



Plant Based

BEGINNER'S BOOTCAMP



GET STARTED WITH A DELICIOUS & SIMPLE
PLANT-BASED LIFESTYLE THAT SUPPORTS
YOUR HEALTH & WEIGHT LOSS GOALS

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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 5-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!

Our challenge officially kicks off on Monday, October 6th, and each day, 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

Here's how the challenge works:

This is a 5-day challenge Monday, October 6 - Friday, October 10.

Each day of the challenge at 9am Central Time, a masterclass & a cooking demo video will be released. Each video will be less than an hour long.

You will have **24 hours to watch that day's masterclass & cooking demo for free** until they are replaced with the next day's challenge videos at 9am Central Time.

Access the challenge video broadcast page here.

There will be **easy & fun assignments** to do each day to start applying what you're learning, and I'll be **giving away prizes to the best action-takers in the private community!** You've got to show up & participate to have a chance to win! You will get out of this challenge only what you put into it.

- 1** Download our **Simply Plant Based Kitchen app** for easy access on your mobile device!



- 2** **Say hello in the Private Community!** This is 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!

Log in here to Plant-Based Beginner's Bootcamp Private Community or on the mobile app

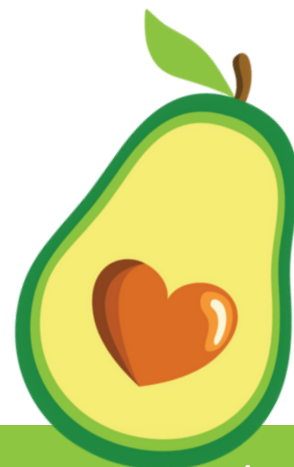
This is a nurturing & positive community where you will be able to make friends & meet people who are on the same journey as you. *(The community is NOT on Facebook)* ***The Private Community will be open until Tuesday, October 14.

- 3** **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>**

- 4** **Worried you might miss out on some classes or want more time to complete the challenge?**

Upgrade to the VIP Package to get:

- Unlimited access to masterclass & cooking demos videos
- Transcripts & cited studies
- Access to the VIP-Only Coaching Session on Friday, October 10th at 3pm CT
- Exclusive giveaway to 3 VIPs - Plant Powered Life programs (\$497 value)
- Over \$800 in bonuses!
- **Upgrade to the VIP Package HERE**



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 5-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:

- ✓ Learn how animal products & processed foods are holding you back from your best health & weight
- ✓ Understand how chronic diseases can not only be prevented but in many cases reversed and be able to avoid and possibly get off of expensive chronic disease medications
- ✓ 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, and vitamin B12
- ✓ 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, feel great, and have your best health
- ✓ Learn the best process to successfully transition to a plant based diet so you can stick with it for the long term
- ✓ 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
DAY

BETTER HEALTH, ONE BITE AT A TIME: THE BENEFITS OF PLANT-BASED EATING

You've probably heard all your life that animal protein is the key to being strong and healthy — but science shows plants can do so much more. Discover how adding more plant-based foods to your plate can boost energy, protect against chronic diseases like heart disease, cancer, diabetes, and dementia, and help you feel your best.

COOKING DEMO - Carrot Cake Overnight Oats

2
DAY

THE PROCESSING OF AMERICA: THE HIDDEN COST OF PROCESSED FOODS

We are all so busy these days and most of us rely heavily on processed foods to get us through each day. Unfortunately, they are loaded with salt, sugar, oil, artificial flavors and chemicals. Could these processed foods be holding you back from your ideal health and weight? And how do you know which vegan products on the market are actually good for you?

COOKING DEMO - Ultimate Loaded Vegan Fiesta Nachos

3
DAY

SECRETS TO SUSTAINABLE WEIGHT LOSS ON A PLANT-BASED DIET

Not all plant-based diets are created equal and if you are looking to have your best health, weight, and feel great, the truth is in the details! Learn the differences between plant-based diets so you can decide which one will help you lower your cholesterol and blood pressure, improve your blood sugar, and help you lose weight and keep it off. You'll discover how you get to eat MORE, not LESS and still lose & maintain your ideal weight.

