



Plant Based
BEGINNER'S BOOTCAMP



Get started with a DELICIOUS & SIMPLE
plant-based LIFESTYLE that SUPPORTS your
health & weight loss goals

Table of Contents

Welcome	3
Before We Get Started	4
Hi there, I'm Kim!	5
By The End Of This Challenge.	6
Daily Overview..	7
Grocery Shopping List.	9
Day 1 Masterclass	11
Day 2 Masterclass.	13
Day 3 Masterclass.	15
Day 4 Masterclass.	17
Next Steps	19
Recipes	21

Welcome!

Welcome to our Plant-Based Beginner's Bootcamp Challenge!

You're in the right place, and we're going to have a GREAT time together!

My name is Kim Murphy, and I will be your coach during this challenge!

I'm a best-selling author, plant-based health coach, and the founder of Simply Plant Based Kitchen, where I love to help people transition to a whole food plant-based lifestyle that supports their health & wellness goals.

I know what it's like to struggle with health and weight and feel like nothing works. I also know what it's like to KNOW what to do, but not know HOW to make it work in my life. I can't wait to give you the short-cut to success and my hard-fought secrets that I've learned over several years of transitioning to a fully plant-based diet.

During this 4-day challenge, you're going to learn so much about not only WHAT to eat but HOW to slowly transition to a plant-based lifestyle that you ENJOY! Because let's face it, if you don't enjoy it, you're not going to stick with it! And I don't want this to be another temporary fad or yo-yo diet for you; I want this to be a new way of life that makes you feel AMAZING so that you'll want to keep it going!

There will be a science-based masterclass AND a simple & delicious cooking demo, so you can start taking small steps to incorporate more healthy plant-based recipes into your routine.

I'll be teaching you the step-by-step process I've taken tens of thousands of people through to help them transform their health & lives by eating a plant-based diet.

This workbook is designed to accompany our challenge and support your plant-based journey.

I can't wait to get started with you!

xoxo,
Kim



Before We Get Started

1 STEP 1 - Mark Your Calendar

Live Challenge Dates - Tuesday, March 24 - Friday, March 27

Each day of the challenge, a **daily masterclass & cooking demo will be released at 9am Central Time** (7am Pacific / 10 am Eastern). You can **watch the classes for the whole week**, until they expire **Sunday, March 29th at 11:59pm**.

The classes will be released on the same page each day -
<https://courses.simplyplantbasedkitchen.com/pbbb-broadcast>

2 STEP 2 - Say Hello in the Private Community!

Access the **private community here** or our **Simply Plant Based Kitchen mobile app**. Log in using the email you signed up for the challenge with, and click forgot password your first time logging in.

Download our **Simply Plant Based Kitchen app** from the [Apple App Store](#) or [Google Play Store](#) on your mobile device for easy on-the-go access to our community & your products.

The private community **where all the fun will be** during our challenge, where you can **connect with others, post your daily challenge assignment, win prizes for participating, and learn even more!** This is a **positive & non-judgemental** community where you can **make friends & meet people who are on the same journey** as you.

To be eligible for the challenge prizes, update your profile to include a last name. There will be thousands of people with the same first name, so last names will help us differentiate.

***The Private Community will be open until Sunday, March 29th.

3 STEP 3 - Upgrade to the All-Access Pass

- **Inner Circle Coaching Sessions** - Premium Live Group Coaching Sessions with Kim on Zoom
- Exclusive **Plant Powered Life Giveaways**
- **Lifetime Access** to the Challenge Class Recordings + Transcripts
- **Over \$300 in bonuses**
- **Upgrade to the All-Access Pass** - <https://courses.simplyplantbasedkitchen.com/all-access-pass>

4 STEP 4 - It's More Fun with Friends!

Do you have a **friend or family member** who might be interested in joining?

Invite them to join you, and you can **do this challenge TOGETHER!**

Feel free to share this link on social media or with anyone you'd like to bring along for the fun -
<https://courses.simplyplantbasedkitchen.com/pbbb-join>

Hi there, I'm Kim!

I'm Kim Murphy, a Certified Plant Based Health Coach, Amazon best-selling author of *Plant Powered*, & the founder of Simply Plant Based Kitchen where my mission is to help you make whole food plant based eating simple, easy, and delicious so that you can have your best health!

I began my own journey to health & wellness, after losing my father to Alzheimer's & heart disease. I knew I had to take my health into my own hands so that the same didn't happen to me!

I want to help you do the same so you can prevent & even reverse chronic diseases, have more energy, feel amazing, and live your best life.



BEFORE



AFTER

I earned my Certificate in Plant-Based Nutrition from eCornell and the T. Colin Campbell Center for Nutrition Studies and my health coaching certification from the Institute of Integrative Nutrition and have coached thousands of clients to make dramatic improvements in their health through my program Plant Powered Life.

I live in Cedar Park, TX with my wonderful husband Shawn, and amazing boys Mason & Hayden. We have two rambunctious huskies, Daphnis & Chloe, and two cuddly lap cats Marshmallow & Cocoa.

Fun fact: I was a high school band & colorguard director for 17 years and actually taught with my husband for most of those years!

By The End Of This Challenge

Simply by participating in this 4-day challenge you'll be setting the foundation for your best health and ideal weight. Over the next week I'm going to be sharing with you my 10 years of experience in plant based eating, coaching, and cooking that will help you:

- ✔ How to reverse the root cause of chronic disease to feel your best with the power of plants
- ✔ Learn how to lower your cholesterol, blood pressure, and blood sugar naturally with food
- ✔ Discover the differences in plant-based diets & which one will help you achieve your health & wellness goals
- ✔ Understand how to get all your macronutrient and micronutrient needs met, including protein, calcium
- ✔ Learn how to eat more, not less so you feel full and satisfied, keeping cravings at bay
- ✔ See how fast & easy it is to make delicious whole food plant-based recipes
- ✔ Know what foods to center your diet around to lose weight without restrictive dieting or tiny portions
- ✔ Learn how to make plant-based eating doable in your busy lifestyle (even if your family isn't on board)
- ✔ Experience a group of like-minded supportive people so you know you aren't alone on this plant-based journey

It's going to be an incredible week!



