split and toasted

4 large portobello mushrooms, sliced, stems and gills removed

Preparation

Step 1

Take a large nonstick skillet and heat oil over medium-high heat. Include onion

and cook, stirring often for 2 to 3 minutes until soft and beginning to brown. Add bell pepper, mushrooms, pepper and oregano and cook. Stir often for 7 minutes until the vegetables are soft and wilted.

Step 2

Lower the heat to low. Mix the vegetables with flour. Stir to coat. Stir in soy sauce and broth. Bring to a simmer. Eliminate from the heat, set cheese slices on the top of the vegetables, cover for 1 to 2 minutes and let stand until melted.

Step 3

Split the mixture into four portions with a spatula. Leave the melted cheese layer on top. Scoop one portion onto each toasted bun.

Step 4

Serve immediately and enjoy!

Walnut, Pear, and Blue Cheese Salad with Cranberry Vinaigrette

Cranberry sauce which is the base for the vinaigrette offers a holiday flavor to this tasty salad. You can refrigerate the dressing up to a week ahead. The Walnuts are full of omega-3 fatty acid.

Serving: 6

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Nutritional Information

Per serving

Calories 148

Fat 6.3 g

Saturated Fat 1.8 g

Monounsaturated fat 2.5 g

Polyunsaturated fat 1.5 g

Carbohydrate 22.3 g

Fiber 2.4 g

Protein 2.7 g

Iron 0.4 mg

Cholesterol 5 mg

Calcium 60 mg

Sodium 205 mg

Ingredients

Vinaigrette

1/4 cup fresh orange juice

1/2 cup canned whole-berry cranberry sauce

1 teaspoon minced peeled fresh ginger

1 tablespoon olive oil

1 teaspoon sugar

2 tablespoons balsamic vinegar

1/4 teaspoon salt

Salad

18 Bibb lettuce leaves

2 tablespoons fresh orange juice

2 cups sliced peeled pear

1 cup red onion, sliced, separated into rings

2 tablespoons coarsely chopped walnuts, toasted

1/3 cup (2 ounces) crumbled blue cheese

Preparation

Step 1

To get ready the vinaigrette, take a medium bowl and place the first seven ingredients in it. Stir them well with a whisk.

Step 2

To get ready the salad, split the lettuce leaves equally among six salad plates. Toss the pear with 2 tablespoons orange juice. Separate pear and onion equally among leaves. Top each of the serving with about one teaspoon walnuts and one tablespoon cheese. Now drizzle each of the serving with about two 1/2 tablespoons vinaigrette.

Step 3

Serve and enjoy!

Wild Rice Salad

Wild rice salad recipe is a combination of cranberries and mint. It is a wonderful recipe. You can cook the rice in vegetable stock to get a little extra flavor.

Serving: 8

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Nutritional Information

Per Serving

Calories 331

Fat 19.5 g

Saturated Fat 2.5 g

Carbohydrates 35 g

Protein 5 g

Cholesterol 0 mg

Sodium 359 mg

Fiber 3 g

Sugar: 9 g

Ingredients

½ cup olive oil
½ cup pine nuts (4 oz.)
½ cup fresh mint, finely chopped
½ cup dried cranberries (2 oz.)
¼ cup orange juice
1 Tablespoon. plus 1 teaspoon Dijon mustard
2 Tablespoon pure maple syrup
2 Tablespoon. grated orange zest
2 green onions, thinly sliced
2 10.5-oz. packages fully cooked wild rice

Preparation

Step 1

Whisk together orange juice, oil, orange zest, maple syrup. Take a large bowl and mustard in it.

Step 2

Add pine nuts, rice, mint, cranberries, and green onions and then toss to coat. Season with pepper and salt.

Mojito Fruit and Yogurt Plate

Yogurt contains tyrosine. Tyrosine is an amino acid that helps to improve the communication between neurons by providing support to the neurotransmitter. On the other hand, ground flaxseeds are a good vegetarian source of omega-3 fatty acids and papaya is an excellent source of vitamin C. That's why it is a healthy vegetarian meal that only 30 minutes to cook.