COOKING DEMO - Simple Avocado Veggie Spring Rolls with Creamy Thai Peanut Sauce

4
DAY

NOURISH & THRIVE: GETTING ALL YOUR NUTRIENTS FROM PLANTS

Are you worried about eating too many carbs or not getting enough protein on a plant-based diet? Not sure how to get enough calcium or vitamin B12 or omega-3s? I'll even cover controversial foods like soy and whether it should be avoided or added to your plate. Learn how to get all the macronutrients & micronutrients you need from whole plants so you don't have to worry about deficiencies.

COOKING DEMO - Creamy Vegan Italian "Chicken" Gnocchi Soup

5
DAY

BEYOND THE DIET: HOW TO CREATE A PLANT POWERED LIFE YOU LOVE

Are you concerned this will be another temporary diet that will be too difficult and you won't be able to keep it going? Have you been on a bazillion failed diets in your lifetime? I've been there and totally understand! There is a big difference in a diet and a lifestyle, and I will give you my best practical tips for making this easy to begin and a way of eating you will WANT to stick with for your life.

COOKING DEMO - Vegan Chocolate Chip "Nice" Cream Sundaes

Mark Your Calendar

Each day of our 5-day challenge, a daily masterclass & cooking demo will be released. The broadcast link will be emailed out and is also available in your Plant-Based Beginner's Bootcamp Course & posted in the private community.

The videos will be available for free for 24 hours each day until 9am CT the following day when the next daily videos are released. If you want unlimited access to the classes, over \$800 in bonuses, and access to our VIP Coaching Session on Friday, upgrade to the VIP Package here - <https://courses.simplyplantbasedkitchen.com/vip>

All times listed below are Central Time (Chicago) USA.

Day 1

Monday, Oct 6 - 9am CT

Masterclass: Better Health, One Bite at a Time: The Benefits of Plant-Based Eating

Cooking Demo: Carrot Cake Overnight Oats

Day 2

Tuesday, Oct 7 - 9am CT

Masterclass: The Processing of America: The Hidden Cost of Processed Foods

Cooking Demo: Ultimate Loaded Vegan Fiesta Nachos

Day 3

Wednesday, Oct 8 - 9am CT

Masterclass: The Secrets to Sustainable Weight Loss on a Plant-Based Diet

Cooking Demo: Simple Avocado Veggie Spring Rolls w/ Creamy Thai Peanut Sauce

Day 4

Thursday, Oct 9 - 9am CT

Masterclass: Nourish & Thrive: Getting All Your Nutrients from Plants

Cooking Demo: Creamy Vegan Italian "Chicken" Gnocchi Soup

Day 5

Friday, Oct 10 - 9am CT

Masterclass: Beyond The Diet: How To Create A Plant Powered Life You Love

Cooking Demo: Vegan Chocolate Chip Cookie "Nice" Cream Sundaes

VIPs ONLY Coaching Session - 3pm CT (different link; must upgrade to VIP Package)

Grocery Shopping List Page 1

You can find the recipes for all 5 cooking demos at the BACK of this workbook.

Cook along with the videos each day! Use the following grocery shopping list to have all your ingredients on hand so you'll have what you need before we start cooking on Monday, Oct 6.

The videos will be available for free for 24 hours each day until 9am CT the following day when the next daily videos are released. If you want unlimited access to the classes + over \$800 in bonuses, upgrade to the VIP Package here - <https://courses.simplyplantbasedkitchen.com/vip>

FRESH PRODUCE:

- ☐ 1 cup shredded carrots (or shred your own)
- ☐ ½ cup sliced carrots (fresh or frozen)
- ☐ 2 medium carrots
- ☐ 2 stalks celery
- ☐ 1 medium onion
- ☐ 4 cups fresh baby spinach
- ☐ 2 teaspoons minced garlic
- ☐ green onions (optional for nachos toppings)
- ☐ cilantro (optional for nachos toppings)
- ☐ 1 lemon, juiced
- ☐ 8 green lettuce leaves (like for hamburgers or bibb lettuce; or kale, spinach, or romaine)
- ☐ 4 medium avocados
- ☐ 1 cup shredded green cabbage
- ☐ 1 cup shredded purple cabbage
- ☐ 3 ripe bananas
- ☐ fresh or frozen pitted cherries (optional Sundaes topping)

FROZEN FOODS:

- ☐ 2 cups frozen corn kernels
- ☐ 4 cups frozen cauliflower florets

GRAINS:

- ☐ ½ cup Old Fashioned (rolled) oats
- ☐ 1 bag of Tatemada tortilla chips **OR** 12-16 corn tortillas