Daily Overview

1 **MASTERCLASS** - The Healing Power of Plants: How to Reverse the Root Cause of Chronic Disease to Feel Your Best

DAY What if chronic disease was not random, inevitable, or purely genetic? What if there was a natural solution that was both simple & empowering? In this masterclass, you'll discover how many common chronic conditions like heart disease, type-2 diabetes, cancer, and dementia share one root cause and how a plant-powered approach can support healing by calming inflammation and restoring balance. Whether you are managing a diagnosis, focused on prevention, or simply want to feel better in your body with more energy and clarity, you'll walk away with a deeper understanding of how food can be a powerful tool for healing.

COOKING DEMO - Pina Colada Chia Seed Pudding

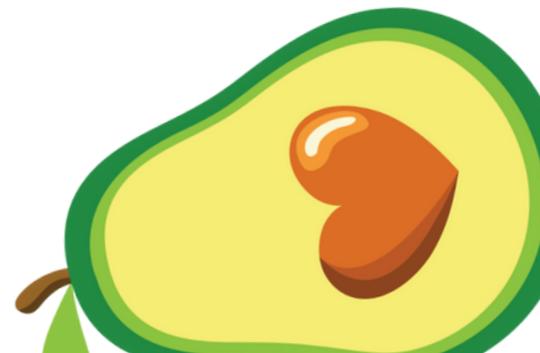
Creamy, tropical, and naturally sweet, this Pina Colada Chia Seed Pudding tastes like dessert but fuels your body with fiber, healthy fats, and real whole food ingredients. Made with pineapple, coconut, and chia seeds, it is refreshing, satisfying, and perfect for breakfast, snack, or a light treat that feels indulgent without the guilt.

2 **MASTERCLASS** - Not All Plant-Based Diets Are Created Equal: Why Some Work for Weight Loss and Others Don't

DAY If you want to lose weight on a plant-based diet, the devil is in the details because not all plant-based diets are created equal. And some plant-based foods marketed as healthy, can actually cause you to gain weight. In this class, you'll learn about different plant-based diets and how to build one that helps you shed pounds naturally without being hungry or obsessing over every calorie. Instead, you'll discover how to fill your plate up with more food so you can crush your cravings, stay full for hours, and have plenty of energy to fuel your day. And you'll learn about the one specific nutrient that 95% of Americans are deficient in, and yet this crucial nutrient is the key to sustainable weight loss and even preventing & reversing many chronic diseases.

COOKING DEMO - Vegan Mediterranean Protein Bowl with Tofu Feta & Lemon Tahini Dressing

This Vegan Mediterranean Protein Bowl is a fresh, satisfying meal packed with bold Mediterranean flavors. Leafy greens and quinoa are topped with chickpeas, tofu feta, crisp veggies, olives, and then finished with a bright lemon tahini dressing. It's filling without feeling heavy and perfect for meal prep, quick lunches, or an easy, nourishing dinner.



Daily Overview

3

MASTERCLASS - Getting Enough Protein and Calcium on a Plant-Based Diet Without Meat or Dairy

DAY

Protein and calcium are two of the biggest concerns people have when starting a plant-based diet, and rightly so, as they are important nutrients to make sure your muscles & bones stay strong as you get older. In this masterclass, you'll learn how much protein you need, which plants can help you maintain & support muscle growth, how to get enough calcium without dairy, and whether or not supplements are necessary. You'll also learn if soy is safe and how simple swaps can replace familiar favorites without sacrificing nutrition or satisfaction.

COOKING DEMO - Vegan Mexican "Chicken" Tortilla Soup

This Vegan Mexican "Chicken" Tortilla Soup delivers all the cozy, bold flavors you love, made completely plant-based using shredded soy curls instead of chicken. Topped with crunchy tortilla strips and your favorite fresh garnishes, this soup is protein-rich, filling, and perfect for weeknight dinners, meal prep, or anytime you are craving a warm, flavor-packed bowl.

4

MASTERCLASS - How to Make Plant-Based Eating Work in Your Busy Real Life (Even If Your Family Isn't On Board)

DAY

You know the science. You believe this is the best way to eat for your health and weight goals. But real life is where things get messy. Especially when you're busy, surrounded by temptations, and living with family members who may not want to change the way they eat. In this masterclass, we'll talk about what actually makes plant-based eating stick in the real world. Not through perfection or willpower, but through a few key mindset shifts and practical strategies. If you're ready to make the commitment to yourself and health, but are overwhelmed about the potential time involved and what that means for your family dynamic, then you don't want to miss this class where I'll show you how plant-based eating can easily fit into your life without competing with it or causing family drama at dinner time.

COOKING DEMO - 5-Minute Reese's Peanut Butter Cup Chocolate Mug Cake

Craving a Reese's Peanut Butter Cup? This decadent peanut butter chocolate mug cake is the perfect treat without the guilt. It's vegan, whole food plant based, oil-free, and refined sugar free so you can enjoy a delicious indulgence without derailing your healthy eating. And it only takes 5 minutes so when a craving hits, you can satisfy it quickly!



Grocery Shopping List page 1

You can find the recipes for all cooking demos at the **BACK** of this workbook.

