



# Whole Food: Plant-Based 30 Day Whole Food Challenge - Meatless Dairy Free Recipes

*James Smith*

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## 30 day Plant Based Challenge-Whole Food Diet -Budget Friendly

Dive into a collection of meatless meals offering daily recommended vegetable servings not only for a healthier lifestyle but a more energetic life. James Smith offers an array of recipes that are easily adaptable for anyone, whether on a budget or looking for something simple and flavorful to throw in the crock pot. Inside you are shown the ropes of a herbivore cuisine ranging from heart healthy vegetable mains, appetizing side dishes, and vegetable friendly snacks that will tame your sweet tooth. All recipes are gluten -dairy free leaving you with a long list of plant-based meals that will have you embracing your personal repertoire of whole food recipes. Vegans, Vegetarians, and omnivores are all welcomed.

Sample of the recipes:

- butternut squash mac/cheese
- chipotle black bean & quinoa stew
- italian orzo salad
- moroccan coconut & chick pea soup
- black bean chili & quinoa
- garlic cauliflower alfredo sauce
- melty stretchy gooey vegan mozzarella
- spicy kale and quinoa black bean salad
- vegan basil cornbread
- baked polenta fries / chips
- mexican pumpkin soup

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