PANTRY STAPLES:

- ☐ 1 ½ cups cooked lentils (Walmart Great Value has organic canned lentils)
- ☐ 15 ounces canned pinto beans or black beans (low sodium)
- ☐ 8 cups vegetable broth (low sodium)
- ☐ 8 sheets rice paper (brown rice paper if you can find it)
- ☐ 4 ounces Butler soy curls (can be ordered on Amazon; can also substitute can of white beans)
- ☐ 16 ounces (1lb) gnocchi (found near dry pasta and/or refrigerated section)
- ☐ 14 ounces lite unsweetened coconut milk (canned) or plant milk of your choice
- ☐ ½ cup unsweetened applesauce

Grocery Shopping List Page 2

NUTS/SEEDS/DRIED FRUIT:

- ☐ 1 tablespoon raisins
- ☐ 1 tablespoon chopped walnuts
- ☐ ½ cut cashews, unsalted
- ☐ ¼ cup natural peanut butter
- ☐ chopped peanuts (optional Sundaes topping)
- ☐ unsweetened shredded coconut (optional Sundaes topping)

BAKING INGREDIENTS:

- ☐ 4 1/2 teaspoons pure vanilla extract
- ☐ 4 teaspoons date syrup or pure maple syrup
- ☐ ½ teaspoon ground cinnamon (Ceylon cinnamon is best)
- ☐ 1 pinch ground nutmeg
- ☐ 1 package Taco seasoning (low sodium)
- ☐ ¼ teaspoon ground ginger
- ☐ ¼ cup nutritional yeast
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon onion powder
- ☐ ½ teaspoon chili powder
- ☐ ½ teaspoon smoked paprika
- ☐ ½ teaspoon salt
- ☐ 2 teaspoons Italian seasoning
- ☐ ¼ teaspoon black pepper
- ☐ 1 ¼ cups whole wheat flour
- ☐ ¾ cup date sugar or coconut sugar
- ☐ ½ teaspoon baking soda
- ☐ ½ cup vegan dark chocolate chips (like Enjoy Life)

Condiments:

- ☐ Guacamole (optional for nachos toppings)
- ☐ Oil-free vegan sour cream (Forager brand - optional for nachos toppings)
- ☐ sliced black olives (optional for nachos toppings)
- ☐ Cholula or taco sauce (optional for nachos toppings)
- ☐ Salsa or pico de gallo (optional for nachos toppings)
- ☐ Sliced jalapenos (optional for nachos toppings)
- ☐ 3 teaspoons low sodium soy sauce
- ☐ 1 teaspoon rice vinegar
- ☐ 1 teaspoon Apple Cider vinegar
- ☐ ¼ teaspoon sriracha or Chili garlic sauce
- ☐ vegan chocolate syrup (like Date Lady) (optional Sundaes topping)

REFRIGERATED:

- ☐ ¾ cup unsweetened plant milk

Day 1 Masterclass Notes

BETTER HEALTH, ONE BITE AT A TIME: THE BENEFITS OF PLANT-BASED EATING

This image shows a single sheet of white paper with horizontal green ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 1 Masterclass Notes

BETTER HEALTH, ONE BITE AT A TIME: THE BENEFITS OF PLANT-BASED EATING

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Comment on the Day 1 Assignment Challenge Post in the private community to have your name put in a drawing to win a VIP Package!

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The PROCESSING OF AMERICA: THE Hidden Cost of Processed Foods

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The PROCESSING OF AMERICA: THE Hidden Cost of Processed Foods

This image shows a single sheet of white paper with horizontal green ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Comment on the Day 2 Assignment Challenge Post in the private community to have your name put in a drawing to win a VIP Package!

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SECRETS TO SUSTAINABLE WEIGHT LOSS ON A PLANT-BASED DIET

SECRETS TO SUSTAINABLE WEIGHT LOSS ON A PLANT-BASED DIET

[illegible]



Comment on the Day 3 Assignment Challenge Post in the private community to have your name put in a drawing to win a VIP Package!

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Nourish & Thrive: Getting All Your Nutrients from Plants

Nourish & Thrive: Getting All Your Nutrients from Plants



Comment on the Day 4 Assignment Challenge Post in the private community to have your name put in a drawing to win a VIP Package!