FRESH PRODUCE:

- ¼ cup + 4-6 tablespoons lemon juice
- 1 medium lemon, juiced
- 6-8 cups mixed greens
- ½ cup cherry tomatoes
- 1 medium cucumber
- ½ cup red onion, chopped
- 1 medium red bell pepper
- 3 cloves garlic, finely minced
- 1 tablespoon minced garlic
- ¼ cup fresh cilantro, chopped

FROZEN FOODS:

- 3 cups frozen tri-color pepper & onion blend
- 1 cup frozen corn kernels

REFRIGERATED:

- 1 ⅔ cups + 4 tablespoons unsweetened organic soy milk (or any plant milk of choice)
- 14 ounces extra firm tofu (or Pumfu or chickpea tofu for soy-free)

GRAINS:

- 1 cup uncooked quinoa
- 16 corn tortillas (Mi Rancho Thincredibles are best for crispiness)

PANTRY STAPLES:

- ⅓ cup lite canned coconut milk (or more soy milk/plant milk of choice)
- 20 ounces pineapple chunks or rings in juice (no sugar added)
- 4 cups low-sodium vegetable broth
- 15 ounces canned chickpeas, low sodium
- 15 ounces canned black beans, low sodium
- 15 ounces canned pinto beans, low sodium
- ¼ - ½ cup aquafaba (liquid reserved from the canned chickpeas)
- ¼ cup Kalamata olives, pitted
- 16 ounces salsa
- 4 ounces soy curls (I buy the Butler brand and they come in 8 ounce bags - <https://amzn.to/3B3ZQm>)

Grocery Shopping List page 2

NUTS/SEEDS/DRIED FRUIT:

- ½ cup whole chia seeds (not ground)
- 4 teaspoons unsweetened shredded coconut
- ½ cup tahini
- 3 tablespoons PB2 powder

BAKING INGREDIENTS:

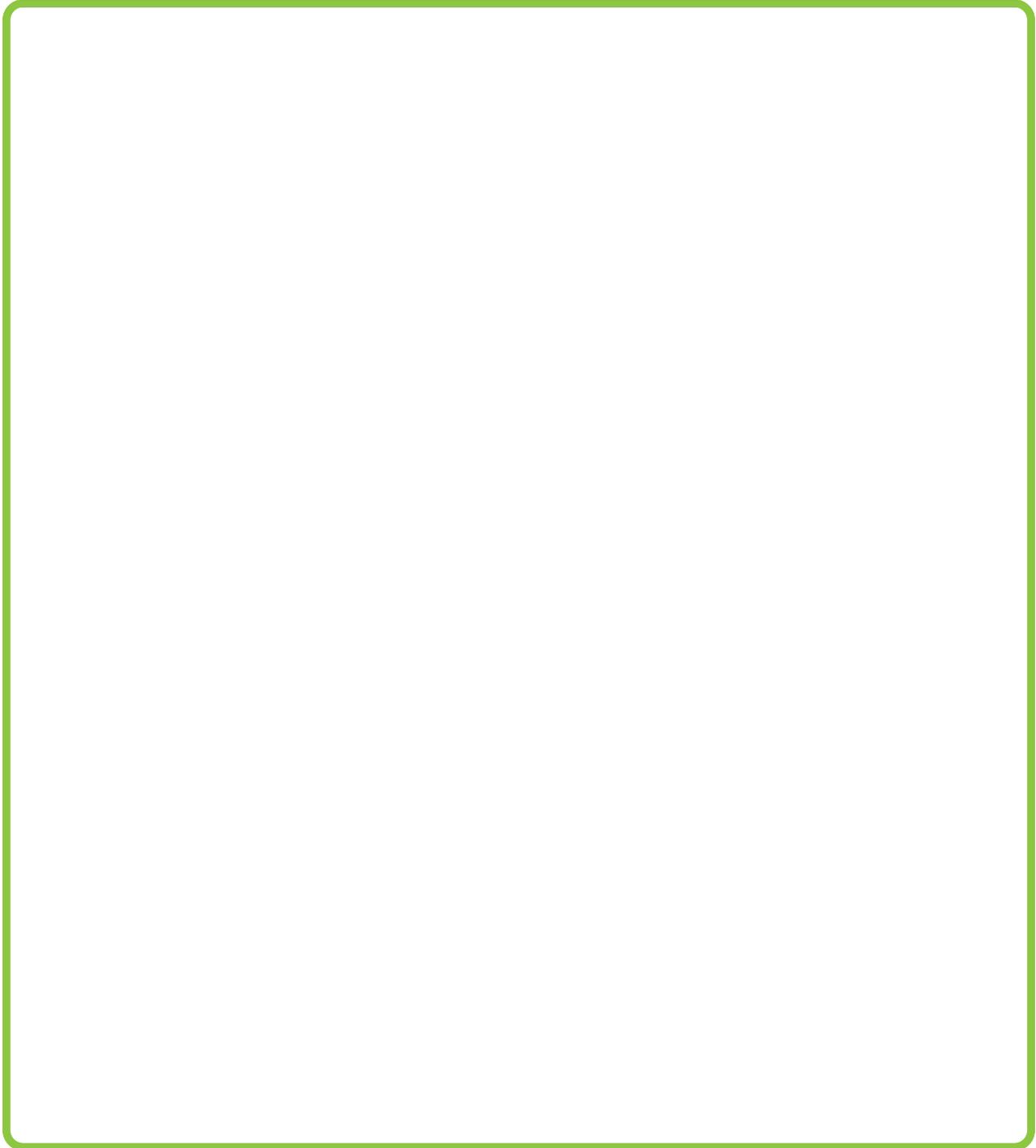
- 3-4 tablespoons date syrup or pure maple syrup (use this link to get 10% off from The Date Lady - <https://ilovedatelady.com/SPBK10>)
- 2 tablespoons date sugar (use this link to get 10% off from The Date Lady - <https://ilovedatelady.com/SPBK10>)
- ½ cup red wine vinegar
- 1 tablespoon Italian Seasoning
- 1 teaspoon garlic powder
- 1 ½ teaspoons onion powder
- 1 teaspoon chili powder
- 1 teaspoon cumin
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2 tablespoons whole wheat flour (chickpea flour or Bob's Red Mill 1:1 Gluten-Free Baking Flour)
- 2 tablespoons unsweetened cocoa powder
- ¼ teaspoon baking soda
- 1 tablespoon unsweetened applesauce

OPTIONAL TOPPINGS FOR TORTILLA SOUP:

- oil-free vegan sour cream (Forager Project brand)
- chopped fresh cilantro
- diced avocado
- green onions

Day 1 Masterclass Notes

The Healing Power of Plants: How to Reverse the Root Cause of Chronic Disease to Feel Your Best



