



LeafSide

1 Week Meal Plan



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1 Week Meal Plan



	Breakfast	Lunch or Dinner
MON	Wild Berry Smoothie Bowl	Southwest Black Bean & Twisted Lime Soup
TUES	Spiced Pumpkin Pie Smoothie	Creamy Avocado-Stuffed Tacos
WED	Velvety Peach Dream Smoothie	Drizzled Balsamic Stuffed Portobellos
THURS	Luscious Pineapple Mango Smoothie Bowl	Loaded Curry Sweet Potatoes
FRI	Whipped Apple Cinnamon Smoothie	Baked Lentil Mushroom Burgers
SAT	Almond Butter & Berry Burst Overnight Oats	Garlic Herb Potato-Leek Quiche
SUN	Orange-Vanilla Cinnamon French Toast	Light & Crisp Curry Lettuce Wraps

LeafSide

1 Week Meal Plan

Let LeafSide take care of you and yours.

Do you have a busy week ahead, and you're not sure how to fit in planning & prepping your (family's) meals? LeafSide's 1 Week Meal Plan is here to help!

These simple recipes using LeafSide's meal packs are easy to fit into your active lifestyle. Imagine enjoying beautiful, delicious, and restorative food, even on your most hectic days!

You'll be a superfoods hero! Friends & family will marvel that you had the time to make such flavorful creations! They'll love the taste, and you'll have the satisfaction of knowing they're getting the wide range of real, whole plant nutrition they need to thrive.

Are you getting enough whole plant foods?

97% of Americans are NOT eating enough whole plant foods to promote optimal health¹

Leading gut health science advises eating at least 30 unique whole plant foods, per week.

An unhealthy diet increases your risk for many diseases, including chronic conditions such as autoimmune disorders and heart disease.



Why LeafSide? It's the fastest, easiest way to these life-changing benefits:

- Increased Energy
- Optimal Weight
- Disease Prevention
- Longevity
- Athletic Boost
- Improved Sleep
- Metabolic Health
- Improved Mood



The LeafSide Difference: Each individual meal provides an average of 20+ unique whole plant food ingredients!

Leafside's plant-strong team is dedicated to creating innovative meals, without added oils or sugars (no added salt available upon request), so you can eat well without thinking about it.

Let us do the work so you can enjoy the benefits of being plant-powered and spend more time doing what you love.

Getting Started:

The following recipes expand a LeafSide meal pack from one serving to 4 or more by adding a few extra ingredients. These meal modifications, or meal-mods, are super easy to make, and no one will guess they're brimming with phytonutrients from beans, greens, grains, nuts & seeds, fruits & vegetables, and spices.

All of the ingredients you need are conveniently noted in the shopping list. The majority of the items are commonly found in a plant based kitchen, but we recommend reviewing the list prior to starting the meal plan in case you need to purchase some things.

Make sure to check out the bonus recipes (pg. 10) and their shopping list (pg. 8) for easy homemade additions that take the meals to the next level!

Important:

- Consider the number of people you're serving. For a large family, you may want to use 2 LeafSide meal packs and double the recipe ingredients.
- If you're not sure how much to make, just follow the recipe and make adjustments next time!
- Please note that you may find LeafSide meals to be more filling than the Standard American Diet since they are so packed with fiber and nutrition.

You and your family deserve the best, and LeafSide's got you covered! Are you ready to get started improving and optimizing your overall health?

Don't forget to share your culinary success
with us on Facebook and Instagram

@LeafSide

We can't wait to see what you make!



Tools You'll Need



BLENDER
MINIMUM 64OZ
CARAFE &
800+ WATTS
POWER



MICROWAVE



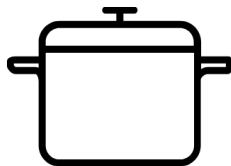
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OVEN



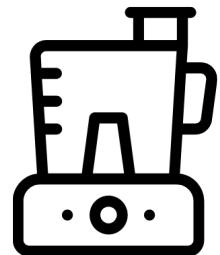
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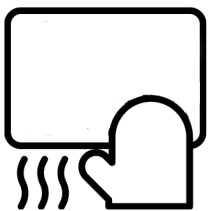
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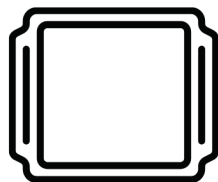
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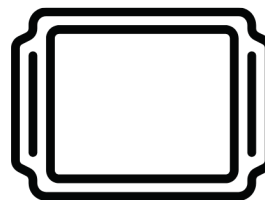
FOOD PROCESSOR
WITH S-BLADE



BAKING SHEET



8X8 BAKING PAN



9X13 BAKING DISH



PARCHMENT
PAPER

LeafSide Recommended Accessories

For best results prepare LeafSide soups, savory-bowls, and sweet-bowls in one of our recommended bowls with an easy to use lid, that locks in moisture.

This helps the ingredients to properly rehydrate, ensuring the best taste and texture.

LeafSiders love this small, lightweight bowl + lid available on our LeafSide Tips Page. We recommend learning all the tips, to take your meals to the next level!

Scan the QR code with the camera on your smart device to go to the page and get the link to the bowl!



LEAFSIDER BOWL

Products We Recommend

Shopping can be challenging and reading labels can be time consuming. We recommend the following items based on their limited ingredients.

If you can't find these specific brands in your local store, it's best to purchase similar products. It's important to note that we recommend unsalted beans and broths. If you're unable to find unsalted, we suggest choosing low sodium when possible.

*Food for Life organic
sprouted corn*

Tortillas



*Pacific Foods
Organic Low Sodium*

Vegetable Broth



*So Delicious
Unsweetened Vanilla
Coconutmilk Yogurt
Alternative*

Unsweetened Vanilla
Plant Based Yogurt



*Kite Hill Plain
Unsweetened
Almond Milk Yogurt*

Plain Unsweetened
Plant Based Yogurt



Full Week Shopping List

Fresh Produce

- ☐ large leek 1
- ☐ 16 oz extra firm tofu 2
- ☐ avocados 2
- ☐ blueberries 2 cups
- ☐ butter or romaine lettuce 1 head
- ☐ cilantro 1/2 bunch
- ☐ fresh mangoes 2 cups
- ☐ granny smith apple 1
- ☐ green onions 1 bunch
- ☐ lime juice 2 tbsp
- ☐ limes 4
- ☐ medium potatoes (red or yukon gold) 2
- ☐ orange peel 1 tsp
- ☐ portobello mushroom caps 6 (large)
- ☐ raspberries 3/4 cups
- ☐ red cabbage 1 head
- ☐ strawberries 1/2 cup
- ☐ sweet potatoes (recommend garnet or jewel) 2 large