This image shows a single sheet of white paper with horizontal green ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Day 5 Masterclass Notes

BEYOND THE DIET: HOW TO CREATE A PLANT POWERED LIFE YOU LOVE

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Day 5 Masterclass Notes

BEYOND THE DIET: HOW TO CREATE A PLANT POWERED LIFE YOU LOVE

This image shows a full page of blank handwriting practice paper. It features approximately 20 evenly spaced horizontal green lines across the entire width of the page. The background is white, providing a clear contrast for the green lines. There are no margins, text, or other markings present.



Comment on the Day 5 Assignment Challenge Post in the private community to have your name put in a drawing to win a VIP Package!

This image shows a single sheet of white paper with horizontal green ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Join Me 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 - Carrot Cake Overnight Oats

Carrot Cake Overnight Oats are a wholesome, naturally sweet way to start your morning—like dessert for breakfast, but made entirely with nourishing, whole food plant-based ingredients. This easy, no-cook recipe combines hearty rolled oats, shredded carrots, raisins, warm spices, and a touch of maple syrup for a creamy, satisfying breakfast that tastes just like a slice of classic carrot cake.



| | | |
|---------------------|------------------------|----------------------------|
| Prep Time 5 mins | Chilling Time 4 hrs | Total Time 4 hrs 5 mins |
|---------------------|------------------------|----------------------------|

Servings: 1 jar Calories: 374kcal Author: Kim Murphy

Ingredients

- 1/2 cup Old Fashioned oats (rolled oats)
- 1/2 cup unsweetened plant milk I use soy for higher protein
- 1/4 cup shredded carrots
- 1 tablespoon raisins or dates
- 1 tablespoon chopped walnuts see notes for nut-free options
- 1 teaspoon pure vanilla extract
- 2 teaspoons date syrup or pure maple syrup
- 1/2 teaspoon ground cinnamon
- 1 pinch nutmeg

Instructions

1. Add all ingredients to a mason jar or other container and mix well to combine.
2. Cover and chill in the fridge for at least 4 hours or overnight.
3. Add any toppings (if desired) or additional milk, if needed.

Notes

Batch your whole week of breakfasts ahead in just minutes! Line up 5-7 jars and fill each up with ingredients, mix, & store in refrigerator for a quick grab and go breakfast.

For a nut-free option, omit the walnuts or substitute seeds like pumpkin seeds or sunflower seeds.

Nutrition

Serving: 1jar | Calories: 374kcal | Carbohydrates: 57g | Protein: 11g | Fat: 12g | Saturated Fat: 2g | Polyunsaturated Fat: 7g | Monounsaturated Fat: 2g | Sodium: 76mg | Potassium: 608mg | Fiber: 8g | Sugar: 12g | Vitamin A: 5603IU | Vitamin C: 3mg | Calcium: 224mg | Iron: 3mg

Day 2 - Ultimate Loaded Vegan Fiesta Nachos



Get ready to dig into a fiesta of flavor with these Ultimate Loaded Fiesta Vegan Nachos—a crave-worthy, plant-based twist on a classic comfort food! Built on a crispy foundation of oil-free tortilla chips, these nachos are piled high with hearty lentil taco "meat", savory black or pinto beans, sweet bursts of corn, and a generous drizzle of creamy, tangy Vegan Nacho Cheese Sauce.

But the real magic is in the toppings—think cool vegan sour cream, zesty guacamole, fresh cilantro, sharp green onions, briny black olives, and your choice of taco sauce, salsa, or pico de gallo for that extra kick. Perfect for parties, game day, or a fun weeknight dinner, these nachos are 100% whole food plant-based, oil-free, and absolutely bursting with bold, satisfying flavor. Grab a fork—or just dive in!

| Prep Time | Cook Time | Total Time |
|-----------|-----------|------------|
| 15 mins | 20 mins | 35 mins |

Servings: 4 servings Calories: 394kcal Author: Kim Murphy

Ingredients

- 8-12 ounces oil-free baked tortilla chips Tatemada or make your own - see notes
- 1 recipe Vegan Nacho Cheese Sauce see next recipe
- 1 1/2 cups cooked lentils
- 1 package Taco seasoning low sodium
- 15 ounces pinto beans or black beans, drained low sodium
- 2 cups frozen corn kernels

Toppings Ideas

- guacamole
- oil-free vegan sour cream Forager brand is good
- green onions, chopped
- black olives, sliced
- Cholula or taco sauce
- salsa or pico de gallo
- cilantro
- sliced jalapeños

Instructions

1. Start by baking the tortilla chips if making your own (see notes for baking/air fry recipe).
2. While the tortillas are cooking, make the Vegan Nacho Cheese Sauce recipe (see next recipe).