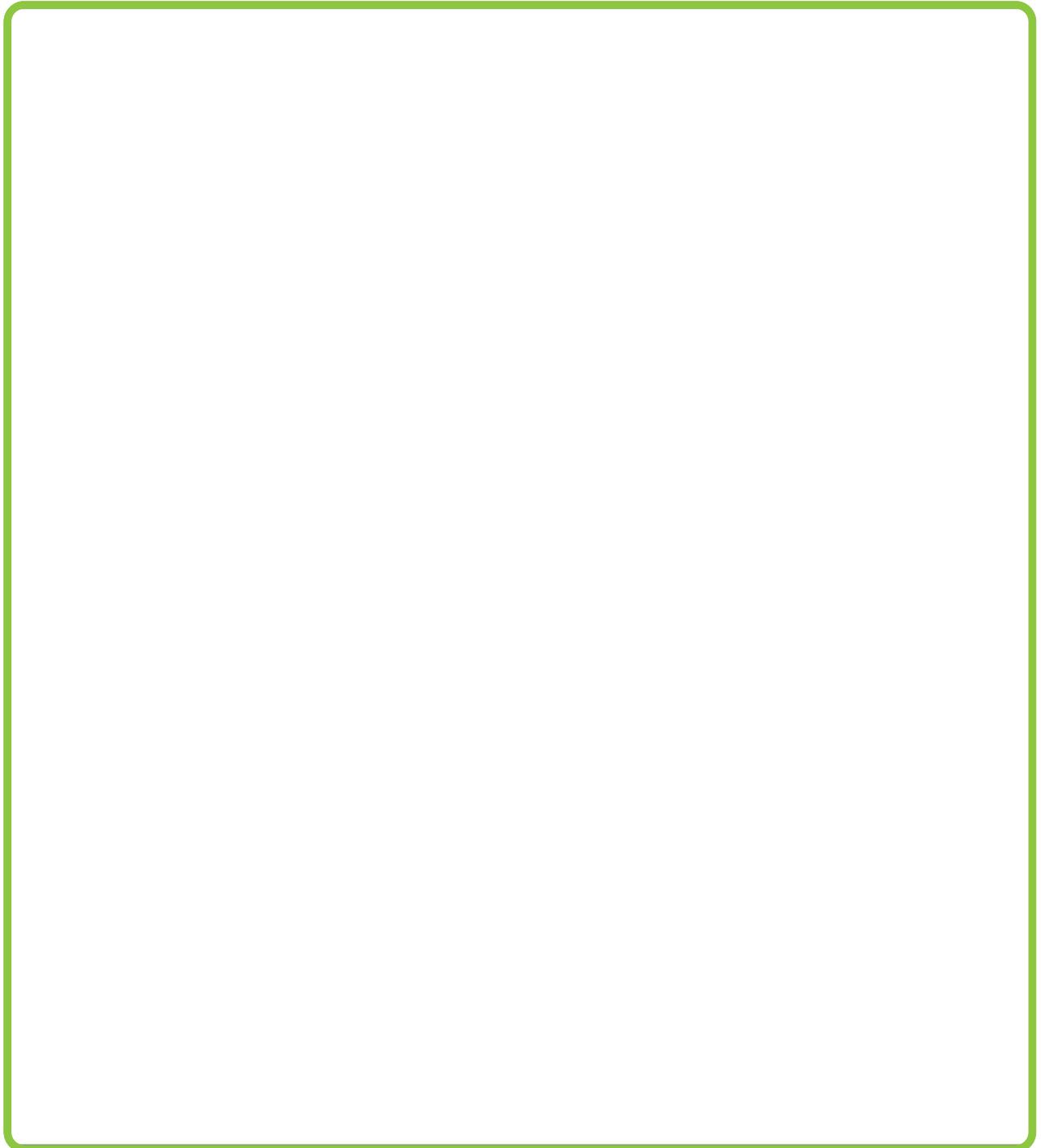


Day 1 Assignment

What is your why for wanting to eat a plant-based diet, and how do you hope it will change how you feel, live, or show up for your life?

Day 2 Masterclass Notes

Not All Plant-Based Diets Are Created Equal: Why Some Work for Weight Loss and Others Don't