Non-Dairy

- ☐ unsweetened vanilla plant based yogurt† 1 cup
- ☐ plain unsweetened plant based yogurt† 2 cups
- ☐ unsweetened plain almond milk 1 64oz carton
- ☐ unsweetened vanilla almond milk 1 64oz carton
- ☐ unsweetened cashew milk 4 cups

Grains & Breads

- ☐ tortillast 6-8
- ☐ pie crust* 2
- ☐ unsliced whole grain rustic crusty bread (should be stale when ready to use; recommend something with sourdough) 1 14-16 oz loaf
- ☐ rolled oats 6 cups
- ☐ bread crumbs 1/8 cup

Frozen Produce

- ☐ frozen peeled bananas 5
- ☐ frozen cherries 1 cup
- ☐ frozen peaches 1.5 cups
- ☐ frozen pineapple 1 cup

Nuts and Seeds

- ☐ chia seeds 6 tsp
- ☐ chopped pecans (recommend raw & unsalted) (optional) 1/4 cup
- ☐ hemp seeds 4 tsp
- ☐ pepitas (recommend raw & unsalted) 1 container
- ☐ almond butter (recommend unsweetened, unsalted & no oil added) 2 tbsp
- ☐ tahini (recommend unsalted roasted garlic) 1 tbsp

Herbs & Spices

- ☐ Ceylon cinnamon 1 container
- ☐ cumin 1 tsp
- ☐ curry powder 1 container
- ☐ garlic powder 1 tsp
- ☐ ground black pepper 1 container
- ☐ herbes de provence 1 tsp
- ☐ onion powder 1 tsp
- ☐ oregano 1/4 tsp
- ☐ pumpkin pie spice 1 tsp
- ☐ sea salt 1 container
- ☐ smoked paprika 1 tsp
- ☐ turmeric 1/3 tsp

Canned Goods

- ☐ vegetable broth† (recommend low sodium & no oil added) 4 cups
- ☐ tomato paste (recommend unsalted) 1 tbsp
- ☐ pinto beans (recommend unsalted) 1 15oz can
- ☐ chickpeas (garbanzo beans) (recommend unsalted) 1 15oz can
- ☐ chopped tomatoes (recommend unsalted) 1 15oz can
- ☐ black beans (recommend unsalted) 1 15oz can
- ☐ white beans (cannellini or great northern) (recommend unsalted) 1 15oz can
- ☐ pumpkin puree 1 15oz can

Super Foods (optional)

- ☐ cacao powder 1/2 cup
- ☐ lucuma powder 2 tsp

Miscellaneous

- ☐ baking powder 1 1/2 tsp
- ☐ tamari (recommend reduced sodium) 2 tbsp
- ☐ date syrup 3/4 cup
- ☐ coconut flakes (recommend unsweetened) 1/2 cup
- ☐ aged balsamic vinegar 1/8-1/4 cup
- ☐ Medjool dates (for date paste*) 2 cups
- ☐ chia seed jam* 2 tbps

*For a homemade recipe see page 10

† see recommended brands on page 5

Bonus Recipe Shopping List

Date Paste

- ☐ Medjool dates 2 cups

Homemade Granola

- ☐ rolled oats 4 cups
- ☐ chopped walnuts 1 cup
(recommend raw & unsalted)
- ☐ whole flaxseed (or 1/2 cup ground flaxseed) 1/4 cup
- ☐ Ceylon cinnamon 4 tsp
- ☐ raisins (recommend unsweetened & no oil added) 1/2 cup
- ☐ applesauce (recommend unsweetened) 1/2 cup
- ☐ date paste* 1/2 cup
- ☐ almond butter (recommend unsweetened, unsalted & no oil added) 1/8 cup
- ☐ vanilla 1 tbsp

Healthy Pie Crust

- ☐ whole flaxseed (or 2 tbsp ground flaxseed) 1 tbsp
- ☐ almond flour (can grind 1 cup whole almonds) 1 cup
- ☐ oat flour (can grind 1 cup whole oats) 1 cup
- ☐ herbes de Provence 2 tsp
- ☐ salt 1/2 tsp
- ☐ vegetable stock† (recommend low sodium & no oil added) 5 tbsp

Balsamic Reduction

- ☐ aged balsamic vinegar 1 cup

Chia Seed Jam

- ☐ fresh or frozen fruit (blueberries, raspberries or chopped strawberries) 2 cups
- ☐ date paste* 1 1/2 tbsp
- ☐ lemon juice 1 tbsp
- ☐ chia seeds 2 tbsp

Snacks & Desserts

If you find yourself craving a little something in between LeafSide meals, here are some of our favorite go-tos for healthy & satisfying snacks:

SNACKS

🌱 Rainbow Carrots with Hummus

🌱 Apple Slices w/Nut Butter & Ceylon Cinnamon

🌱 Homemade Trail Mix - raw unsalted cashews, raisins, raw unsalted almonds, cacao nibs, sprouted unsalted pumpkin seeds

🌱 Frozen Seedless Grapes

🌱 Dried Unsweetened Dark Cherries

DESSERTS

Fudgy Cacao Raspberry Brownies (pg. 40)- make them first and enjoy dessert the whole week!



Nice cream, or non-dairy banana based ice cream, is a wonderful treat to serve with these brownies:

Freeze peeled, overripe bananas (black peels result in the sweetest fruit).

Break apart 4 bananas and blend in a high speed blender with 2 tablespoons almond butter until creamy. Add 1 cup of your favorite fruit to vary the flavor (we suggest raspberries to go with the brownies) and 1/2 teaspoon of vanilla. Blend to your preferred texture, leaving some solid fruit pieces.

Serve immediately for a soft-serve texture or freeze for 1 - 2 hours for a firmer consistency.

Bonus Recipes

These recipes add a little something extra to make a meal even more flavorful. They are optional, with the exception of the date paste, which is used as a healthy sweetener. These options will come in handy as you follow the 1 week meal plan and when you are looking for healthier alternatives in the future.

🌿 DATE PASTE 🌿

INGREDIENTS

2 cups Medjool dates

1/2 cup water
(approx.)

Store in an airtight container in the fridge for up to a month. Use in a 1:1 ratio as a substitute for sugar or other sweeteners.

DIRECTIONS

1. Place tightly packed pitted Medjool dates into the bowl of a food processor, and add water (since date sizes vary, add water to just under the top of the dates).
2. Process to a smooth, paste-like texture, stopping to scrape the sides and incorporate dates as needed. Per your preference, add more dates if paste is too watery or add more water if paste is too thick (the texture can depend upon the moisture content of the dates).

🌿 HOMEMADE GRANOLA 🌿

topping for smoothies, smoothie bowls, overnight oats or to eat on its own!