3. Drain the cooked lentils and pour into a medium non-stick pan. Mix in the taco seasoning and 2 tablespoons of water. Cook on medium heat until the sauce has thickened and the lentils are heated through, about 5 minutes.
4. Drain the black or pinto beans and pour them into a microwave-safe dish. Cover the bowl with a microwave-safe lid or a plate (leave a small gap for steam to escape) & microwave for 1-2 minutes until heated. (you can also do BOTH pinto & black beans!)
5. Pour frozen corn kernels into a microwave-safe dish with a splash of water. Cover the bowl with a microwave-safe lid or a plate (leave a small gap for steam to escape) and microwave for 4-5 minutes.
6. Put your nachos together! Layer corn tortillas, cheese sauce, lentil taco "meat", beans, & corn. Then top with additional desired toppings. Enjoy!

Notes

How to make your own oil-free baked tortilla chips:

1. Mi Rancho Organic Thin Corn Tortillas are the best because they make crispier chips.
2. Preheat oven to 350°F and line 2 baking sheets with a silicone baking mat or parchment paper.
3. Cut corn tortillas into triangles with a pizza cutter.
4. Place the tortillas on the baking sheets in a single layer and bake for 10 minutes. After 10 minutes, flip and bake for 3-5 more minutes, or until desired crispness is achieved (note that this will vary by brand & thickness of tortilla, so keep an eye on them to prevent burning).
5. You can also air fry at 325°F for 5 minutes in batches until crispy.

This is an excellent recipe for families & parties - create your nacho bar! Spread out all the toppings along the kitchen counter so everyone can create their own Ultimate Loaded Fiesta Nachos. Got a big party? Double or triple this recipe so there's plenty to go around!

Nutrition facts only include the corn tortillas, lentils, taco seasoning, beans, and corn. Nacho cheese sauce (next recipe shows nutrition facts for sauce) and any additional toppings will change the nutritional values.

Nachos don't keep well after you've added the toppings to the chips, but you can keep the ingredients separate in the fridge to make more later.

Nutrition

Serving: 1serving | Calories: 394kcal | Carbohydrates: 81g | Protein: 18g | Fat: 3g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Sodium: 306mg | Potassium: 915mg | Fiber: 18g | Sugar: 5g | Vitamin A: 831IU | Vitamin C: 12mg | Calcium: 113mg | Iron: 6mg

Day 2 - Vegan Nacho Cheese Sauce

This is a lower fat version of vegan cheese sauce that uses cauliflower! You won't even notice, it's still so delicious!

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

Servings: 8 Calories: 74kcal Author: Kim Murphy

Ingredients

- 1/2 cup carrots, sliced fresh or frozen
- 4 cups cauliflower florets fresh or frozen
- 1/2 cup cashews unsalted
- 1 cup vegetable broth low sodium
- 1 lemon juiced
- 1 teaspoon apple cider vinegar
- 1/4 cup nutritional yeast
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon smoked paprika
- 1/8 teaspoon salt optional

Instructions

1. If you don't have a high-powered blender, such as a Vitamix, pre-soak your cashews in hot water for at least 20 minutes to soften them. Alternatively, you can boil them for 5 minutes. Drain before adding to blender.
2. Peel and chop the carrot into chunks. Place the carrots & cauliflower florets in a microwave-safe dish. If they are fresh, add a splash of water; if they are frozen, you don't need to. Cover the bowl with a microwave-safe lid or a plate (leave a small gap for steam to escape). Microwave on high for 5-7 minutes until tender.
3. Once veggies are cooked, add all the ingredients to a high-powered blender & blend until smooth and creamy, scraping down the sides as necessary.
4. Use for nachos, veggies, potatoes, or making vegan mac n cheese!

Notes

You can also boil your cauliflower and carrots instead of microwaving.

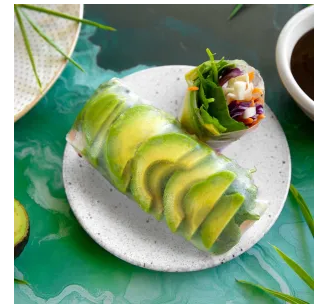
Refrigerate any leftovers in an airtight container. Can be reheated in the microwave or in a saucepan over medium heat on the stove.