Serving: 4

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Nutritional Information

Per 1-Cup Serving

Calories: 253

Fat: 3 g

Saturated Fat: 1 g

Carbohydrates: 52 g

Fiber: 4 g

Protein: 8 g

Cholesterol: 6 mg

Sodium: 86 mg

Sugar: 44 g

Ingredients

Mint Simple Syrup

1 cup packed mint leaves, chopped

1 cup sugar

Fruit Salad

1 ½ cups cubed fresh papaya

1 ½ cups cubed fresh pineapple

1 Tablespoon lime juice

2 kiwifruits, peeled, halved, and sliced

½ cup fresh blueberries or frozen, thawed

2 teaspoon lime zest

2 Tablespoon chopped fresh mint leaves

2 cups vanilla low-fat yogurt or soy yogurt

4 teaspoon ground flaxseeds

Preparation

To make Mint Simple Syrup

Step 1

Take a saucepan and bring mint, one cup water, and sugar to a boil in it. Simmer for five minutes.

Step 2

Remove from heat, cover it, and steep for fifteen minutes. Strain syrup, and remove mint leaves. Let cool.

To make Fruit Salad

Step 1

Take a large bowl and toss papaya, pineapple, blueberries, kiwifruits, lime zest, lime juice, and 1/4 cup Mint Simple Syrup in it. Divide equally among four bowls.

Step 2

Top each of the serving with 1/2 cup yogurt, 1 tsp. flaxseeds and 1 1/2 tsp. mint.

Step 3

Serve and enjoy!

Orange-Dill Butter with Steamed Baby Carrots

Tossing the hot carrots with a light touch of butter, orange juice, and dill offer an excellent taste for you. You can cook it for your holiday meal and it takes only 10 minutes to cook.

Serving: 6

Preparation Time: 5 minutes

Cooking Time: 10 minute

Nutritional Information

Per 2/3-Cup Serving

Calories: 53

Fat: 2 g

Saturated Fat: 1 g

Carbohydrates: 8 g

Fiber: 3 g

Protein: <1 g

Cholesterol: 5 mg

Sodium: 91 mg

Sugar: 5 g

Ingredients

1 ¼ lb. baby carrots, trimmed

1 Tbs. butter, cut into pieces

1 tsp. dried dill

2 tsp. fresh orange zest

4 tsp. orange juice

Preparation

Step 1

Take a steamer basket fitted into a large pot and place carrots in it. Steam over simmering water until just tender for seven to nine minutes.

Step 2

Shift carrots to a large bowl, and toss with butter, orange juice, butter, dill, and orange zest. Season with pepper and salt, if desired.

Roasted Green Beans with Rosemary and Walnuts

This recipe is simple and easy to cook. Green beans are full of essential minerals. On the other hand, the walnuts and rosemary are a pack of the nutritional punch.

Serving: 6

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Nutritional Information

Per 2/3-Cup Serving

Calories: 110

Fat: 9 g

Saturated Fat: <1 g

Carbohydrates: 7 g

Fiber: 3 g

Protein: 3 g

Cholesterol: 0 mg

Sodium: 5 mg

Sugar: 3 g

Ingredients

1 ¼ lb. green beans, trimmed

1 ½ Tbs. finely chopped fresh rosemary

½ cup chopped walnuts

1 Tbs. olive oil

Preparation

Step 1

Preheat the oven to 475°F. Take a bowl and toss all ingredients in it. Season with pepper and salt, if desired.

Step 2

Spread on the rimmed baking sheet. Roast until beans are tender, about 15 to 17 minutes, stirring occasionally.

Step 3

Serve and enjoy!

Pizza Nachos with Optional Pepperoni and Sausage

This recipe is loaded with veggies – mushrooms, green peppers, onions, and also lots of black olives that offer lots of health benefits for you.

Serving: 2-4

Preparation time: 10 minutes

Cooking time: 10 minutes

Total time: 20 minutes

Nutrition Facts

Per Serving

Calories 460

Calories from Fat 270

Total Fat 30g

Saturated Fat 12g

Trans Fat 0g

Total Carbohydrate 27g

Dietary Fiber 4 16%

Cholesterol 70mg

Sodium 830mg

Potassium 490mg

Sugars 3g

Protein 19g

Ingredients

Approximately 3 cups tortilla chips

1 cup shredded mozzarella cheese

2/3 cup pizza sauce

1/2 small red onion, diced

1 small green pepper, seeded and diced

1/2 cup shredded cheddar cheese

3 - 4 white button mushrooms, sliced

1/4 cup black olives, sliced

1/4 cup shredded Parmesan cheese (optional)

1/4 pound Italian sausage, browned and drained (optional)

Six to eight thin slices pepperoni, cut into quarters (optional)

Preparation

Steps 1

Preheat the oven to 350 degrees F.

