



OUR 25 FAVORITE RECIPES **VEGETARIAN & VEGAN**



A WORD FROM WHOLE LIFE CHALLENGE CO-FOUNDER MICHAEL STANWYCK



The Whole Life Challenge is not about which set of nutritional guidelines you choose. We are here to support people on the journey to better health and well-being, **whatever their personal preferences and beliefs may be.**

As much as the Challenge was born out of our own personal journeys, **it is most important to us that each individual player feels welcome and supported** in their experience. We want to encourage you in making your choices, not ours.

Although I spent three years as a vegan and six more as a vegetarian, my thinking when we started the Challenge didn't take that path into much consideration, and that was a mistake.

We spent several years with a kind of "second thought" mentality about the veg(etari)an diet. We adapted [our nutrition levels and recommendations](#) simply by omitting items from our standard lists that weren't suitable for our vegan and vegetarian players.

But it turns out veg(etari)ans are not simply meat eaters minus the meat. You have nutritional needs and requirements that are not met simply by altering an omnivore diet to exclude animal products.

In 2018, I am proud to say, we started again from nothing with [our veg\(etari\)an recommendations](#). **Looking at the most up-to-date information about plant-based nutrition, and leaning on its leading voices,** we created new guidelines that we believe best support your nutrition, perspective, and unique needs.

We are very excited to offer you this eBook of vegan and vegetarian recipes. They are from some of our best contributors, are compliant with our recommendations, and written to make quick, healthy, and delicious vegan and vegetarian meals an easy reality.

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PUMPKIN BERRY Acai BOWL

BY TULIKA VENUGOPAL



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

TOTAL TIME

10 MINUTES

SERVINGS

2

BASE INGREDIENTS

- 1/2 cup frozen mixed berries
- 1/2 frozen banana
- 1/4 cup almond milk
- 2 Sambazon Pure Acai Berry unsweetened packets
- 1 Tbsp chia seeds
- 1/4 cup pumpkin puree
- 1/2 tsp ground cinnamon

TOPPINGS INGREDIENTS

- 1 sliced banana
- 6 sliced strawberries
- 2 Tbsp sliced almonds
- 1 Tbsp hemp seeds
- 4 Tbsp of your preferred combo of oats, nuts, and seeds (optional)
- 1 tsp unsweetened shredded coconut
- 2 tsp coconut nectar (optional)

DIRECTIONS

1. Place all of the base ingredients in a blender and blend until smooth.
2. Pour into two bowls.
3. Top each bowl with the topping ingredients: banana, strawberries, almonds, hemp seeds, and (optional) oat/nut/seed combo.
4. Sprinkle the shredded coconut on top and, if desired, drizzle the optional coconut nectar over the finished bowl.

NOTES

When it comes a combination of oats, nuts, and seeds, this is one of my favorites: oats, almonds, walnuts, and chia seeds.

For this to be compliant for Performance players, leave out the optional items.

MORNING NUT MILK LATTE WITH TURMERIC AND CINNAMON

BY ALMA SCHNEIDER



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

5 MINUTES

COOK TIME

10 MINUTES

SERVINGS

2

INGREDIENTS

- 1 1/2-2 cups almond or cashew milk
- 1 Tbsp coconut oil
- 1 tsp sweetener such as date or fig syrup or preferred amount of stevia or monk fruit
- 1 tsp ground turmeric
- 1 tsp ground cinnamon

DIRECTIONS

1. In a small pot, combine the milk and oil.
2. Heat until it simmers and the oil has melted.
3. Add in the sweetener, turmeric, and cinnamon. Stir to combine.
4. Serve hot.

NOTES

This recipe is compliant on all levels depending on which sweetener you choose. As with any recipe that includes dates, exercise caution if you have a specific weight-loss or body composition goal. Dates are a fantastic source of natural sugar, but they are, nonetheless, made of sugar.

WLC-compliant nut milks can be hard to find, but you can quickly and easily make your own with the homemade Almond Milk recipe on page 27.