To make this nut-free, substitute white beans or cooked potato for the cashews. It will make a thinner sauce.

Nutrition

Serving: 1serving | Calories: 74kcal | Carbohydrates: 8g | Protein: 4g | Fat: 4g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Sodium: 73mg | Potassium: 287mg | Fiber: 2g | Sugar: 2g | Vitamin A: 1438IU | Vitamin C: 32mg | Calcium: 22mg | Iron: 1mg

Day 3 - Simple Avocado Veggie Spring Rolls



These Simple Avocado Spring Rolls are fresh, colorful, and bursting with crunchy goodness! Made with creamy avocado slices, crisp green leaf lettuce, shredded green and purple cabbage, and sweet shredded carrots, each roll is a perfect bite of plant-based nourishment.

Wrapped in delicate rice paper, they're light yet satisfying—and make a fun and easy appetizer, lunch, or snack. Pair with your favorite dipping sauce for a refreshing dish that's as beautiful as it is delicious. No cooking required—just roll, dip, and enjoy!

| | |
|----------------------|-----------------------|
| Prep Time 10 mins | Total Time 10 mins |
|----------------------|-----------------------|

Servings: 4 servings Calories: 353kcal Author: Kim Murphy

Ingredients

- 8 sheets rice paper brown rice if you can find it
- 8 green lettuce leaves or kale, spinach, or romaine
- 4 medium avocados sliced
- 1 cup shredded green cabbage
- 1 cup shredded purple cabbage
- 1/2 cup shredded carrots

Instructions

1. Fill a shallow dish with water. Dip one sheet of rice paper in for about 10 seconds, then place it on a clean cutting board.
2. Tear one lettuce leaf into smaller pieces, and place it in the middle of the rice paper, leaving plenty space all around.
3. Place slices of avocado (1/2 an avocado per roll) in the middle, and then small amounts of shredded cabbage and carrots. Be careful not to overfill.
4. Fold in the sides so they almost touch in the middle, then roll up from the bottom like a burrito. Place on a dish lined with parchment paper, ensuring it doesn't touch other rolls.
5. Repeat for remaining rolls. To meal prep, wrap each roll in parchment paper to keep from sticking together.

Notes

The sky's the limit on what veggies you can use!

For quick prep, you can use pre-shredded cabbage coleslaw. It usually is a mix of green cabbage and small amounts of purple cabbage & carrots. When I use this, I'll still add in the extra carrots.

Rice paper tips: Some rice paper has added sodium, so look for lower-sodium brands. I have found brown rice paper at Whole Foods and sometimes at Walmart. You can also order on Amazon. Happy Pho Vietnamese and Star Anise are brown rice brands.

Nutrition

Serving: 2rolls | Calories: 353kcal | Carbohydrates: 44g | Protein: 9g | Fat: 23g | Saturated Fat: 4g | Polyunsaturated Fat: 4g | Monounsaturated Fat: 20g | Cholesterol: 3mg | Sodium: 142mg | Potassium: 1197mg | Fiber: 12g | Sugar: 4g | Vitamin A: 5385IU | Vitamin C: 43mg | Calcium: 75mg | Iron: 3mg

Day 3 - Creamy Thai Peanut Sauce

This Creamy Thai Peanut Sauce is creamy, tangy, and just the right amount of spicy—perfect for fresh spring rolls, rice bowls, or veggie platters. Made with natural peanut butter, soy sauce, rice vinegar, ginger, and a hint of maple syrup, it delivers bold Thai-inspired flavor without the need for oil or refined ingredients. A touch of sriracha brings a touch of heat. Quick to whisk together and endlessly versatile, this plant-based dip is a must-have for adding flair to any meal.

| | |
|-----------|------------|
| Prep Time | Total Time |
| 5 mins | 5 mins |

Servings: 4 servings Calories: 109kcal Author: Kim Murphy

Ingredients

- 1/4 cup natural peanut butter see notes for other options
- 3 teaspoons low-sodium soy sauce coconut aminos for soy & gluten-free
- 1 teaspoon rice vinegar
- 2 teaspoons pure maple syrup or date syrup
- 1/4 teaspoon ground ginger
- 1/4 teaspoon Chili garlic sauce or sriracha optional

Instructions

1. Whisk all ingredients together in a small bowl. For thinner consistency, add 1-2 tablespoons of water.
2. Use as a dipping sauce for fresh veggie spring rolls, or drizzled over noodle & veggie bowls, or salad dressing.