Steps 2

Set tortilla chips in one single layer, as much as possible, on baking sheets or two oven-proof plates.

Steps 3

Distribute the pizza sauce over the chips by using a spoon. If you like nachos without the semi-soggy bits, then I suggest drizzling the sauce over the cheese.

Steps 4

Equally sprinkle the toppings - red onion, green pepper, mushrooms, meat, and olives, if applying - over the top of each. Split the cheeses between the 2 plates, dropping it over the top.

Steps 5

Bake for about eight to ten minutes, until nachos are heated, and cheese is melted through.

Steps 6

Allow to cool for 2 minutes. Serve and enjoy!

Black Bean and Pepper Jack Burgers

With fresh cilantro, scallions, and spicy pepper Jack cheese, this burger is the more tastier option than any other veggie burgers. It takes only 26 minutes to cook.

Serving: 4

Preparation Time: 20 minutes

Cooking Time: 6 minutes

Total Time: 26 minutes

Nutritional Information

Per Serving

Calories 340

Calories from Fat 110

Fat 12g

Saturated Fat 4g

Monounsaturated Fat 5g

Polyunsaturated Fat 2g

Protein 15g

Carbohydrates 46g

Sodium 490mg

Cholesterol 60mg

Fiber 9g

Ingredients

1/2 cup rolled oats

1 large egg

1 teaspoon ground cumin

1 15.5-oz. can black beans, rinsed and drained

1 tablespoon olive oil; more for the plate

Kosher salt

1 large scallion, minced

2 tablespoons chopped fresh cilantro

1/2 cup grated pepper Jack cheese

4 whole-wheat hamburger buns, toasted

Jarred salsa, for serving

Sliced avocado, for serving

Preparation

Step 1

Take a food processor and put the oats in it. Pulse 3 times to roughly chop. Add pulse and half of the beans into a coarse paste, about six pulses. Include the cumin, egg, and 1/2 teaspoon salt and process to combine well, about one minute. Move the bean mixture into a large bowl. Mix in the remaining beans, the scallion, cheese, and cilantro.

Step 2

Form the bean mixture into 4 1/2-inch-thick patties with wet hands and shift to a lightly oiled plate. Refrigerate it for ten to fifteen minutes to let the burgers set up.

Step 3

Take a large heavy-duty skillet and heat it until very hot. Add the oil. Swirl the pan to coat the bottom. Now cook the burgers with a good crust for 2 to 3 minutes until browned. Then carefully flip and cook for another 3 to 5 minutes until the burgers feel firm once pressed with a fingertip. Top with the salsa and avocado.

Step 4

Serve and enjoy!

Egg Sandwiches with Pepper Jack and Avocado

These egg sandwiches create easy, quick meals for you when you wish breakfast or dinner. They are incredibly satisfying and also perfectly portioned.

Serving 4

Preparation Time: 2 minutes

Cooking Time: 8 minutes

Total Time: 10 minutes

Nutrition Facts

Per Serving

Total Calories: 429

Sodium 624mg

Carbohydrates 31g

Fiber 6g

Fat 25g

Saturated Fat 10g

Sugars 2g

Protein 22g

Calcium 359mg

Iron 3mg

Ingredients

4 English muffins, toasted

1 avocado, thinly sliced

1/4 teaspoon salt

4 slices Pepper Jack cheese

6 eggs

Freshly ground pepper

1 teaspoon butter

Preparation

Step 1

First, toast the English muffins. Take the slices of pepper jack cheese and layer the bottom of each English muffins.

Step 2

Take a small bowl and beat the eggs in it with the salt and pepper.

Step 3

Take a medium frying pan and melt the butter in it over low heat, and slowly scramble the eggs, scraping up the bottom as clumps start to form.

Step 4

Once the eggs become very soft but no longer runny, split them into 4 parts, each one going on a cheese-lined English muffin. Include a few slices of avocado on the top of the English muffin.

Step 5

Serve and enjoy!