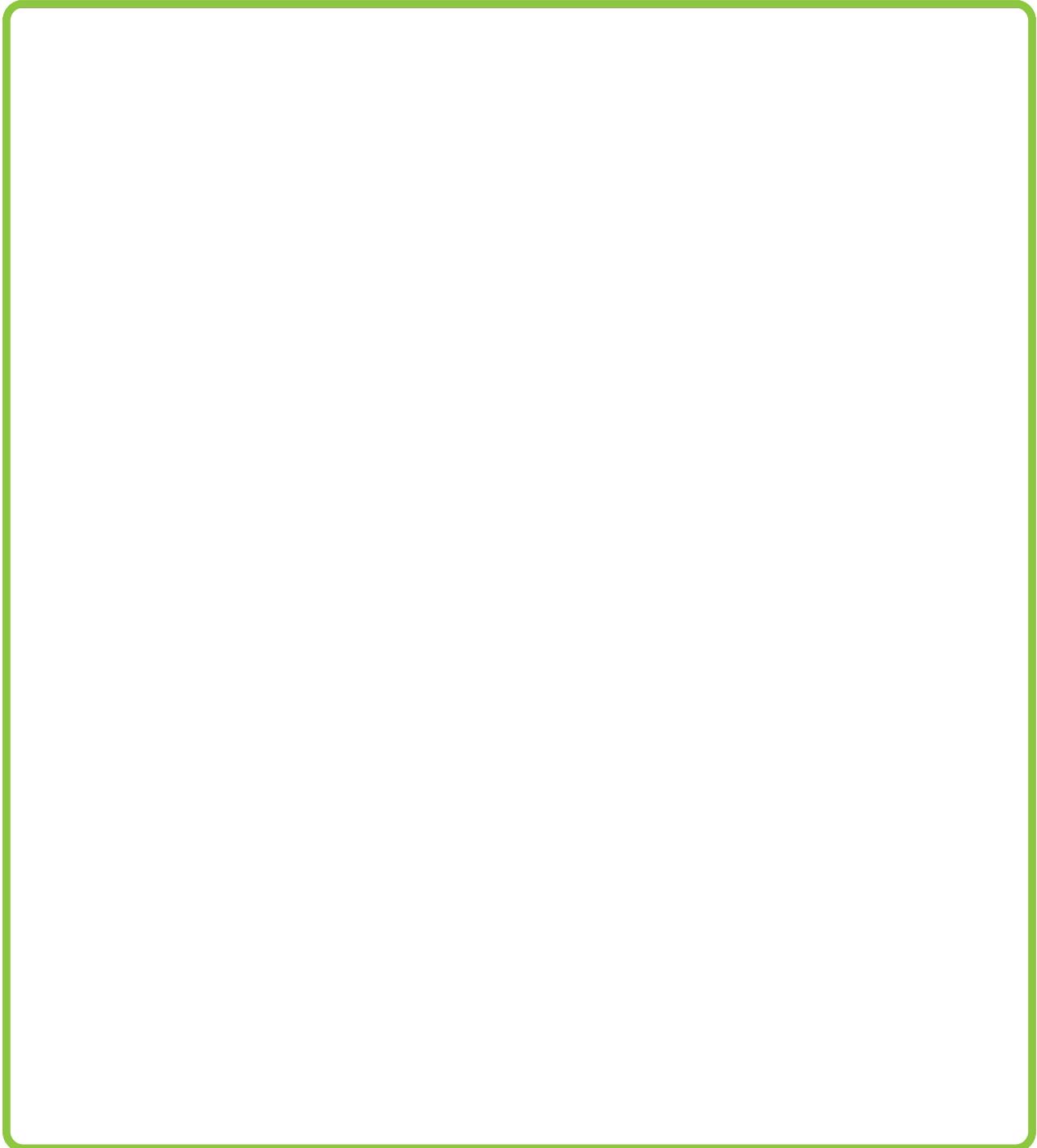


Day 2 Assignment

What specific changes can you make to increase fiber and reduce oil in your daily meals to better support your weight loss and overall health goals?

Day 3 Masterclass Notes

Getting Enough Protein and Calcium on a Plant-Based Diet Without Meat or Dairy



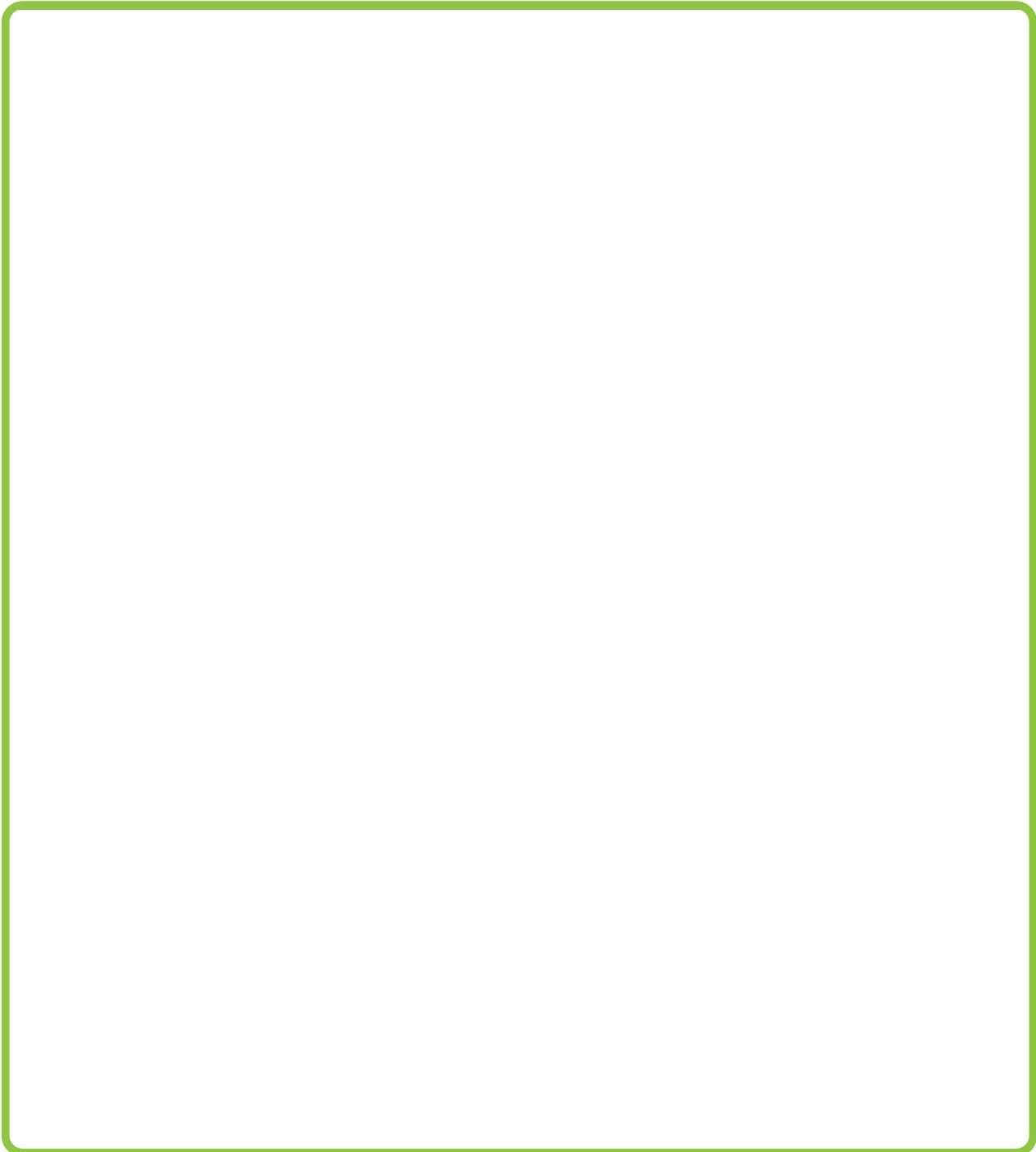


Day 3 Assignment

What are 1-3 simple swaps you can start making today to replace animal based sources of protein and calcium with plant-based options that fit easily into your daily routine?