RICH AND CREAMY (AND HEALTHY) CHOCOLATE SHAKE

BY ALMA SCHNEIDER



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

TOTAL TIME

5 MINUTES

SERVINGS

1

INGREDIENTS

- 2 ripe bananas
- 2 Tbsp unsweetened cocoa powder
- 2 heaping Tbsp peanut butter or almond butter
- 1/2 cup almond milk

DIRECTIONS

1. Puree all the ingredients in a blender until creamy.
2. Serve cold or even room temperature.

NOTES

Feel free to substitute the peanut butter for almond or sunflower seed butter. You can also add more almond milk if you want it thinner, frozen bananas to make it colder, or pour the mixture into popsicle molds to make it a frozen treat.

WLC-compliant nut milks can be hard to find, but you can quickly and easily make your own with the homemade Almond Milk recipe on page 27.

OVEN BAKED BEET CHIPS

BY SHANNON GILSON



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
15 MINUTES

COOK TIME
1 HOUR

SERVINGS
4

INGREDIENTS

- 6 beets
- 1/4 cup olive oil
- 2 tsp sea salt

DIRECTIONS

1. Preheat oven to 300 degrees Fahrenheit and line several baking sheets with parchment paper.
2. Scrub the beets well with a brush and cut off the tops.
3. Use a mandolin slicer to slice the beets thin (1/16").
4. Place the beet slices in a large bowl, drizzle the oil and salt over the top, and toss well.
5. Let the beets sit in the oil and salt for 10-15 minutes, until they release their natural juices.
6. Toss the beets again and drain off the liquid. If some of the beets have a lot of oil coating them, pat them lightly with a paper towel, removing some of the oil.
7. Lay the slices out in a single layer on the prepared baking sheets.
8. Bake for 45-60 minutes until crisp, but not burnt. Test them after 45 minutes and bake longer if necessary.
9. Remove the beet chips from the oven and cool completely before eating. Add more salt to taste.

NOTES

Store leftovers in an airtight container.

ALMOND DATE COCONUT TRUFFLES

BY ALMA SCHNEIDER



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE

TOTAL TIME
1 HOUR

SERVINGS
24

INGREDIENTS

- 1/2lb crunchy almond butter
- 2oz date syrup
- 2oz coconut toasted
- 2oz cacao nibs
- 2oz raisins
- 1oz oats

DIRECTIONS

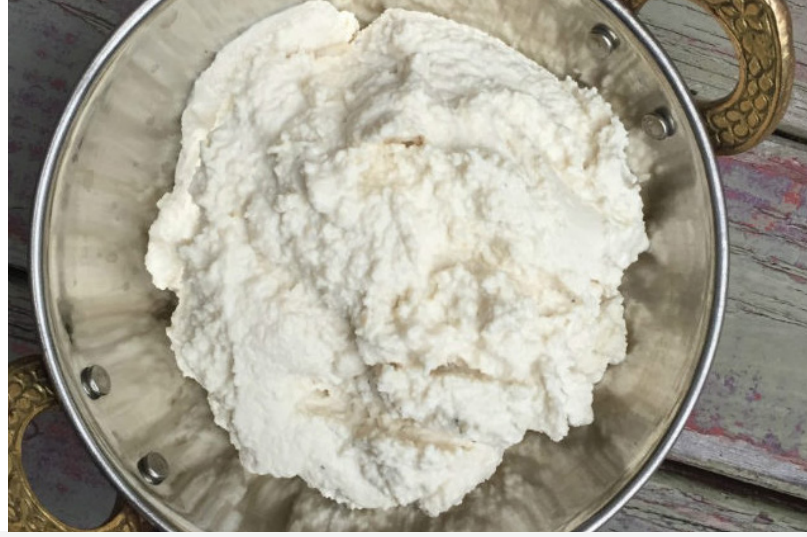
1. Mix all ingredients in medium bowl.
2. Refrigerate until cold.
3. Roll into small truffles, about 1/2 inch in size. Should make about 24 truffles.
4. Roll truffles in additional toasted coconut.

NOTES

If you use store-bought date syrup, be sure to check the ingredients for anything non-compliant.

CASHEW RICOTTA "CHEESE"

BY LAUREN LOBLEY



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

TOTAL TIME
12 HOURS

INGREDIENTS

- 1 1/2 cups raw cashews soaked overnight, then strained and rinsed
- Juice from 1 lemon (about 2 Tbsp)
- 1/2-1 tsp sea salt
- 1/4-3/4 cups water

DIRECTIONS

1. Combine all ingredients in a blender, starting with just 1/4 cup of water.
2. Blend until you get a paste/ricotta-like texture. If it's too thick, add another 1/4 cup of water.
3. Once you get the desired consistency, taste to see if it needs more salt. If not, you're done!