Mock tuna salad

Mock tuna fiber is high in fiber, low in fat, and great in taste. ;)

Serving: 4

Preparation Time: 5 minutes

Cooking Time: 0 minutes

Total Time: 5 minutes

Nutritional Information

Per Serving

Calories: 138.3

Total Fat: 2.8 g

Cholesterol: 2.5 mg

Sodium: 406.8 mg

Total Carbohydrates: 23.5 g

Protein: 4.7 g

Dietary Fiber: 4.2 g

Ingredients

1 can chickpeas, drained and mashed

2 tablespoon whipped salad dressing

1 tablespoon sweet pickle relish

2 teaspoon brown mustard

2 green onions, chopped

Pepper to taste

Preparation

Step 1

Mash chickpeas and include all the ingredients. Combine well.

Step 2

Serve and enjoy!

Smoked Tofu Fried Rice

Do you need leftover rice? Make an easy and quick stir-fry to obtain the most out of your leftovers.

Serving 2

Preparation Time: 6 minutes

Cooking Time: 4 minutes

Total Time: 10 minutes

Nutritional Information

Per Serving

Total Calories: 531kcal

Sodium 894mg

Carbohydrates 66g

Fiber 3g

Fat 22g

Saturated Fat 3g

Sugars 5g

Protein 18g

Calcium 269mg

Iron 7mg

Ingredients

2 tablespoons vegetable oil
1 tablespoon fresh ginger, minced
1 onion, diced
2 cloves garlic, minced
1 carrot, peeled and finely diced
2 cups cooked and cooled rice
4 ounces smoked tofu, diced
1/4 teaspoon salt
2 scallions, chopped
1 tablespoon soy sauce
2 eggs, beaten
Fresh ginger

Preparation

Step 1

Take a nonstick wok or large pan and heat two teaspoons oil in it over medium-high heat. Add carrot and onion and stir-fry for about one minute. Add ginger and garlic and stir for another one or two minutes.

Step 2

Include rice and toss until it becomes slightly browned and crispy. Add soy sauce, smoked tofu cubes, and salt, and combine them to distribute. Push whole combination over to the side and mix in the egg. Scramble it with a silicone spatula until thoroughly cooked, and then toss in the remaining ingredients.

Step 3

Spread fried rice between 2 bowls, garnish with the sliced scallions.

Step 4

Serve and enjoy!

Pesto Panini

This is a fantastic vegetarian recipe that you can make for your dinner on the table in ten minutes!

Serving 6

Preparation Time: 2 minutes

Cooking Time: 8 minutes

Nutritional Information

Amount per serving

Total Calories: 467

Sodium 918mg

Carbohydrates 41g

Fiber 3g

Fat 25g

Saturated Fat 9g

Sugars 2g

Protein 19g

Calcium 298mg

Iron 2mg

Ingredients

1/2 cup pesto

1 loaf ciabatta bread

Olive oil

10 slices mozzarella

Preparation

Step 1

First, set the oven to broil.

Step 2

Slice the ciabatta bread in the middle. Take a baking sheet and lay both halves in it. Drizzle the olive oil on the inside of the top half only.

Step 3

Set the bread in the oven for some minutes, until the bread is slightly crispy on the top.

Step 4

Remove from oven. Now slather the pesto on the bottom 1/2 of the bread.

Step 5

Now lay the mozzarella slices over pesto in an even layer or two.

Step 6

Put the 2 halves together and push down so the sandwich sticks slightly. Return to the oven until the cheese has melted, and the outside of the loaf is crispy, about three to five minutes.

Step 7

Serve and enjoy!

Black Bean Tacos

The black bean tacos is an awesome recipe that takes only 20 minutes cook. It has lots of nutritional benefits.

Serving: 16

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Nutrition Information

Amount per serving:

Total Calories: 242

Sodium 588mg

Carbohydrates 41g

Fiber 19g

Fat 7g

Saturated Fat 2g

Sugars 5g

Protein 17g

Calcium 77mg

Iron 2mg

Ingredients

16 whole-wheat tortillas

1/2 teaspoon chili powder

2 cans black beans

1 teaspoon cumin

1/2 small red cabbage, thinly sliced

Juice of 1 lemon

1 cup sour cream

1 jar salsa

1 small mango, peeled and sliced

Preparation

Step 1

Take an oven and wrap the tortillas in foil and warm them at 300°F for about 5 minutes.

Step 2

At the same time, take a small saucepan and warm the black beans with their liquid. Include the chili powder and cumin and allow the beans reduce (about five minutes). Squeeze on lemon juice, mix to distribute and taste for seasoning. Include more salt or chili powder as necessary.