INGREDIENTS

4 cups rolled oats

1 cup chopped walnuts (recommend raw & unsalted)

1/4 cup whole flaxseed (or 1/2 cup ground flaxseed)

4 tsp Ceylon cinnamon

1/2 cup raisins

1/2 cup applesauce (recommend unsweetened)

1/2 cup date paste*

1/8 cup almond butter (recommend unsweetened, unsalted & no oil added)

1 tbsp vanilla

DIRECTIONS

1. Preheat oven to 350 & line a baking sheet with a silicone mat or parchment paper.
2. Stir the following in a large bowl: rolled oats, chopped walnuts, ground flaxseed (grind just before using for best health benefits; makes approx. 1/2 cup once ground), Ceylon cinnamon.
3. Add the following to the dry mixture and stir everything to combine well: raisins, applesauce, date paste, almond butter, vanilla.
4. Spread mixture evenly onto the baking sheet. Bake for 20 minutes, stir, and bake for another 20 minutes or until golden brown & crunchy.
5. Cool & store in an airtight container for up to a month.

NOTE: Feel free to add other nuts, seeds, spices, & fruits per your preferences.

HEALTHY PIE CRUST

INGREDIENTS

1 tbsp	whole flaxseed (or 2 tbsp ground flaxseed)
1 cup	almond flour
1 cup	oat flour
2 tsp	herbes de Provence
½ tsp	salt (optional)
5 tbsp	vegetable stock (recommend low sodium & no oil added)

DIRECTIONS

1. Whisk together ground flaxseed (grind just before using for best health benefits; makes approx. 2 tbsp once ground) with water in a small bowl & set aside to gel.
2. In a large bowl, stir together almond flour & oat flour (can grind up whole almonds & oats in a food processor), along with herbes de Provence and salt (optional, but recommended).
3. Add flax/water mixture and low sodium vegetable stock (or water) to bowl with other ingredients & mix thoroughly. Dough should come together in a large ball and stick together when pressed between your fingers.
4. Preheat oven to 350. Place dough ball in center of pie (9 inch) or quiche (10 inch) pan and use palm/fingertips to press it into an even layer covering the bottom and sides.
5. Use a fork to poke holes in crust to vent, and bake (without any filling) for 10-15 minutes or until lightly golden & firm to the touch.

CHIA SEED JAM

INGREDIENTS

2 cups	fresh or frozen fruit
1 ½ tbsp	date paste*
1 tbsp	lemon juice
2 tbsp	chia seeds

DIRECTIONS

1. Heat fresh or frozen fruit (recommend blueberries, raspberries, or chopped strawberries) over medium heat; use a spoon or masher to mash the fruit to your consistency preference.
2. Heat through until it's broken down and bubbly. Remove from heat & stir in date paste, lemon juice, and chia seeds.
3. Let sit to gel for 15 minutes. Stir & serve. Refrigerate leftovers in a sealed container for up to 1 week.

BALSAMIC REDUCTION

INGREDIENTS

1 cup	aged balsamic vinegar
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Also goes great on: salads, strawberries, peaches, avocados, beets, brussels sprouts, bell peppers, sweet potatoes, asparagus, pizza, bruschetta, sandwiches, vanilla nice cream w/fresh raspberries

DIRECTIONS

1. Pour aged balsamic vinegar into a small saucepan; heat on medium high & bring to a boil.
2. Reduce heat and let it simmer for 7-10 minutes or until the vinegar has reduced. Stir occasionally & watch so that it doesn't burn. It will be thick & syrupy when done.



Cut out and save for later!



Wild Berry Smoothie Bowl

Ingredients

1

LeafSide Super Berry smoothie

2 cups

plant milk
(recommend unsweetened almond or unsweetened vanilla almond)

2

frozen bananas

1 cup

frozen cherries

2 teaspoons

hemp seeds

2 cups

blueberries

1/2 cup

sliced strawberries

2 teaspoons

chia seeds

2 tablespoons

rolled oats

Jump start your week with a burst of berry energy! This sweet & invigorating meal is quick to prepare and destined to become a favorite for breakfast or anytime you'd like a blast of immune-boosting nutrients. Feel free to vary the toppings to change up the flavors & make your own lovely edible art!

Makes 2-4 Servings

PREP TIME: 10 minutes • COOK TIME: 0 minutes

soy
free

wheat
free

◇ Tools Needed: high speed blender with 64oz minimum carafe (800+ watts power)

1. Pour LeafSide's Super Berry smoothie into a blender, and use plant milk (instead of water).
2. Add frozen bananas & frozen cherries and blend until smooth and thick.
3. Pour mixture into bowls; divide the toppings per serving & arrange in lines of hemp seeds, blueberries, strawberries, chia seeds, & rolled oats.

Other suggested toppings: chopped nuts, sliced banana, blackberries, goji berries, cacao nibs, unsweetened coconut, nut butter, lemon juice.

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Unique Whole
Plant Foods



Chill empty serving bowls overnight to keep your meal from getting soupy too quickly.

The Berry Best Antioxidants

From early childhood, our eyes are quickly drawn to bright, vivid colors in real food (watch out for those artificial dyes trying to fool you!) — especially in berries, as we know instinctively that rich and rare colors (blues, reds) mean rich nutrition. Only herbs & spices beat berries for phytonutrients and antioxidants, which boost your immunity to infections, cancers, heart disease, cognitive decline, and much more. ²



Have Feedback?
Scan the QR code with
your phone camera.



Southwest Black Bean & Twisted Lime Soup

Ingredients

1

LeafSide Black Bean & Chunky Tomato soup

1 can (15oz)

black beans with liquid *(recommend unsalted)*

1 can (15oz)

chopped tomatoes with juice *(recommend unsalted)*

1 teaspoon

cumin

1/4 teaspoon

oregano

2 tablespoons

lime juice

top with as much as desired

plant based yogurt/sour cream† *(recommend unsweetened)*

top with as much as desired

chopped green onions

Relax with a steaming bowl of this hearty, tangy soup that has just the right amount of spice to warm your soul. In just 20 minutes, you'll have full-bodied flavors that seem like they've been simmering all day. Say goodbye to sodium-laden canned soups and hello to the bright, healthy, sunny taste of the southwest!

Makes 4 Servings

PREP TIME: 15 minutes • COOK TIME: 5 minutes

wheat free

Tools Needed: large serving bowl or pot, microwave or stove

1. Prepare LeafSide's Black Bean & Chunky Tomato soup as directed.
2. While that steeps, add beans & liquid, tomatoes, cumin, oregano to a large serving bowl or pot. Stir well.
3. Add the prepared LeafSide meal to the bowl or pot and mix well; heat through in microwave or on stove.
4. Stir in lime juice. Top with yogurt or sour cream & green onions as desired.

Other suggested toppings: avocado, cilantro, red onions, hot sauce, salsa, corn, jalapeno, pepitas, bell peppers.

21

Unique Whole Plant Foods



Add cooked rice or quinoa for a thicker consistency and to extend the servings further.