NOTES

Store in an airtight container in the fridge for up to a week.

SOY-FREE DAIRY-FREE SPINACH ARTICHOKE DIP

BY LAUREN LOBLEY



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

15 MINUTES

COOK TIME

20 MINUTES

INGREDIENTS

- 1 1/2 Tbsp extra virgin olive oil
- 1/2 cup red onion diced small
- 2 cloves of garlic minced
- 12-14oz can of artichokes roughly chopped
- 1lb frozen spinach thawed, rinsed, and drained
- 1/2 tsp sea salt
- 1/2 tsp ground black pepper
- 1 cup cashew ricotta cheese (see page 9)
- 1 tsp apple cider vinegar

DIRECTIONS

1. Heat up olive oil over medium heat.
2. Saute the onions until translucent (about 5 minutes).
3. Add garlic and saute for another minute.
4. Add in the artichokes and spinach, salt and pepper, and toss around until the spinach begins to warm up.
5. Add in the cashew ricotta, and toss to combine.
6. Finish it off with a teaspoon of apple cider vinegar.

EASY-TO-MAKE VEGGIE LENTIL SOUP

BY NIKI GRUTTADAURIA



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE

PREP TIME
20 MINUTES

COOK TIME
1 HOUR

SERVINGS
8

INGREDIENTS

- 1 Tbsp butter (or vegan substitute of choice)
- 4 Tbsp extra virgin olive oil
- 2 1/2 cups onion chopped
- 7 cloves garlic minced
- 2 cups carrots chopped
- 2 cups celery chopped
- 1 large potato chopped (2 3/4 cups)
- 1 large sweet potato chopped (2 3/4 cups)
- 6oz can tomato paste
- 8 cups vegetable stock
- 1 cup raw red lentils or any color lentils you prefer

DIRECTIONS

1. Heat butter (or vegan substitute) and extra virgin olive oil in saucepan on medium heat.
2. Add garlic, onion, carrots, celery, potato, and sweet potato to saucepan. Saute vegetables on medium heat until cooked through.
3. Add tomato paste to vegetables mixture. Blend. Let mixture cook for two to five minutes on medium heat, stirring every minute to avoid burning.
4. Add vegetable stock and lentils. Stir.
5. Bring mixture to a boil.
6. Reduce heat to low, allowing mixture to simmer for 30 minutes. Stirring every 5 minutes. This will allow the soup time to thicken.
7. Enjoy!

AVOCADO CAPRESE SALAD

BY SHANNON GILSON



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

TOTAL TIME

10 MINUTES

SERVINGS

4

INGREDIENTS

- 4 medium heirloom tomatoes or tomato of your choice
- 2 avocados
- 1 bunch of fresh basil
- Extra virgin olive oil
- Balsamic vinegar (optional)
- Sea salt and black pepper

DIRECTIONS

1. Slice tomatoes and avocados and salt lightly.
2. Slice basil into thin ribbons.
3. Layer tomato slices, avocado slices, and basil.
4. Lightly drizzle with olive oil and balsamic vinegar (optional).
5. Sprinkle with salt and pepper to taste.

JACKFRUIT TUNA SALAD (WITH NO TUNA)

BY ALMA SCHNEIDER



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

15 MINUTES

COOK TIME

15 MINUTES

SERVINGS

4

“TUNA” INGREDIENTS

- 1 20-ounce can young green jackfruit (can be found at Trader Joe’s or online)
- 2 large cloves garlic
- 3/4 medium onion divided into quarters
- Juice of 2 limes
- 1/4 cup water

DRESSING INGREDIENTS

- 1/3-1/2 cup WLC-compliant mayonnaise (or vegan substitute) (add more depending on your taste)
- 1 Tbsp Dijon mustard
- Pinch cayenne pepper
- 2 small carrots
- 1/4 medium onion
- 1 cup apple (about 1/2 large apple, finely chopped)
- 3 Tbsp pickles chopped
- 1/3 cup almonds, cashews, or any other nut chopped
- 2 tsp Triple Blend sea flakes (optional) - can be found at Whole Foods or health food stores
- Salt and pepper to taste