Step 3

Take small bowls on the table and arrange the salsa, cheese, sour cream, shredded cabbage, and warmed beans in it. Once the tortillas are warmed, set them out on the plat. Allow guests assemble their own black bean tacos.

Step 4

Serve and enjoy!

Vegetarian Breakfast Smoothie

This recipe is a thick unique, flavorful creamy smoothie with different ingredients.
Enjoy!

Serving: 2

Preparation Time: 5 minutes

Cooking Time: 0 minutes

Nutrition Information

Per Serving

Calories 245.8

Calories from Fat 116

Total Fat 12.9 g

Saturated Fat 6.4 g

Cholesterol 31.3 mg

Sodium 358.8 mg

Total Carbohydrate 22.9 g

Dietary Fiber 2.9 g

Sugars 12.2 g

Protein 10.9 g

Ingredients

1/2 cup canned pumpkin

1 tablespoon creamy peanut butter

1 cup milk (1% low fat)

3/4 ounce Laughing Cow cheese

1 teaspoon honey

1 teaspoon vanilla extract

1 teaspoon cinnamon

1 tablespoon sugar

2 tablespoons whipped cream (optional)

Preparation

Step 1

Take a blender and combine the pumpkin, cheese, peanut butter, cinnamon, milk, honey, sugar and vanilla together in it. Blend them until well blended. Top with optional whip cream.

Step 2

Serve and enjoy!

Sweet and Sour Tofu with Rice Noodles

This healthy vegetarian recipe applies an ingenious way of efficiently cooking tofu that has infused with flavor.

Serving: 4

Preparation Time: 6 minutes

Cooking Time: 12 minutes

Nutritional Information

Per Serving

Total Calories: 477kcal

Sodium 1125mg

Carbs 80g

Fiber 5g

Fat 11g

Saturated Fat 2g

Sugars 20g

Protein 19g

Calcium 581 mg

Iron 4 mg

Ingredients

1 block firm tofu

1/4 cup whole-wheat flour

2 cups of mung bean sprouts

1/4 cup lemon juice

2 cloves minced garlic

1/4 cup honey

1 tablespoon olive oil

1/4 cup soy sauce

1/2 pound rice noodles

Cilantro for garnish

Preparation

Step 1

Slice the tofu into one inch thick slices. Now press the water out of the slices and again cut them into one inch cubes.

Step 2

Take a baggie or a wide plate and toss the tofu with the whole-wheat flour in it until all the pieces have a thin coating.

Step 3

In a small bowl, combine the lemon juice, soy sauce, sweetener, and ginger in it.

Step 4

Take a frying pan and warm the oil and brown the tofu in it for 3 to 4 minutes. When it has browned include the sauce and allow it cook down for 5 to 6 minutes until the tofu is thickly coated.

Step 5

While the sauce is lowering, cook the rice noodles by falling them into hot water for three minutes or until tender. Transfer to a serving bowl.

Step 6

Mix with the mung bean sprouts and then top with the finished tofu. Garnish generously with cilantro.

Step 7

Serve and enjoy!

15-Minute Vegetarian Stroganoff

When you are craving something creamy, you can try it for you.

Serving: 6

Preparation Time: 3 minutes

Cooking Time: 12 minutes

Total Time: 15 minutes

Nutrition Information

Per Serving

Calories 157.4

Calories from Fat 34

Total Fat 3.8 g

Saturated Fat 0.7 g

Cholesterol 23.9 mg

Sodium 398 mg

Total Carbohydrate 26 g

Dietary Fiber 2 g

Sugars 2.1 g

Protein 5.2 g

Ingredients

2 teaspoons olive oil

1/4 teaspoon onion powder (to taste)

8 ounces tofutti sour cream

1/4 teaspoon garlic powder (to taste)

3 cups medium egg noodles, uncooked

8 ounces meal starters grillers recipe crumbles

14 1/2 ounce vegetable broth

8 ounce mushroom stems and pieces, drained

Preparation

Step 1

Take a large non-stick skillet and mix all the ingredients except sour cream in it over medium-high heat.

Step 2

Bring to boil; lower the heat to medium-low.

Step 3

Simmer six minutes; stir gently. Simmer again six more minutes, or until the noodles are tender.

Step 4

Remove from heat; mix in sour cream. Serve and enjoy!