Don't Forget the Beans

All over the world, despite great differences in climate & culture, what's common to the diets of the longest-lived peoples? Beans! Legumes, chickpeas, black or white beans, or soybeans — all are packed with protein, complex carbs (prebiotics for your healthy gut), essential vitamins & minerals, and unique phytonutrients. As one example of the science: the largest analysis of diet and cancer ever done recommended a serving of beans with every meal to cut cancer risk. ³

† see recommended brands on page 5



Have Feedback?
Scan the QR code with
your phone camera.



Hello Gourd-geous!

Squashes like pumpkins boast many health benefits. The bright orange color indicates carotenoid-rich phytonutrients, including beta-carotene. Highly active organs, like our brain and eyes, need this powerful antioxidant to quench continuous oxidation processes. Squashes are high in fiber and micronutrients (vitamins, minerals) as well, especially their seeds. Enjoy them roasted, and stay tuned to hear more about emerging science regarding this beautiful gourd. ⁴

Spiced Pumpkin Pie Smoothie

Ingredients

1

LeafSide Vanilla Cinn-sation smoothie

4 cups

plant milk
(recommend unsweetened almond/coconut blend)

1 cup

pumpkin puree

1

frozen banana

1 teaspoon

pumpkin pie spice

2 tablespoons

date paste*



Unique Whole Plant Foods

Enjoy the mildly sweet & spiced flavors of fall anytime of the year thanks to this wholesome smoothie! How can a meal that tastes like pie be good for you? Rest assured that each sip of this perfectly rich pumpkin concoction is chock-full of vitamins and minerals. Indulge to energize your day and glow from the inside out!

Makes 2 Servings

PREP TIME: 5 minutes • COOK TIME: 0 minutes

soy
free

wheat
free

♦ Tools Needed: high speed blender with 64oz minimum carafe (800+ watts power)

1. Pour LeafSide's Vanilla Cinn-sation smoothie into a blender; add plant milk (instead of water).
2. Add pumpkin, banana, pumpkin pie spice, date paste & blend thoroughly.

Other suggested additions: dates, walnuts, pecans, cinnamon, vanilla.

Optional: top with homemade granola & drink with wide straw



HOMEMADE GRANOLA

topping for smoothies, smoothie bowls, overnight oats or to eat on its own!

1. Preheat oven to 350 & line a baking sheet with a silicone mat or parchment paper.
2. Stir the following in a large bowl: 4 cups rolled oats, 1 cup chopped walnuts, 1/4 cup whole flaxseed (grind just before using for best health benefits; makes approx. 1/2 cup once ground), 4 teaspoons Ceylon cinnamon.
3. Add the following to the dry mixture and stir everything to combine well: 1/2 cup raisins, 1/2 cup unsweetened applesauce, 1/2 cup date paste, 1/8 cup unsalted almond butter, 1 tablespoon vanilla.
4. Spread mixture evenly onto the baking sheet. Bake for 20 minutes, stir, and bake for another 20 minutes or until golden brown & crunchy.
5. Cool & store in an airtight container for up to a month.

NOTE: Feel free to add other nuts, seeds, spices, & fruits per your preferences.



Creamy Avocado-Stuffed Tacos

Ingredients

1

LeafSide Tex-Mex
savory bowl

1

sliced red or
green cabbage

2

avocados

1 can (15 oz)

pinto beans
(recommend unsalted)

6-8

tortillas†

as desired

salsa of choice

as desired

pepitas (recommend raw
& unsalted)



Unique Whole
Plant Foods

Gather 'round the table for a major upgrade on taco Tuesday! Warm corn tortillas packed with nutrients from beans, grains, & spices are topped with as much crunchy cabbage & creamy avocado as you'd like. Plan a fiesta with these tasty tacos, and break out the salsa - both the sauce & the dance - because this meal is a celebration for your taste buds!

Makes 6-8 Tacos

PREP TIME: 15 minutes • COOK TIME: 5 minutes

◇ Tools Needed: microwave

1. Prepare LeafSide's Tex-Mex savory bowl as directed.
2. While the meal steeps, thinly slice cabbage (or use pre-sliced packaged cabbage) & slice avocados.
3. Heat beans in microwave.
4. Warm tortillas wrapped in damp paper towels in microwave for 20-30 seconds each side.
5. Fill tortillas with Tex-Mex, beans, avocados, cabbage. Sprinkle with pepitas & serve with salsa if desired.

Other suggested fillings: baked sweet potatoes, green onions, tomatoes, bell peppers, jalapeno, zucchini, yellow squash, quinoa, black beans.



Turn these ingredients into a bowl by simply adding your favorite grain or potatoes.

Take a Chill-Pepita

An increasing number of studies show that plant-based diets can significantly improve our moods. Pepitas, in particular, can naturally boost serotonin levels in your brain, the hormone associated with well-being and happiness. ⁵ They're also rich in zinc, a mineral that's essential for our immune systems to fully function. Try them as a snack, or if available, as a spread!



Have Feedback?
Scan the QR code with
your phone camera.

† see recommended brands on page 5



100% WHOLE FOOD PLANT BASED MEAL

LeafSide

Goji Peach Paradise
SWEET BOWL

CERTIFIED PLANT-TRICIOUS

NON-GMO

VEGAN

DAIRY FREE

Velvety Peach Dream Smoothie

Ingredients

1

LeafSide Goji
Peach Paradise
sweet bowl

2 cups

plant milk
(recommend unsweetened
vanilla almond or almond
coconut)

1 cup

water

1/2 cup

plant based
yogurt† (recommend
unsweetened vanilla
coconut)

1 1/2 cups

frozen peaches

Savor the sweet summer flavor of aromatic, juicy peaches in this refreshing, health-promoting smoothie. Tart apricots & goji berries add to the nuanced layers of goodness in this velvety potion that will transport you to a carefree, sunny day anytime during the year! Life really is just peachy when you can get top-notch nutrition in such a tasty treat!

Makes 2 Servings

PREP TIME: 5 minutes • COOK TIME: 0 minutes

soy
free

wheat
free

◇ **Tools Needed:** high speed blender with 64oz minimum carafe (800+ watts power)

◇ **Note:** Disregard package preparation instructions and follow steps below instead.

1. Pour LeafSide's Goji Peach Paradise sweet bowl into a blender; add plant milk & water.
2. Add plant based yogurt & frozen peaches and blend thoroughly.

Other suggested additions: frozen bananas, fresh or frozen apricots, mangoes, or nectarines, unsweetened coconut flakes, fresh ginger.

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Unique Whole
Plant Foods



If using fresh fruit, rather than frozen, freeze plant milk ahead of time into ice cubes so your smoothie is colder.