Day 4 Masterclass Notes

***How to Make Plant-Based Eating Work in Your Busy Real Life
(Even If Your Family Isn't On Board)***





Day 4 Assignment

How can you make plant-based eating work in your real life right now, and what kind of support, structure, or accountability would help you stay consistent as your next step forward?

Next Steps

Join us in Plant Powered Life!



You deserve to have your best health and you can achieve it with the power of plants. Let's keep this party going together and I'll help you transition to a whole food plant based lifestyle slow and steady over 6 weeks in Plant Powered Life.

Plant Powered Life is the game-changing program and community to help you create your best health and ideal weight through the power of plants. With a step-by-step process, video tutorials, over 100 simple & delicious recipes, sample meal plans, support, community, cooking demos, and coaching calls, you'll have all you need to create a plant-based life you LOVE!

"Before beginning whole food plant based eating, the SAD diet was killing me. It was not good at all and I had just been diagnosed with high cholesterol, type 2 diabetes, and high blood pressure. Quick update, my latest A1c is currently at 5.1. My fasting blood sugar is usually in the lower 90's and I rarely spike above 160. I've lost a total of 103 pounds and I'm just 3 or 4 pounds from my goal. My B12 and vitamin D levels are now in normal ranges. Everything now feels more like this is just how I eat.... It's just how I live... My favorite parts have been the six week challenge and the accountability group - the support from other members in the group has been very helpful and the recipes are great! Plant Powered Life has helped this former SAD dieter transition to a healthy life. Thank you!"

- MICHELLE CAVANAUGH



What Others Are Saying

"I have lost 36 lbs since I started with you and my A1C is steadily declining. My doctor has switched to whole food plant based and so has her nurse. For a compulsive emotional overeater, this has been the easiest and most rewarding thing I have ever done. Thank you for your great ideas and encouragement."

- JUDY HUTYRA

"My mother died a day before her 65th birthday and my father died 6 months short of his 65th. I've been working hard to keep the promise I made to my mother at her funeral, that I will live the long and healthy life God intended for her. Several years ago, I was over 250 lbs with an A1C over 12. Today my A1C is about 6.4 by giving up the vegan junk foods. I've released over 100 lbs. Thank you guys for all your support, Kim and this group made a major difference in my life."

- LINDA HARRIS-JONES

"Before starting with this program, my blood pressure, cholesterol and weight were all very high. I didn't know if I would have a future. My top 3 goals when I started working with Kim were to lower my blood pressure, lose weight, and learn to enjoy eating vegetables. All 3 have happened! In only 6 months, I lost 50 lbs, lowered my blood pressure 10 points, and I went from eating velveeta cheese every day to eating VEGETABLES every day. Kim was patient and extremely informative and kept me on track. This is the first time in my life that I truly know I will never gain the weight back or go back to eating fast food, cheese, and chips. THANK YOU, Kim, for saving my life."

- KATHY GOUGHENOUR



Will you join us?

Enrollment is opening soon!

Day 1 - Pina Colada Chia Seed Pudding

Creamy, tropical, and naturally sweet, this Pina Colada Chia Seed Pudding tastes like dessert but fuels your body with fiber, healthy fats, and real whole food ingredients. Made with pineapple, coconut, and chia seeds, it is refreshing, satisfying, and perfect for breakfast, snack, or a light treat that feels indulgent without the guilt.



Prep Time	Cook Time	Chilling Time	Total Time
5 mins	5 mins	4 hrs	4 hrs 10 mins

Servings: 4 jars Calories: 279kcal Author: Kim Murphy

Ingredients

- 1 2/3 cups unsweetened organic soy milk or plant milk of choice
- 1/3 cup lite canned coconut milk or more soy milk/plant milk of choice
- 2 tablespoons date syrup or pure maple syrup optional
- 1/2 cup whole chia seeds not ground
- 20 ounces pineapple chunks or rings in juice (no sugar added)
- 4 teaspoons unsweetened shredded coconut

Instructions

1. In a large mason jar (32 ounce jars), mix together the plant milk and date syrup. Add the whole chia seeds and mix well until chia seeds are distributed evenly. (You can put a lid on the jar and shake it)
2. Drain the pineapple really well, and add to a food processor or blender. Blend until puréed.
3. Divide the pineapple purée between 4 regular mason jars (16 ounce jars).
4. Pour the chia seed mixture (divided evenly) over the pineapple purée. Don't stir so that it creates a natural swirl.
5. Sprinkle with shredded coconut.
6. Put on the lids and refrigerator for at least 4 hours or overnight so that the chia seeds gel up and create a pudding consistency.

Notes

You can also use about 2 cups of fresh pineapple instead of canned.

I use wide-mouth mason jars with a funnel so that I don't make a mess pouring!

Turn this into overnight oats! Instead of the chia seeds, use 2 cups Old Fashioned oats (rolled oats).

Nutrition

Serving: 1jar | Calories: 279kcal | Carbohydrates: 41g | Protein: 7g | Fat: 11g | Saturated Fat: 3g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 1g | Trans Fat: 0.03g | Sodium: 58mg |

Potassium: 427mg | Fiber: 10g | Sugar: 27g | Vitamin A: 292IU | Vitamin C: 14mg | Calcium:
294mg | Iron: 3mg

Day 2 - Vegan Mediterranean Protein Bowl with Tofu Feta



This Vegan Mediterranean Protein Bowl is a fresh, satisfying meal packed with bold Mediterranean flavors. Leafy greens and quinoa are topped with chickpeas, tofu feta, crisp veggies, olives, and then finished with a bright lemon tahini dressing. It's filling without feeling heavy and perfect for meal prep, quick lunches, or an easy, nourishing dinner.