DIRECTIONS

1. Mince 3/4 of the onion and the two garlic cloves.
2. Rinse the canned jackfruit, and then pulse it in a food processor or mash with a fork until it looks like tuna flakes.
3. In a sauce pan, simmer the jackfruit, water, lime juice, garlic, and onion, covered for 15 minutes.
4. While that is simmering, mince the carrots, pickles, remainder of the onion, nuts, and apple, and set aside.
5. Once the jackfruit combo is done simmering and is cooled, place in a bowl and add in the minced ingredients, mayo or vegan substitute, mustard, cayenne, salt and pepper, and optional sea flakes.
6. Adjust seasonings and chill.
7. Serve in sandwiches or on top of lettuce or in an avocado.

LENTIL SALAD WITH DELICIOUS LEMON-TAHINI DRESSING

BY JANNINE MYERS



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE

PREP TIME
15 MINUTES

COOK TIME
20 MINUTES

SERVINGS
2

SALAD INGREDIENTS

- 1 cup uncooked green lentils picked over and rinsed
- 1 bunch of asparagus ends trimmed and sliced into one-inch pieces
- 3 cloves garlic minced
- 5 cups spring greens your choice
- 1 small avocado diced
- 1/4 cup green onion finely sliced
- 1/4 cup each of pine nuts and dried tart cherries no sugar added
- 2 Tbsp olive oil

DRESSING INGREDIENTS

- 1/4 cup tahini
- 1/4 cup water
- 1 Tbsp olive oil
- 1 tsp Dijon mustard
- 2 Tbsp fresh lemon juice
- Pinch cayenne pepper (optional)
- Salt and pepper to taste

DIRECTIONS

1. Prepare the dressing by combining all the ingredients together in a large jug and whisking until smooth. Taste and adjust seasoning if necessary. Set aside.
2. Bring the lentils to boil in 3 cups of water. Boil for a few minutes and then reduce heat to low. Cook about 20 minutes, until the lentils are tender but not mushy.
3. Heat the olive oil in a large skillet over medium-high heat, then cook the asparagus for about 3 minutes.
4. Add the garlic and continue to cook for a minute or so more.
5. Add the spring greens and cook just until they begin to wilt.
6. Remove from heat and season with salt and pepper.
7. To serve: layer plates first with the green vegetables, then the lentils, and top with diced avocado, green onions, pine nuts, and dried cherries. Drizzle with the lemon-tahini dressing.

SPICED AND SMOKY BUTTERNUT SQUASH

BY TULIKA VENUGOPAL



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
5 MINUTES

COOK TIME
15 MINUTES

SERVINGS
4

INGREDIENTS

- 1lb butternut squash cubed (~3 cups cubed butternut squash)
- 2 tsp ghee (clarified butter) - alternative options: butter / avocado oil
- 1 small tomato diced
- 1 tsp cumin seeds
- 1/2 tsp turmeric powder
- 1/2 tsp garam masala
- 1/4 tsp liquid smoke
- 1/4 tsp salt or more, to taste
- 1/4 tsp black pepper
- Cilantro for garnish

DIRECTIONS

1. Prepare the butternut squash. I use frozen cubed butternut squash and steam it. Alternatively, roasting a butternut squash is a great option. The squash can be roasted by first peeling it and cutting it into cubes, and then tossing the cubes in olive oil, salt, and pepper before baking at 400 degrees Fahrenheit for 20-30 minutes.
2. Once the butternut squash has been roasted or cooked, transfer the cubes to a bowl and mash with a fork. This does not need to be completely smooth; feel free to leave some small chunks for texture.
3. In a cast iron skillet or a non-stick skillet, melt the ghee or alternative options over medium-high heat. Once it has melted, add the cumin seeds. After about one minute, the cumin will become fragrant.
4. Add the diced tomatoes, turmeric, salt, and pepper. Use a spatula to distribute the tomatoes and spices and allow the tomatoes to soften for about three minutes.
5. Add the mashed butternut squash and stir to combine.
6. Add the garam masala and liquid smoke, stir to combine, and remove from heat.
7. Garnish with chopped cilantro and serve.