Goji Berries

Modern chemistry and science are steadily confirming the ancient reputé of goji berries in Asia, where goji have long been used in tea, medicine, or food, for longevity and health. In particular, among common foods, goji berries have the highest concentration of melatonin known, so they can improve sleep. They are in the top 3 for antioxidant capacity within the already super-ranked food family of berries, so they're even better at quenching the pro-aging fires of oxidation and inflammation, and protecting our cells from daily damage, than more common berries. ^{6 7}



Have Feedback?
Scan the QR code with
your phone camera.



The Magic of Mushrooms

Mushrooms are grown and cultivated worldwide, and used by many cultures for food, medicine, and ceremonial purposes. They're another example of modern nutrition science catching up with old human instincts, and the need to look beyond the current stripped-down nutrition labels. Not only do mushrooms bring many unique myco-nutrients, but there are specific receptors in our cells for such, suggesting an ancient co-evolution between fungi and humans.⁸ The antioxidant ergothioneine, for example, is in usable amounts only in mushrooms. In 2007, researchers found a transporter protein that specifically brings ergothioneine to key areas of our bodies like the eyes, liver, bone marrow, and reproductive organs.⁹

Drizzled Balsamic Stuffed Portobellos

Ingredients

1

LeafSide Creamy Forest Mushroom savory bowl

6

portobello mushroom caps

1/8-1/4 cup

balsamic vinegar
(depends on size of mushrooms)

1/8 cup

bread crumbs

Impress everyone with this elegant meal that deserves mushroom on your table! Plump portobellos lend their earthy flavor to a fabulous filling made from protein-rich oats & quinoa, as well as peppery lentils, nutty nutritional yeast, and creamy cashews. Topped with crispy, golden bread crumbs and drizzled with sweet & tangy balsamic, this sophisticated comfort food is sure to please!

Makes 6 Mushrooms

PREP TIME: 25 minutes • COOK TIME: 20 minutes

wheat
free

♦ Tools Needed: oven, parchment paper, baking sheet

1. Preheat oven to 400. Remove stems & gills from mushrooms; clean with wet paper towel.
2. Place mushrooms on silicone or parchment paper lined baking sheet & brush both sides with balsamic vinegar; bake with open face up for 15 minutes.
3. Prepare LeafSide's Creamy Forest Mushroom savory bowl as directed on package.
4. Remove mushrooms from oven & fill caps evenly with LeafSide meal (after it's steeped for 10 minutes).
5. Sprinkle bread crumbs on top of each cap and bake for another 5 minutes, or until tops are golden.
6. Remove from oven & drizzle with additional balsamic vinegar or balsamic reduction as desired.

Other suggested toppings: wilted greens, peas, caramelized onions, asparagus, red or yellow bell peppers, smoked paprika, fresh rosemary.

Serve on a bed of your favorite greens (shown with spinach and Belgian endive), or on top of grains like quinoa, farro, or millet. Or, try them on a base of creamy polenta. Add a side of crusty bread and enjoy!

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Unique Whole
Plant Foods



Balsamic Reduction

1. Pour 1 cup of aged balsamic vinegar into a small saucepan; heat on medium high & bring to a boil.
2. Reduce heat and let it simmer for 10-15 minutes or until the vinegar has reduced. Stir occasionally & watch so that it doesn't burn. It will be thick & syrupy when done; it will continue to thicken as it cools.
3. Drizzle on stuffed mushrooms & store leftovers in an airtight container in the fridge.

Other uses: salads, strawberries, peaches, avocados, beets, brussels sprouts, bell peppers, sweet potatoes, asparagus, pizza, bruschetta, sandwiches, vanilla nice cream w/fresh raspberries



Luscious Pineapple Mango Smoothie Bowl

Ingredients

1

LeafSide Tropical Bliss smoothie

2 cups

plant milk
(recommend unsweetened almond or coconut or a blend of these)

2

frozen bananas

1 cup

frozen pineapple

2 teaspoons

hemp seeds

2 cups

chopped mango

1/2 cup

coconut flakes

2 teaspoons

chia seeds

2 tablespoons

rolled oats

Escape your everyday routine with tropical flavors that will have you dreaming about island breezes and endless sunsets. Sweet pineapple & mango combine with creamy banana, along with chewy coconut & oats to delight your senses and fill you with vitality! Chia & hemp super seeds complete this empowering bowl that will prepare you for a day filled with possibilities!

Makes 4 Servings

PREP TIME: 10 minutes • COOK TIME: 0 minutes

soy
free

wheat
free

Tools Needed: high speed blender with 64oz minimum carafe (800+ watts power)

1. Pour LeafSide's Tropical Bliss smoothie into a blender; add plant milk (instead of water).
2. Add frozen bananas & frozen pineapple and blend until smooth and thick.
3. Pour mixture into bowls; divide the toppings per serving & arrange in lines of hemp seeds, chopped mango, coconut flakes, chia seeds, & rolled oats.

Other suggested toppings: chopped nuts, sliced banana, pineapple chunks, sliced nectarines, minced fresh ginger, lime juice.



Fill popsicle molds with blended mixture and freeze for a delicious & nutritious frosty treat anytime.

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Omega Me Crazy

What's the skinny on fats and healthy eating? The short answer is to stick to unprocessed whole forms of plant fats, like whole nuts and seeds (no evidence of harm even in relatively large amounts), and avoid processed fats like oils or animal products (abundant evidence of harm even in small amounts). Omega-6 and omega-3 are essential fatty acids (EFAs) that your body cannot produce so they must come from food. To achieve a healthy balance of each, avoid processed fats and eat whole plant fats, especially ground flaxseed, chia seeds, hemp seeds, and walnuts. This will be the easiest way to reach a healthy balance of 4:1, or even lower. Standard American Diet eaters typically have a high-risk ratio around 15:1, whereas high-longevity traditional cultures' diets are much lower, sometimes approaching 1:1. ¹⁰



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Thursday | Breakfast



Loaded Curry Sweet Potatoes

Ingredients

1

LeafSide Sweet Potato Dal soup

2

baked sweet potatoes (recommend garnet or jewel)

1/2 bunch

cilantro

1

lime

as desired

plant based yogurt/sour cream† (recommend unsweetened)

Simplify your life by getting complex - complex carbohydrates, that is! These radiant root vegetables also provide fiber & beta carotene in a package that's easy to bake ahead of time to prepare for this meal. Just pour our thick dal, or lentil based spiced stew, on top of bright orange potatoes, and rejoice in a vibrant mixture of sweet & savory seasonings!

Makes 2 Whole Stuffed Potatoes

PREP TIME: 10 minutes • COOK TIME: 5 minutes

wheat
free

◇ Tools Needed: microwave

1. Prepare LeafSide's Sweet Potato Dal soup as directed.
2. Warm pre-baked sweet potatoes in the microwave.
3. Chop cilantro & slice a lime into quarters.
4. Cut sweet potato down the center & fill with the LeafSide meal.
5. Add chopped cilantro, lime juice to taste, and top with yogurt as desired.