Caprese Melts

These easily toasted sandwiches can be a good choice for your kids.

Yield: Makes 3 sandwiches

Preparation Time: 3 minutes

Cooking Time: 12 minutes

Total time: 15 Minutes

Nutritional Information

Calories 314

Calories from fat 46 %

Protein 13 g

Fat 16 g

Saturated Fat 6.9 g

Carbohydrate 30 g

Fiber 2.5 g

Sodium 465 mg

Cholesterol 33 mg

Ingredients

6 slices buttermilk or sourdough sandwich bread

2 firm-ripe tomatoes, sliced 1/4 inch thick

About 1 tablespoon olive oil

15 fresh basil leaves, rinsed

4 ounces fresh mozzarella cheese, sliced 1/4 inch thick

Salt and pepper

Preparation

Step 1

Brush one part of the each bread slice with the olive oil. Put three slices, oil side down, on a ten by 15-inch baking sheet and layer evenly with tomato slices, basil leaves, and mozzarella slices. Mix lightly with pepper and salt and top with the rest of the bread slices, oil side up.

Step 2

Broil sandwiches six inches from heat, turning once for 2 to 3 minutes until bread is golden brown, and cheese is melted.

Step 3

Serve immediately and enjoy!

Falafel Pitas with Cucumber-Yogurt Dressing

Cook this healthy falafel pita recipe to obtain a taste of the Middle Eastern favorite.

Serving: 4

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Nutritional Information

Per Serving

Calories 280

Calories from fat 30 %

Fat 9.4 g

Saturated Fat 1.2 g

Monounsaturated Fat 5 g

Polyunsaturated Fat 2.2 g

Protein 11.4 g

Carbohydrate 40.1 g

Fiber 7.3 g

Cholesterol 53 mg

Iron 3.3 mg

Sodium 592 mg

Calcium 81 mg

Ingredients

1/4 cup minced red onion

1/2 teaspoon paprika

1 tablespoon Dijon mustard

1 teaspoon ground cumin

1 large egg

1/4 teaspoon freshly ground black pepper

1/8 teaspoon salt

1 slice whole wheat bread, torn into pieces

1 large egg white

1 (15 1/2-ounce) can chickpeas, rinsed and drained

1 1/2 tablespoons olive oil

2 (6-inch) whole wheat pitas, split

1 cup arugula

1/2 cup Cucumber-Yogurt Dressing

Preparation

Step 1

Take a food processor and mix first ten ingredients in it; pulse six times or until well blended.

Step 2

Take a large nonstick skillet and heat olive oil over medium-high heat. Spoon about 1/3 cup chickpea mixture per patty into the pan. Cook until golden brown or four minutes on each side.

Step 3

Line each pita 1/2 with 1/4 cup arugula, include 1 patty to each pita 1/2, and spoon two tablespoons cucumber -yogurt dressing into each pita 1/2.

Step 4

Serve and enjoy!

Pumpkin & Apple Waffles

The pumpkin and apple waffles are easy to make and are loaded with protein and fiber. The perfect breakfast for you and your family!

Serving: 3

Preparation Time: 6 minutes

Cooking Time: 4 minutes

Total Time: 10 minutes

Nutritional Information

Per Serving

Calories: 251.4

Total Fat: 4.0 g

Cholesterol: 109.1 mg

Sodium: 287.7 mg

Total Carbs: 48.5 g

Dietary Fiber: 7.5 g

Protein: 9.6 g

Ingredients

1 cup whole wheat pastry flour
1.5 teaspoon baking powder
1/2 teaspoon ground nutmeg
2 tablespoon organic cane sugar
1/2 teaspoon ground cinnamon
2 organic eggs
1/2 cup pumpkin puree
1 medium apple of choice, divided and finely chopped

Preparation

Step 1

Preheat the waffle iron.

Step 2

Take a small bowl and combine baking powder, flour, nutmeg and cinnamon in it.

Step 3

Take a separate bowl and combine eggs with sugar. Include to the dry mixture. Fold in the pumpkin and 1/2 of the chopped apple until well mixed into a thick, moist batter.

Step 4

Now include batter to the waffle iron. About 1/4 cup batter in per 4-inch waffle and cook until it is done. Garnish cooked waffles with the rest of the apple. Top with real maple syrup.

Step 5

Serve and Enjoy!

Vegetarian Strawberry Agua Fresca

This is refreshing, fruit-infused drink. You can drink 2-3 times in a day.