NOTES If you're not familiar with garam masala, it is a spice mixture of ground cumin, coriander, cardamom, black pepper, cinnamon, cloves, and bay leaves. The cook times on this recipe are for using frozen squash. If you roast your own squash, then prep time will be 10 minutes and cook time will be 45 minutes.

GRAIN-FREE THANKSGIVING STUFFING

BY TULIKA VENUGOPAL



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

20 MINUTES

COOK TIME

40 MINUTES

SERVINGS

4

INGREDIENTS

- 2 delicata squash
- 2 carrots
- 3 celery stalks
- 8oz mushrooms sliced
- 1 apple
- 1/2 cup walnuts
- 1 Tbsp + 1 Tbsp olive oil divided
- 1 Tbsp garlic minced
- 1 tsp parsley chopped
- 2 tsp fresh thyme
- 1/4 tsp + 1/2 tsp salt divided (or more to taste)
- 1/4 tsp + 1/4 tsp black pepper divided

DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. While the oven is preheating, prepare the delicata squash by first cutting each squash in half lengthwise. With a fork, de-seed the inside of the squash halves.
3. Then, cut the squash into 1/2-inch thick slices. Drizzle 1 Tbsp olive oil, 1/4 tsp salt, and 1/4 tsp pepper over the squash and toss.
4. Arrange the squash slices on a foil-lined baking sheet.
5. Bake for 40 minutes, or until the squash have slightly browned, flipping the squash slices halfway through.
6. While the squash is roasting, chop the carrots, celery, apples, mushroom, and garlic.
7. In a large non-stick or cast-iron skillet, drizzle 1 Tbsp olive oil and turn stove on medium-high.
8. Add garlic and saute for 30 seconds.
9. Add carrots and celery, stir for a minute, and then add mushrooms, apples, salt, and pepper.
10. Mix all of the ingredients together and cook for 5 minutes.
11. Add walnuts, parsley, and thyme and stir once more. Turn the stove off and allow the flavors to combine in the remnant heat.
12. When the squash has finished roasting, remove the slices from the baking sheet and transfer them to the pan with the remaining ingredients. Gently toss to combine and serve warm.

MUSHROOM WALNUT VEGAN BOLOGNESE

BY LAUREN LOBLEY



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
10 MINUTES

COOK TIME
45 MINUTES

SERVINGS
6

INGREDIENTS

- 2 Tbsp extra virgin olive oil
- 2 medium onions small dice
- 1 small head of broccoli small dice
- 200g Shiitake mushrooms (about 2 cups, small dice)
- 4 cloves garlic minced
- 1 28oz can of plum tomatoes
- 1 15oz can of tomato sauce
- 1 bay leaf
- 1 tsp Italian seasoning
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1 cup walnuts roughly chopped

DIRECTIONS

1. Heat the olive oil over medium heat.
2. Add the onions, broccoli and mushrooms. Saute for 5-10 minutes or until soft.
3. Add the garlic and toss to combine. Add the tomatoes and sauce, along with the spices. Toss to combine and let simmer on the stove for about 20-30 minutes to let all the flavors come together.
4. Add the walnuts and toss to combine. Adjust the seasoning as you wish.
5. Serve warm over spaghetti squash or zoodles.

INDIAN-INSPIRED ROASTED VEGETABLES WITH QUINOA

BY ALMA SCHNEIDER



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE

PREP TIME
10 MINUTES

COOK TIME
15 MINUTES

SERVINGS
1

INGREDIENTS

- 1/2 cup peeled, roasted, and diced eggplant
- 1/2 cup roasted cabbage
- 1/2 cup cooked leftover quinoa
- 2 cups washed organic salad greens
- 1 tsp ghee or grass-fed butter (or vegan substitute of choice)
- 1/8 tsp salt
- 1/8 tsp cinnamon
- 1/8 tsp turmeric
- 2 Tbsp roasted chopped cashews

DIRECTIONS

1. In a medium-sized frying pan, add the ghee or substitute of choice.
2. Add in the roasted vegetables and quinoa and stir.
3. Add in the greens and cook until they wilt a little.
4. Add in the spices and salt and stir to combine. Let heat through.
5. Remove from pan and top with chopped cashews.