Notes

Nut-free options - use sunflower butter instead of peanut butter.

Low-fat option: use PB2 powder instead of peanut butter. Whisk together 5 tablespoons of PB2 powder with 3 tablespoons of water to make about 1/4 cup of peanut butter.

Store covered in the refrigerator for up to a week.

Nutrition

Serving: 4teaspoons | Calories: 109kcal | Carbohydrates: 6g | Protein: 4g | Fat: 8g | Saturated Fat: 2g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 4g | Sodium: 201mg | Potassium: 114mg | Fiber: 1g | Sugar: 4g | Vitamin A: 0.4IU | Vitamin C: 0.2mg | Calcium: 13mg | Iron: 0.4mg

Day 4 - Creamy Vegan Italian

"Chicken" Gnocchi Soup

This Creamy Vegan Italian "Chicken" Gnocchi Soup is a cozy, dairy-free twist on the classic comfort food! Made with tender gnocchi, whole food plant-based soy curls for "chicken" and a medley of Italian herbs and veggies, all simmered in a rich, creamy broth—it's pure comfort in a bowl. Perfect for chilly nights or anytime you're craving a warm, satisfying meal that's 100% plant-based.



| | | |
|----------------------|----------------------|-----------------------|
| Prep Time 15 mins | Cook Time 15 mins | Total Time 30 mins |
|----------------------|----------------------|-----------------------|

Servings: 6 servings Calories: 284kcal Author: Kim Murphy

Ingredients

- 4 ounces Butler soy curls see notes for soy free options
- 2 cups vegetable broth low-sodium (or use water)
- 2 medium carrots
- 2 stalks celery
- 1 medium yellow onion
- 2 teaspoons minced garlic
- 1/3 cup water
- 1/4 cup whole wheat flour or chickpea flour for gluten free
- 1 lb gnocchi
- 5 cups vegetable broth low-sodium
- 2 teaspoons Italian Seasoning
- 1/4 teaspoon black pepper
- 14 ounces lite unsweetened coconut milk or unsweetened plant milk of choice
- 4 cups fresh baby spinach

Instructions

1. In a medium bowl, combine the soy curls & 2 cups vegetable broth to soak for 10 minutes.
2. Peel the carrot and chop. Chop the celery & onions.
3. In a large non-stick pot, saute the carrots, celery, onions, & garlic over medium- high heat for about 5 minutes until onions are softened and begin to brown. If they start to stick, add a splash of water or vegetable broth (about 1 tablespoon at a time).
4. Sprinkle flour over vegetables & 1/3 cup of water and cook for 1 minute, stirring often. Add 5 cups vegetable broth and stir until flour is dissolved completely. Add Italian Seasoning & pepper and bring to a boil - cooking for 8-10 minutes until carrots are fork tender.
5. While soup is boiling, drain the soy curls & chop roughly into chunks that look like small bites of chicken.

6. Lower heat to simmer and add in gnocchi & soy curls., gently stirring. Cook until gnocchi are tender, about 3-5 minutes. Stir in milk & spinach and cook until spinach is wilted, about 2 minutes. Enjoy immediately!

Notes

To make this soy-free, omit the soy curls, or you can substitute with a can of drained white beans.

Nutrition

Serving: 1serving | Calories: 284kcal | Carbohydrates: 45g | Protein: 13g | Fat: 8g | Saturated Fat: 4g | Polyunsaturated Fat: 0.1g | Monounsaturated Fat: 0.03g | Sodium: 431mg | Potassium: 272mg | Fiber: 7g | Sugar: 4g | Vitamin A: 5345IU | Vitamin C: 9mg | Calcium: 67mg | Iron: 4mg

Day 5 - Vegan Chocolate Chip Cookie

"Nice" Cream Sundaes

These Vegan Chocolate Chip Cookie & "Nice" Cream Sundaes are the ultimate healthy indulgence—rich, chewy, and sweet without any refined sugar, dairy, or oil. A warm, soft-baked chocolate chip cookie made with wholesome ingredients like whole wheat flour, date sugar, and dark chocolate chips is topped with a generous scoop of creamy banana-based "nice" cream. Finished with a sprinkle of chopped peanuts and drizzled with date-sweetened chocolate syrup, this dessert is both decadent and nourishing, proving you can enjoy a classic sundae experience while keeping it 100% plant-powered and guilt-free.