Other suggested toppings: cashews, coconut, green onions, shallots, peas, chickpeas, fresh ginger, fresno chile pepper, red pepper flakes, cauliflower, Indian eggplant, spinach, tomatoes

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Unique Whole Plant Foods



Prepare several of LeafSide's Sweet Potato Dal soups & offer a baked potato bar for a fun family or friends dinner where everyone can choose their favorite toppings. (Recommend baking the potatoes ahead of time.)

Sweet Benefits

Sweet potatoes need not excuse themselves for multiple puns in their name: they're delicious, versatile (whole, sliced, diced; boiled, baked, roasted, or air-fried), filling (complex carbs satisfy you and your microbiome), highly nutritious, and a terrific value. Their bright-colored flesh (most commonly orange, but try purple sweet potatoes too) hints at a treasure trove of antioxidants and phytonutrients, available even more so in their skins.¹¹ You can easily swap them into any recipe that uses their commoner cousin of regular potatoes, winning more nutrition for your time and effort.

† see recommended brands on page 5



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Treat yourself to a Date

Pssst, want a guilt-free sweetener? In fact, it's actually good for you, so you can eat it to your heart's content — literally! That's the wrinkly beauty of dates: they're one of nature's sweetest foods, with high whole plant sugar content that can taste like sun-kissed caramel. Yet like other whole, unprocessed green-light foods, they only bring health benefits. One study saw no blood sugar spikes nor weight gain with participants eating almost a quarter pound per day for a month, proving that sugars are not created equal. Dates in particular also bring at least 15 different minerals, high fiber for your microbiome, essential vitamins, and plenty of antioxidants. No wonder some researchers have called it "an ideal food!" ¹²

Whipped Apple Cinnamon Smoothie

Ingredients

1

LeafSide Apple Cinnamon Crunch sweet bowl

3 cups

plant milk
(recommend unsweetened vanilla almond)

1

granny smith apple

1

frozen banana

2 teaspoons

date paste* (or lucuma powder)

1/2 cup

plant based yogurt† (recommend unsweetened vanilla coconut)

Treat yourself to this sweet & tart gift in a glass that's teeming with anti-inflammatory Ceylon cinnamon, along with pectin-rich Granny Smith apples that promote healthy gut bacteria. Caramel-like dates & vitamin C-filled black currants round out this heavenly drink that tastes too good to be healthful. You know what they say about an apple a day, so whip up this winning recipe to feel great from head-to-toe!

Makes 2 Servings

PREP TIME: 5 minutes • COOK TIME: 0 minutes

soy
free

wheat
free

◇ Tools Needed: high speed blender with 64oz minimum carafe (800+ watts power)

◇ Note: Disregard package preparation instructions and follow steps below instead.

1. Pour LeafSide's Apple Cinnamon Crunch sweet bowl into a blender, and use 3 cups plant milk (instead of water).
2. Add apple, frozen banana, date paste (or lucuma powder), & yogurt; blend until smooth and thick.

Other suggested additions: rolled oats, vanilla bean or vanilla extract, walnuts, almonds, macadamia nuts, dates, raisins, hemp seeds

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DATE PASTE

1. Place about 2 cups of tightly packed pitted Medjool dates into the bowl of a food processor, and add approximately 1/2 cup water (or since date sizes vary, add water to just under the top of the dates).
2. Process to a smooth, paste-like texture, stopping to scrape the sides and incorporate dates as needed. Per your preference, add more dates if paste is too watery or add more water if paste is too thick (the texture can depend upon the moisture content of the dates).

Store in an airtight container in the fridge for up to a month. Use in a 1:1 ratio as a substitute for sugar or other sweeteners.

† see recommended brands on page 5

*For a homemade recipe see page 10



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Friday | Breakfast



Baked Lentil Mushroom Burgers

Ingredients

1

LeafSide Creamy Forest Mushroom savory bowl

1 can (15 oz)

white beans
(cannellini or great northern) (recommend unsalted)

1 1/2 cups

rolled oats

2 tablespoons

tamari (recommend reduced sodium)

1 tablespoon

tomato paste
(recommend unsalted)

1 tablespoon

tahini (recommend unsalted roasted garlic)

1 teaspoon

smoked paprika

1 teaspoon

onion powder

Satisfy your burger craving without guilt or grease! Three types of robust mushrooms and two kinds of tender legumes provide protection against heart disease & cancer. These baked beauties abound in B vitamins, along with ergothioneine & glutathione, two antioxidants that help counteract the visible signs of aging. Get these delicious, healthy burgers in your belly stat!

Makes 6 Burgers

PREP TIME: 20 minutes • COOK TIME: 12 minutes

wheat
free

Tools Needed: oven, parchment paper, baking sheet

1. Prepare LeafSide's Creamy Forest Mushroom savory bowl as directed.
2. While that steeps, mash drained beans in a large bowl.
3. Add the following to the mashed beans & mix well: oats, tamari, tomato paste, tahini, smoked paprika, & onion powder.
4. When LeafSide meal is ready, add that to bean mixture and stir thoroughly.
5. Preheat oven to 375 & form patties from mixture; place on parchment lined (or silicone mat) baking sheet (mixture will be a bit sticky).
6. Bake for 6 minutes, flip, and bake another 6 minutes.

Other suggested additions to the mixture: garlic - fresh or powder, fresh Italian parsley, chopped walnuts, fresh onion

Condiments/toppings: mustard, ketchup, tomatoes, onions, pickles, avocado, lettuce, hummus, BBQ sauce

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A pastry cutter works well for mashing beans, but you can also use a potato masher or the backside of a fork.

Super Seed Sauce

Usually sesame seeds just hide out in our bread, but when you grind a bunch of them together, you get tahini: a rich, creamy, and delicious sauce that's actually healthy! They have plenty of micronutrients and, like other whole plant fats, can help the absorption of vitamins and phytonutrients from greens and other foods. Their lignans are anti-cancer, and sesame/tahini also has demonstrated anti-inflammatory abilities, as well as lowering cholesterol. ¹³ Try it with salads, grain bowls, toast, or anywhere a satisfying spread is needed.



Almond Butter & Berry Burst Overnight Oats

Ingredients

1

LeafSide Berry Medley sweet bowl

2/3 cup

rolled oats

2 tablespoons

almond butter
(recommend unsweetened & no oil added)

2 tablespoons

chia seed jam*

2 teaspoons

chia seeds

2 cups

plant milk
(recommend unsweetened)



Unique Whole Plant Foods

Fly out the door in the morning by taking 5 minutes to make this convenient & reviving recipe the night before you dig in. Fiber-filled oats & quinoa are joined by the familiar flavors of savory nut butter & luscious jam to power you through your day with a variety of beneficial nutrients. Discover why this gratifying breakfast favorite has become an overnight taste sensation!