Serving: 8

Preparation Time: 5 minutes

Cooking Time: 0 minutes

Total Time: 5 minutes

Nutritional Information

Per Serving

Calories 68.7

Total Fat 0.3 g

Saturated Fat 0 g

Cholesterol 0 mg

Sodium 4.9 mg

Total Carbohydrate 17.2 g

Dietary Fiber 2.2 g

Sugars 13.7 g

Protein 0.8 g

Ingredients

4 cups water

6 cups strawberries, hulled

1/3 cup sugar, more to taste

1/4 cup fresh lime juice

Preparation

Step 1

Mix sugar and water, stirring until sugar dissolves.

Step 2

Take a blender and put strawberries in it. Blend them until smooth.

Step 3

Combine the strawberry puree, sugar mixture, and juice. Mix well.

Step 4

Serve and enjoy!

Kale and Almond Brussels Sprout Salad

A healthy, time-consuming salad for your lunch or dinner. Try it now!

Serving: 4

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Total Time: 15 minutes

Nutritional Information

Calories 134

Fat 9.2 g

Saturated Fat 1.6 g

Sodium 196 mg

Ingredients

2 tablespoons minced shallots

2 teaspoons Dijon mustard

1 1/2 tablespoons extra-virgin olive oil

1/4 cup sliced almonds

2 teaspoons fresh lemon juice

1 garlic clove, minced

1/2 pound Brussels sprouts, very thinly sliced

1/8 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

1 cup stemmed chopped kale

2 tablespoons grated Parmesan cheese

Preparation

Step 1

Take a small bowl and mix shallots, extra-virgin olive oil, fresh lemon juice, Dijon mustard, ground black pepper, kosher salt, and garlic clove in it.

Step 2

Place kale, Brussels sprouts, and almonds in a large bowl. Toss to mix. Include vinaigrette and toss to coat. Now sprinkle with Parmesan cheese.

Step 3

Serve and enjoy!

Chickpea and Feta Salad

This recipe is versatile and delicious in that you can add crunchy alternative veggies.

Serving: 1

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Nutritional Information

Per Serving

Calories: 285.2

Total Fat: 18.4 g

Cholesterol: 33.4 mg

Dietary Fiber: 5.1 g

Sodium: 582.6 mg

Total Carbohydrates: 22.2 g

Protein: 10.2 g

Ingredients

1/4 cup chickpeas

3/4 cup chopped raw veggies (scallions, onions, peppers, cucumber, tomatoes,

and celery work well, but try to use your imagination)

1/4 cup crumbled feta cheese

2 teaspoon olive oil

1 tablespoon lemon juice

1 teaspoon dried oregano

Dash pepper

Dash salt

Preparation

Step 1

Rinse and drain the chick peas. Now crumble the feta cheese and chop vegetables into small cubes that are about 1/4".

Step 2

Combine all the ingredients. Refrigerate it until ready to serve

Step 3

Serve and enjoy!

Vegetarian Curry

This dish never fails to delight vegetarians. It can be a good choice for your special lunch.

Serving: 6

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Nutritional Information

Per Serving

Calories: 190.3

Total Fat: 7.2 g

Cholesterol: 0.0 mg

Sodium: 41.6 mg

Total Carbohydrates: 30.8 g

Dietary Fiber: 5.8 g

Protein: 3.9 g

Ingredients

1 rib celery, finely chopped

1 tablespoon olive oil
1 small bell pepper, finely chopped
2 carrots, finely chopped
2 large onions, finely chopped
1/4 Cup golden raisins
1 oz (or 2 Tbs) peanuts
1 tablespoon lemon juice
1 large apple, cored and chopped
2 tablespoon brown sugar
2 teaspoon turmeric
2 tablespoon shredded coconut
3 tomatoes, skinned and chopped
1 tablespoon curry powder
2 tablespoon whole wheat flour
10 oz vegetable stock
salt and pepper to taste

Preparation

Step 1

Take a dutch oven and place pepper, oil, celery and carrots in it. Cover and cook on medium heat for five to seven minutes.

Step 2

Stir in tomatoes, onions, sugar, lemon juice, turmeric, apple, curry powder, and coconut.

Step 3

Cover and allow cook for 10 minutes, mixing halfway through cooking.