Prep Time 10 mins	Cook Time 15 mins	Total Time 25 mins
----------------------	----------------------	-----------------------

Servings: 4 bowls Calories: 430kcal Author: Kim Murphy

Ingredients

Tofu Feta

- 14 ounces extra firm tofu see notes for soy-free
- 1/2 cup water
- 1/2 cup red wine vinegar
- 1/4 cup lemon juice
- 1 tablespoon Italian Seasoning
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Bowl Ingredients

- 1 cup uncooked quinoa, rinsed
- 2 cups low-sodium vegetable broth or water
- 6-8 cups mixed greens your choice! kale, spinach, arugula, spring mix, romaine, etc
- 15 ounces canned chickpeas, low sodium drain & reserve aquafaba
- 1/2 cup cherry tomatoes halved or can be left whole
- 1 medium cucumber diced
- 1/2 cup red onion chopped
- 1 medium red bell pepper deseeded & chopped
- 1/4 cup Kalamata olives pitted & chopped

Instructions

Marinate the Tofu Feta

1. Press your tofu for at least 20 minutes. Then cut into 1" cubes or break into large crumbles.

2. Whisk the marinade ingredients together in a medium bowl. Place tofu in a large storage bag and pour marinade over the tofu. Seal tightly and gently rotate bag around to coat tofu evenly. Place in refrigerator for at least 20 minutes, flipping halfway through marinating. (Refrigerate over night for best flavor).

Cook the Quinoa

1. In a medium sauce pan, combine the water & quinoa & bring to a boil. Cover and lower the heat to maintain a simmer for 15 minutes. Fluff quinoa with a fork.
2. While the quinoa is cooking, drain your chickpeas, reserving the aquafaba for your Lemon Tahini dressing. Chop your veggies and place in separate bowls. Make your Lemon Tahini Dressing at this time also (see next recipe).

Assemble Your Bowls

1. To make the bowls, layer the bottom of the bowl with greens, then quinoa, veggies, chickpeas, tofu feta, & olives. Drizzle with Lemon Tahini Dressing. Enjoy!
2. For meal prepping in large 32 ounce mason jars, layer from the bottom up -
 1. dressing
 2. kalamata olives
 3. tofu feta
 4. chickpeas
 5. cucumber
 6. cherry tomatoes
 7. red bell pepper
 8. red onion
 9. quinoa
 10. greens

Notes

For soy-free "tofu", look for Pumfu (which is made from pumpkin seeds) or chickpea tofu. You can also, omit the Tofu Feta and add extra chickpeas or hummus to make up for the protein.

Nutrition

Serving: 1bowl | Calories: 430kcal | Carbohydrates: 59g | Protein: 24g | Fat: 11g | Saturated Fat: 1g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 2g | Sodium: 605mg | Potassium: 821mg | Fiber: 13g | Sugar: 6g | Vitamin A: 2750IU | Vitamin C: 104mg | Calcium: 259mg | Iron: 6mg

Day 2 - Lemon Tahini Dressing

This Lemon Tahini Dressing is creamy, bright, and perfectly tangy. Made with smooth tahini and fresh lemon juice, it comes together in minutes and adds bold Mediterranean-inspired flavor to salads, grain bowls, and roasted veggies.

Prep Time	Total Time
5 mins	5 mins

Servings: 8 servings Calories: 102kcal Author: Kim Murphy

Ingredients

- 1/2 cup tahini
- 4-6 tablespoon lemon juice
- 1-2 tablespoons date syrup or pure maple syrup optional for sweetness
- 3 cloves garlic finely minced or 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt optional
- 1/4-1/2 cup aquafaba (liquid from canned chickpeas) or water for thinning

Instructions

1. In a 16-ounce mason jar, add the tahini, 4 tablespoons of lemon juice, 1 tablespoon of date syrup, minced garlic, onion powder, black pepper, & salt. Stir to combine, then add 1/4 cup of the aquafaba (or water) and mix again.
2. Taste and add more lemon juice or date syrup, if desired, 1 tablespoon at a time for extra tartness or sweetness.
3. Add extra aquafaba or water to thin to desired consistency.
4. Cover with a lid and store in the refrigerator for up to a week. It will thicken as it chills, so add 1 extra tablespoon water to thin it out later if needed.

Nutrition

Serving: 2tablespoons | Calories: 102kcal | Carbohydrates: 6g | Protein: 3g | Fat: 8g | Saturated Fat: 1g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 3g | Sodium: 98mg | Potassium: 90mg | Fiber: 1g | Sugar: 2g | Vitamin A: 11IU | Vitamin C: 4mg | Calcium: 27mg | Iron: 1mg

Day 3 - Vegan Mexican "Chicken" Tortilla Soup



This Vegan Mexican "Chicken" Tortilla Soup delivers all the cozy, bold flavors you love, made completely plant-based using shredded soy curls instead of chicken. Topped with crunchy tortilla strips and your favorite fresh garnishes, this soup is protein-rich, filling, and perfect for weeknight dinners, meal prep, or anytime you are craving a warm, flavor-packed bowl.

Prep Time 10 mins	Cook Time 20 mins	Total Time 30 mins
----------------------	----------------------	-----------------------

Servings: 8 servings Calories: 236kcal Author: Kim Murphy

Ingredients

For the Shredded "Chicken"

- 4 ounces soy curls I use Butler brand
- 2 cups vegetable broth low sodium

Soup Ingredients

- 4 cups vegetable broth low sodium
- 15 ounces canned black beans, low sodium rinsed & drained
- 15 ounces canned pinto beans, low sodium rinsed & drained
- 3 cups frozen tri-color pepper & onion blend
- 1 cup frozen corn kernels
- 14 ounces diced tomatoes & chilis
- 16 ounces salsa
- 1 medium lemon, juiced
- 1 tablespoon minced garlic
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1/4 cup fresh cilantro, chopped

Optional Toppings

- oil-free tortilla chips like Tatemada or see next recipe to make your own
- chopped fresh cilantro
- diced avocado
- green onions
- oil-free vegan sour cream like Forager Project

Instructions

1. In a medium bowl, soak the soy curls in 2 cups of vegetable broth for 10 minutes until rehydrated.

2. Drain and squeeze out excess liquid in a colander. Add soy curls to a food processor fitted with an S-blade. Pulse until shredded to the desired consistency. If you don't have a food processor, you can also chop them by hand.