Makes 2-4 Servings

PREP TIME: 5 minutes • COOK TIME: 0 minutes

soy
free

wheat
free

◇ Tools Needed: container with lid

◇ Note: Disregard package preparation instructions and follow steps below instead.

1. Pour LeafSide's Berry Medley sweet bowl into a container with a lid; add oats, almond butter, jam, chia seeds, and plant milk.
2. Shake ingredients thoroughly and refrigerate for at least 4 hours.
3. Stir mixture & portion servings; top with fresh berries & nuts, along with more almond butter, jam, and plant milk if desired.

Other suggested toppings: sliced banana, peanut butter, cacao nibs, granola



If you prefer warm oats, microwave each serving for 45-60 seconds (add the toppings after heating).

Tiny But Mighty

Chia seeds deliver 2,400 milligrams of omega-3 essential fatty acids (EFAs) per tablespoon. As mentioned earlier, most Americans consume far more omega-6s than omega-3s, and this imbalance increases disease risk. Eating chia seeds increases the amount of omega-3s and can help restore your EFA balance. Even better, chia seeds are 40% fiber, making them one of the best sources of healthy prebiotics for your gut microbiome, which in turn feeds your immune system and brain with short-chain fatty acids (SCFAs) you need. Remember to chew chia thoroughly, or toss in your blender, for maximum benefits from amazing SCFAs. ¹⁴



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*For a homemade recipe see page 10

Garlic Herb Potato Leek Quiche

Ingredients

1

LeafSide Creamy
Potato Leek soup

2

medium potatoes
(red or yukon preferred)

4 cups

vegetable broth†
*(recommend low sodium
& no oil added)*

1

large leek

1 teaspoon

garlic powder

1 teaspoon

herbes de
Provence

1/2 teaspoon

turmeric

to taste

ground black
pepper

3/4 teaspoon

sea salt*(optional)*

1 16 oz

extra firm tofu

2 tablespoons

plant milk
*(recommend unsweetened
almond)*

2

pie crusts*

Revel in the French-inspired flavors of this creamy, savory dish that's perfect for any meal. This recipe rewards you with 2 beautiful quiches, or you can omit the crust to make two frittatas. You'll be thrilled there are leftovers of this irresistible combination of velvety protein-packed tofu, potassium-rich potatoes infused with garlic & herbs, and the delicate onion flavor of nutrient-dense leeks. Bon appetit!

Makes 2 Quiches

PREP TIME: 45 minutes • COOK TIME: 40 minutes

wheat
free

nut
free

◇ **Tools Needed:** 12" or larger skillet, stove, oven, food processor fitted with S-Blade

◇ **Note:** Disregard package preparation instructions and follow steps below instead.

1. Dice potatoes and add them to a 12" or larger skillet with 1 cup vegetable broth. Cook over medium high heat for 8-10 minutes, stirring occasionally.
2. Make sure the leek is washed thoroughly to remove any sand; dice and add to skillet, along with LeafSide's Creamy Potato Leek soup and the remaining 3 cups vegetable broth. Stir thoroughly.
3. Add garlic powder, herbes de Provence, turmeric, black pepper, and salt (if using). Stir again and cook 10 more minutes or until everything is heated through and potatoes are soft.
4. While the filling cooks, pre-heat oven to 375.
5. Gently squeeze excess water out of tofu & break into at least 4 parts while placing into the bowl of the food processor fitted with an S-blade. Blend until creamy, stopping to scrape down the sides as needed. Add no more than 2 tablespoons plant milk if needed to get the mixture smooth.
6. Remove from heat and add tofu to skillet with everything else and combine thoroughly. Spoon into pie shell, smoothing out mixture evenly (or smooth out & keep in skillet if oven-safe or spoon into an oven-safe pan for frittata).



Unique Whole
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The Golden Spice

Used for thousands of years in India and Asian medicine and cuisine, turmeric and its golden-colored component, curcumin, is likely the most studied spice in science's history, and for good reason. It's incredibly health-promoting: it blocks cancer at all of its stages, by repairing DNA damage from carcinogens and oxidants, and by stopping the growth and spread of cancer cells. It can help treat inflammation of all sorts, including relief for osteoarthritis, lupus, and inflammatory bowel disease. Per Dr. Greger's advice, it's always combined with black pepper in LeafSide meals, so you get a safe 10-20 fold increase in its potency too. ¹⁵

7. Bake for 25-35 minutes or until golden brown and slightly firm to the touch; edges should brown and pull away slightly. Allow to sit for 10 minutes before cutting. Garnish center of quiche with fresh rosemary, basil, or thyme if desired.

Serve with any of the following suggestions: hot sauce, sauteed mushrooms, steamed asparagus or broccoli, mixed greens salad with tomatoes & a dijon vinaigrette, fruit salad, tomato soup, crusty whole grain bread with roasted garlic spread (Cut about 1/4" off the top of a garlic head & remove other loose papers to expose cloves, drizzle with aquafaba - liquid from canned chickpeas - and wrap loosely in foil. Bake at 400 for 40-50 minutes or until soft. Cool slightly; push out each clove from the bottom & spread on bread.)





Orange Vanilla Cinnamon French Toast

Ingredients

1

LeafSide Vanilla Cinn-sation smoothie

1 (14oz)

loaf bread (*should be stale when ready to use; recommend something with sourdough*)

2 cups

plant milk (*recommend unsweetened vanilla or plain almond*)

1/2 lb (8oz)

extra firm tofu

1 teaspoon

orange peel

1/4 teaspoon

turmeric

as desired

Ceylon cinnamon



Unique Whole Plant Foods

Share this meal with your loved ones, and they'll be amazed that you delighted their taste buds with a sweet treat that includes cancer-fighting cauliflower! This baked goodie also features brain-boosting pecans, iron-rich raisins, disease-fighting dates, and a warm, aromatic spice mixture. Cherish everyone's smiles as they choose their favorite toppings and tell you how much they love this terrific toast!

Makes 6-8 Servings

PREP TIME: 30 minutes • COOK TIME: 30 minutes

soy
free

wheat
free

◇ **Tools Needed:** high speed blender with 64oz minimum carafe (800+ watts power), 9 x 13 baking dish, oven

1. Cut bread into large cubes & put into a 9 x 13 baking dish.
2. Drain tofu and squeeze out excess water (cut in half if using 1 lb container).
3. Pour LeafSide's Vanilla Cinn-sation smoothie into a blender, but use plant milk (instead of water) & add tofu, orange peel, and turmeric. Blend until smooth.
4. Cover bread in baking dish with all of the batter; mix until well-coated. Sprinkle top with cinnamon. Let sit for 10 minutes & preheat oven to 375.
5. Bake uncovered for 30 minutes; top should be crispy.