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

Servings: 6 sundaes Calories: 289kcal Author: Kim Murphy

Equipment

- Food processor or blender

Ingredients

Chocolate Chip Cookie Ingredients

- 1 cup whole wheat flour gluten-free options in notes
- 3/4 cup date sugar or coconut sugar*** (see notes)
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt optional
- 1/2 cup unsweetened applesauce
- 2 tablespoons unsweetened plant milk
- 1/2 teaspoon pure vanilla extract
- 1/2 cup vegan dark chocolate chips like Enjoy Life

Vanilla "Nice" Cream Ingredients

- 3 ripe bananas broken into thirds & frozen
- 1/3 cup unsweetened plant milk or more for thinner consistency
- 1 tablespoon pure vanilla extract

Optional Sundae Toppings

- vegan chocolate syrup see notes for WFPB brand
- chopped peanuts or sliced almonds sunflower seeds for nut-free
- shredded unsweetened coconut
- fresh or frozen pitted cherries

Instructions

For the Chocolate Chip Cookies

1. Preheat an oven to 350° F. Line a baking sheet with a silicone baking mat or parchment paper.
2. Mix together the dry ingredients in a large mixing bowl (flour, date sugar, baking soda, & salt).
3. Add the applesauce, plant milk, & vanilla extract. You can use a mixer, but I just use a spoon & my hands to knead the dough until completely mixed. (Little messy but saves time & effort of getting out the mixer & cleaning it!)
4. Fold in dark chocolate chips.
5. Drop a heaping 1/4 cup of dough on the lined baking sheet - about 6 large cookies. Fill a small bowl with water and wet your fingers slightly to flatten each cookie into a large, flat shape. (They won't naturally flatten out while cooking because they don't contain oil or butter)
6. Bake for 10-12 minutes, then let cool for at least 10 minutes before removing from baking sheet. (see notes for baking times if using coconut sugar or a different flour) Cookies will firm up more as they cool.

For the Vanilla "Nice Cream"

1. Freeze your banana chunks ahead of time for at least 4 hours, or preferably overnight.
2. Place all ingredients in a food processor with an S-blade or a high-powered blender. Blend until smooth & creamy, but be careful not to overblend so it won't be too runny and will still hold its shape.

To assemble the sundaes

1. Place a cooled cookie on a plate. Or you can warm in the microwave for 5 seconds if you prefer. Place a scoop of nice cream on top of the cookie & top with desired toppings!
- Enjoy!

Notes

Gluten-Free Options: You can use chickpea flour (this is my favorite gluten-free sub for whole wheat flour), oat flour, or Bob's Red Mill Gluten-free baking flour. You may need to cook for a bit longer if using Bob's Red Mill Gluten-free baking flour because it is not as dense as whole wheat flour. Do NOT use almond flour for this recipe - it will fall apart!

Date sugar & chocolate date syrup - The Date Lady has both date sugar & chocolate date syrup! <https://ilovedatelady.com> - use code **SPBK10** to get **10% off**. You can also find date sugar & chocolate date syrup at some local grocery stores & on Amazon.

*****Coconut Sugar sub** - If using coconut sugar instead of date sugar, **add an additional 1/4 cup of flour and bake for 12-15 minutes.**

Leftover "Nice" cream can be frozen, then thawed for a few minutes at room temperature (or warmed in the microwave for 10 seconds) until soft enough to scoop.

Optional nice cream flavors -

- Strawberry - add 1 1/2 cups frozen strawberries
- Chocolate - add 3 tablespoons of unsweetened cocoa powder

- Peanut butter - add 3 tablespoons of peanut butter or PB2 powder

Nutrition facts only include the cookie & nice cream. Additional toppings will change the nutrition values.

Nutrition

Serving: 1sundae | Calories: 289kcal | Carbohydrates: 57g | Protein: 5g | Fat: 6g | Saturated Fat: 5g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 0.2g | Cholesterol: 0.1mg | Sodium: 252mg | Potassium: 420mg | Fiber: 5g | Sugar: 28g | Vitamin A: 85IU | Vitamin C: 5mg | Calcium: 79mg | Iron: 1mg