Stove Top Instructions

1. Add all the rest of the soup ingredients to a large pot while soy curls are soaking. Add shredded soy curls and mix until ingredients are well-combined.
2. Heat to boiling, then cover and lower to a simmer for 20 minutes.

Slow Cooker Instructions

1. Add all the rest of the soup ingredients to a slow cooker while soy curls are soaking. Add shredded soy curls and mix until ingredients are well combined.
2. Cover and set slow cooker on high for 4 hours or low for 6-8.
3. Serve with optional toppings like oil-free tortilla chips, diced avocado, green onions, vegan sour cream, or fresh cilantro.

Notes

Nutritional values do not include toppings.

You can buy Butler brand non-GMO soy curls from Amazon (<https://amzn.to/3B3ZQmJ>), direct from the Butler website (<https://www.butlerfoods.com/>), or at Natural Grocers.

For soy-free, omit the soy curls & add a can of drained cooked lentils (about 1 1/2 cups).

Tatemada brand oil-free baked chips can be found at Whole Foods and some Targets and on Amazon.

Nutrition

Serving: 2cups | Calories: 236kcal | Carbohydrates: 41g | Protein: 15g | Fat: 4g | Saturated Fat: 0.2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 0.2g | Sodium: 466mg | Potassium: 746mg | Fiber: 13g | Sugar: 5g | Vitamin A: 4952IU | Vitamin C: 26mg | Calcium: 95mg | Iron: 3mg

Day 3 - Crispy Baked Tortilla Strips

Use these simple oil-free low-sodium baked tortilla strips to top your Mexican soups with! They can be baked or air fried for a fast, crunchy snack.

Prep Time 5 mins	Cook Time 15 mins	Total Time 20 mins
---------------------	----------------------	-----------------------

Servings: 8 servings Calories: 113kcal Author: Kim Murphy

Ingredients

- 16 corn tortillas Mi Rancho Thincredibles are best for crispness

Instructions

1. Preheat oven to 350°F. Line a baking sheet with parchment paper or silicone baking mat.
2. Place tortillas on a cutting board. Using a pizza cutter, slice tortillas into one inch strips and then cut the strips in half. Spread onto baking sheet in a single layer.
3. Bake for 10 minutes, then flip tortillas and bake for 3-5 more minutes until lightly browned & crisp.***
4. Remove from the oven and let cool for 10 minutes. They will crisp up a bit more after cooling. Store in a sealed bag or container in your pantry. Make sure they are fully cooled before storing.

Notes

***The time it takes to get to the desired crispness will depend on the brand & thickness of your tortilla strips and also your oven. After the first 10 minutes, cook in 3-5 minute increments until desired crispness. Flip each time to cook evenly.

Nutrition

Serving: 1serving | Calories: 113kcal | Carbohydrates: 23g | Protein: 3g | Fat: 1g | Saturated Fat: 0.2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 0.4g | Sodium: 23mg | Potassium: 97mg | Fiber: 3g | Sugar: 0.5g | Vitamin A: 1IU | Calcium: 42mg | Iron: 1mg

Day 4 - 5-Minute Reese's Peanut Butter Cup Chocolate Mug Cake



Craving a Reese's Peanut Butter Cup? This decadent peanut butter chocolate mug cake is the perfect treat without the guilt. It's vegan, whole food plant based, oil-free, and refined sugar free so you can enjoy a delicious indulgence without derailing your healthy eating. And it only takes 5 minutes so when a craving hits, you can satisfy it quickly!

Prep Time 4 mins	Cook Time 1 min	Total Time 5 mins
---------------------	--------------------	----------------------

Servings: 1 mug Calories: 251kcal Author: Kim Murphy

Ingredients

- 2 tablespoons whole wheat flour or gluten-free flour like Bob's Red Mill 1:1 Baking Flour or chickpea flour
- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons date sugar or coconut sugar***
- 1/4 teaspoon baking soda
- 4 tablespoons unsweetened plant milk see notes if using coconut sugar***
- 1 tablespoon unsweetened apple sauce
- 1/2 teaspoon pure vanilla extract
- 3 tablespoons PB2 powder see notes for substitutions
- 2 tablespoons water

Instructions

1. In a microwave-safe mug, add the dry ingredients (whole wheat flour, cocoa powder, date sugar, & baking soda) and mix together.
2. Mix in the plant milk, applesauce, & vanilla extract to create the batter. It will be thick so be sure to mix well and scrape the corners of the mug.
3. Whisk together the PB2 powder & 2 tablespoons of water until smooth & creamy.
4. Dollop the reconstituted PB2 powder in the center of the batter.
5. Microwave for 60 seconds. Check for doneness - it should be just set, but still shiny on top. Cook for additional 15-second intervals if needed. You want it slightly undercooked as it will continue to cook as it cools. It should not take more than 90-120 seconds, depending on your microwave.
6. Let it cool for a few minutes and then enjoy!

Notes

***If using coconut sugar, reduce milk to 3 tablespoons of milk otherwise it will be too moist.

The best peanut butter powder is PB2 Pure which has no added sugar or salt. If you want to substitute regular peanut butter, use 1 heaping tablespoon.

For nut-free, you can omit the PB2 powder to make it just a chocolate mug cake or sub 1 heaping tablespoon SunButter.

You can also mix in vegan dark chocolate chips!

Oven Instructions: I haven't tested making this in an oven, but from what I researched, you can bake at 350°F for 15-25 minutes. Make sure you use an oven-safe dish like a ramekin (most coffee mugs are NOT oven-safe).

Nutrition

Serving: 1 mug | Calories: 251kcal | Carbohydrates: 48g | Protein: 13g | Fat: 5g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Cholesterol: 0.01mg | Sodium: 298mg | Potassium: 288mg | Fiber: 9g | Sugar: 20g | Vitamin A: 203IU | Vitamin C: 0.1mg | Calcium: 107mg | Iron: 2mg