Serve topped with any of the following suggestions: fruit, nuts, date paste, chia seed jam, plant-based unsweetened yogurt, nut butter, apple butter, pumpkin butter, cacao nibs.*

The Other Cinnamon

Cinnamon is one of nature's gifts with a delicious, inviting scent and satisfying taste. Like other herbs and spices, it delivers very high amounts of antioxidants. There's just one catch: the most common form of cinnamon in the US is cassia cinnamon that contains coumarin, a substance that in high amounts, can damage the liver. So be sure to get Ceylon cinnamon that doesn't deliver coumarin, only the good stuff. At LeafSide we use only Ceylon cinnamon, and only the tastiest forms we can find. ¹⁶



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*For a homemade recipe see page 10



Light & Crisp Curry Lettuce Wraps

Ingredients

1

LeafSide Madras Curry savory bowl

1

head butter or romaine lettuce

1/4-1/2 head

sliced red cabbage

1 can (15 oz)

chickpeas (*garbanzo beans*) (recommend unsalted)

3

limes

1 cup

plant based yogurt (recommend plain unsweetened)

optional

curry powder

Lighten your workload with these quick-to-prepare plant-powered pockets! This colorful meal is the perfect balance of mildly spicy, inflammation-reducing curry paired with sweet, flaky coconut that promotes healthy bones. Add crisp lettuce, crunchy cabbage, creamy chickpeas, and top with zesty lime for a fresh, uplifting, and revitalizing meal!

Makes 12 Wraps

PREP TIME: 30 minutes • COOK TIME: 0 minutes

1. Prepare LeafSide's Madras Curry savory bowl as directed. Arrange lettuce leaves in double layers for each wrap.
2. Thinly slice red cabbage or use pre-sliced packaged cabbage. Open & drain can of chickpeas.
3. Fill lettuce cups with Madras Curry meal; add chickpeas on top, along with red cabbage.
4. Squeeze lime juice on top & add dollop of plant based yogurt. Sprinkle with additional curry powder if desired (optional).

Other suggested additions: red onions (cooked or raw), cashews, fresh ginger, chopped kale, cilantro, cauliflower florets (cooked or raw), shredded carrots



Unique Whole Plant Foods



Strain water from chickpeas, or aquafaba, into a container to refrigerate and use in the future for sautéing or roasting vegetables in place of oil.

Sulforaphane the Superhero

Cruciferous vegetables like broccoli, cauliflower, collards, or the kale and cabbage in this meal, are unique in that they offer the powerful nutrient called sulforaphane (we'd prefix it with Super and capitalize Sulforaphane, but that's just us). Its studied superpowers include blocking cancer cell growth and spread, repairing DNA damage, helping your liver do its detox dance, protecting your eyes and brain, reducing inflammation generally, and even helping to relieve autism symptoms. The one caveat is that heat and cooking deactivate sulforaphane, so if you don't like your veggies raw, you'll need just a bit of mustard and its magical myrosinase enzyme, to reactivate sulforaphane fully. Thanks to Dr. Greger for that tip, and for giving these veggies their own place in his Daily Dozen! ¹⁷



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Cacao-nt Me In

What's better than chocolate? Well how about "raw" chocolate, lightly roasted? The cacao bean, like other beans, comes packed with phytonutrients, vitamins, minerals, and fiber, but no other bean tastes like... well, chocolate! And without the added sugar, nor any disease-promoting dairy! On top of all the nutritional benefits, cacao brings a light amount of caffeine too, giving an extra pep to your day without a crash. Toss some in your smoothie, or try one of the three LeafSide smoothies that deliver it (or enjoy our Cacao Raspberry sweet bowl), accompanied with a score of nutrient packed whole plant foods.¹⁸



Fudgy Raspberry Cacao Brownies

Ingredients

1

LeafSide Cacao Raspberry Sweet Bowl

3/4 cup

rolled oats

1/2 cup

cacao powder

3/4 cup

date syrup

3/4 cup

fresh raspberries

1 1/2 teaspoons

baking powder

1/4 cup

chopped pecans
(recommend raw & unsalted)(optional)

Indulge yourself with this decadent dessert that's sure to satisfy your sweet tooth and nourish your body! Heart healthy oats join fiber-rich dates, bananas, & raspberries, along with energizing, earthy cacao to create a fantastically fudgy confection. Enjoy this scrumptious snack anytime you need a pampering pick-me-up!

Makes 16 Brownies

PREP TIME: 30 minutes • COOK TIME: 60 minutes

soy
free

wheat
free

- ◇ Tools Needed: food processor, 8 x 8 baking pan, parchment paper
- ◇ Note: Disregard package preparation instructions and follow steps below instead.

1. Preheat oven to 350; make oat flour by blending oats in food processor. Add LeafSide's Cacao Raspberry sweet bowl into the processor with the flour.
2. Boil 1.5 cups of water & add to processor bowl; stir into dry ingredients & set aside for 10 minutes.
3. After 10 minutes, add date syrup & raspberries to processor and blend all wet ingredients until smooth.
4. Add cacao powder & baking powder to processor and blend to combine, stopping to scrape sides as needed.
5. Line 8 x 8 baking pan with parchment paper, leaving the paper long on the sides to lift out brownies after baking.
6. Pour batter into pan, spread evenly, and top with chopped pecans. Bake for 55 minutes.
7. Top with fresh raspberries if desired, and bake for another 5 minutes. Set aside to cool for 30 minutes. Store in an airtight container in the fridge. Microwave to warm before serving.

Other suggested toppings: cacao nibs, blueberries, chopped almonds, chopped walnuts, cinnamon, almond butter, shredded coconut, raspberry chia seed jam

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Unique Whole Plant Foods



TIP For added decadence, add cacao nibs or other suggested toppings in middle of batter in pan, as well as on top if desired.

NOTE: for a party pleaser, serve with the banana nice cream flavor of your choice (see page 9 for nice cream recipe)

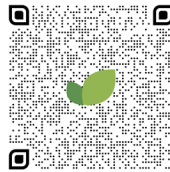


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Thank you, LeafSiders

Did you enjoy the LeafSide 1 Week Meal Plan?

We love hearing from LeafSiders, so feel free to contact us with your feedback or fill out a short feedback form by scanning the QR code below with your phone camera.



As always we're here to help with any questions. Our entire team is deeply grateful for your continued support!

Wishing you and yours plant-strong health,

The LeafSide Team

Don't forget to share your culinary success with us on Facebook and Instagram

@LeafSide

We can't wait to see what you made!



Nutrition Fast Fact References

All references used in the LeafSide 1 Week Meal Plan can be found on the Nutrition Fast Fact Reference Page on our website.

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