Step 4

Stir in raisins, flour, peanuts, hot stock, salt, and pepper. Cover and cook for another 5 minutes.

Step 5

Serve with brown rice and enjoy!

Fruit Salsa

Another fantastic vegetarian recipe that you can cook within 15 minutes.

Serving: 4

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Total Time: 15 minutes

Nutrition Information

Per Serving

Calories: 120

Total Fat: 0g

Saturated Fat: 0g

Carbohydrates: 31g

Protein: 1g

Cholesterol: 0mg

Dietary Fiber: 3g

Sodium: 0mg

Ingredients

1 cup strawberries, diced

1 apple, cored and diced

2 Tbsp lemon juice

1 banana, diced

1 kiwi, peeled and diced

¼ tsp nutmeg

¼ cup sugar

¼ tsp cinnamon

Preparation

Step 1

Take a medium mixing bowl and mix fruits in it and add lemon juice.

Step 2

Stir in nutmeg, sugar, and cinnamon. Combine well. Refrigerate until serving time.

Step 3

Serve and enjoy!

Tuscan Bean Soup

This tuscan bean soup is the perfect meal for busy weeknights and stormy weather!

Serving: 8-10

Preparation time: 5 minutes

Cooking time: 25 minutes

Total time: 30 minutes

Nutritional Information

Per Serving

Calories 330.8

Calories from Fat 116

Total Fat 13 g

Saturated Fat 2.1 g

Cholesterol 0 mg

Sodium 751.3 mg

Total Carbohydrate 39.1 g

Dietary Fiber 13.3 g

Sugars 6.6 g

Protein 17 g

Ingredients

2 tablespoons extra virgin olive oil
1 medium yellow onion, diced
1 medium zucchini, diced
1 yellow summer squash, diced
4 cloves garlic, pressed
2 medium carrots, diced
2 stalks celery, diced
1 quart vegetable (or chicken) broth
2 cans cannellini beans, drained and rinsed
1 can no-salt-added diced tomatoes with juices
3 cups chopped kale, ribs removed
¼ teaspoon red pepper flakes
¼ teaspoon dried thyme
½ teaspoon dried rosemary
2 teaspoons salt
1 teaspoon freshly ground black pepper
1 tablespoon white sugar
1 tablespoon white wine vinegar

Preparation

Step 1

Take a 6 quart or larger Dutch oven and heat two tablespoons of olive oil in it over medium-high heat. Include the carrots, onions, celery, squash, and zucchini. Saute for four minutes.

Step 2

Add the red pepper flakes, garlic, thyme, and rosemary. Cook for 30 seconds.

Step 3

Stir in the beans, broth, and tomatoes. Bring the contents to a boil. Turn the heat down to reduce and include the chopped kale. Now cover the pot and simmer for fifteen minutes.

Step 4

Use an immersion blender to puree partially the soup. For texture, leave some chunks of beans vegetables for texture.

Step 5

Add the pepper, salt, vinegar, and sugar. Adjust the seasonings as needed.

Step 6

Serve and enjoy!

Pineapple Upside-Down Cake Martini

Pineapple upside down cake martini is a girlie fru-fru drink that smells like the real thing.

Serving: 1

Preparation Time: 5 minutes

Cooking Time: 0 minutes

Total Time: 5 minutes

Nutritional Information

Per Serving

Calories 138.4

Total Fat 0.1 g

Saturated Fat 0 g

Cholesterol 0 mg

Sodium 2.3 mg

Total Carbohydrate 12.9 g

Dietary Fiber 0.3 g

Sugars 10.3 g

Protein 0.3 g

Ingredients

2/3 cup pineapple juice, chilled

1/3 cup vanilla vodka

1 dash grenadine

2 maraschino cherries

2 pineapple chunks

Preparation

Step 1

Mix the vodka, pineapple juice, and grenadine into a shaker that is full of ice.

Step 2

Shake, then strain into 2 martini glasses.

Step 3

Garnish with a cherry and also a piece of pineapple on a skewer. Enjoy!

YOUR BONUS:

Do you want to lose weight while drinking delicious and healthy juices?

As a thank you for downloading my book you can get my **Weight Tracker Software** and the digital guide "**Juice Up**" **FOR FREE** (\$35 Value). It shows you step by step how to the right juices can benefit your health and weight loss. I promise you will love it.

Just click this [link](#) or follow this address in your browser:

www.sebastianvonfink.com/free-ebook