JACKFRUIT CRAB CAKES (WITHOUT CRAB)

BY ALMA SCHNEIDER



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME

1.25 HOURS

COOK TIME

20 MINUTES

SERVINGS

8

INGREDIENTS

- 1 can jackfruit drained, rinsed, and dried
- 2 Tbsp flax seed mixed with water let sit for 10 minutes so it gets thicker
- 1 tsp cajun seasoning
- 3 cloves minced garlic
- 1 Tbsp lemon juice
- 1 tsp mustard
- 4 Tbsp scallions chopped green and white parts
- 1/2 tsp ground black pepper
- 1/2 cup almond flour or almond meal or any other kind of nut flour

DIRECTIONS

1. In a large bowl, mix all the seasonings and the prepared jackfruit together.
2. Form into cakes and add a little more flour if they are too wet.
3. Place in the fridge for about an hour so they firm up.
4. If you are baking, place the cakes on a parchment paper-lined baking sheet and bake at 375 degrees Fahrenheit for about 10 minutes. Then flip and bake another 10 minutes.
5. If you are frying, coat a non-stick pan with enough oil to coat the pan. Heat over a medium flame and fry the cakes for about 5 minutes until golden brown. Add more oil if necessary and fry on the other side for a few minutes until golden brown.
6. Serve with your favorite yogurt or hot sauce.

DAIRY-FREE CREAMLESS MUSHROOM CREAM SAUCE

BY ALMA SCHNEIDER



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE

PREP TIME
2 HOURS

COOK TIME
25 MINUTES

INGREDIENTS

- 5 cups chopped portobello mushrooms
- 5 cloves minced garlic
- 2 Tbsp butter (or vegan substitute of choice)
- 1/2 cup red wine
- 1 cup raw cashews (soaked in water for two hours if possible)
- 1 cup water
- 1/4 tsp kosher salt
- 1/8 tsp freshly ground black pepper

DIRECTIONS

1. First to make the cream sauce, blend the drained cashews and water in a high powered blender until the consistency of cream. Set aside.
2. In a large skillet, melt the butter or substitute of choice over a low flame.
3. When the butter is hot and smoking, add in the minced garlic and sauté for a minute.
4. Add in the chopped mushrooms and stir until wilted, about 15 minutes.
5. Add in the red wine, salt, and pepper and reduce over a medium flame for about 10 minutes.
6. Add in the cashew cream sauce, stir and serve immediately.

NOTES

Save leftovers in an air tight container in the fridge for up to a week or freeze.

CURRY SPICED CHICKPEA VEGGIE BURGER

BY LAUREN LOBLEY



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE

PREP TIME
15 MINUTES

COOK TIME
40 MINUTES

SERVINGS
9

INGREDIENTS

- 3/4 cups gluten-free rolled oats
- 1/2 cup pumpkin seeds
- 1/2 small red pepper small dice
- 1/2 red onion small dice
- 3-4 cloves garlic roughly chopped
- 1 handful cilantro roughly chopped
- 2 14oz cans chickpeas drained and rinsed
- 1/2 tsp curry powder
- 1/2 tsp ground cumin
- 1/2 tsp garam masala
- 1 1/2 tsp sea salt
- 1/2 tsp black pepper
- 1/2 tsp garlic powder
- 2 +2 Tbsp extra virgin olive oil
- 1 1/2 cups cooked brown rice

DIRECTIONS

1. Preheat oven to 375 degrees Fahrenheit.
2. Heat 2 Tbsp of olive oil over medium low heat. Add the onions, peppers, and garlic. Saute for about 5-10 minutes or until tender. Set aside.
3. Place oats and pumpkin seeds in a food processor. Blend until coarse (about 10-30 seconds).
4. Add everything else into the food processor, including the pepper and onion mixture but excluding the rice. Blend until almost smooth (it's okay to be a bit chunky).
5. Pour the mixture into a large bowl and fold in the rice.
6. Line 2 sheet pans with parchment paper or silicone baking mats.
7. Using a 1/2 cup measuring cup, scoop the mixture and place on your baking sheet. Once on the sheet, pat down each scoop so it is about 3/4 inches thick. Repeat for the rest of the burgers (you should end up with about 9 patties).
8. Bake for 15 minutes, then rotate the pan 180 degrees and rotate shelves (place the top one on the bottom one and vice versa - this ensures even cooking). Bake another 10-15 minutes or until firm.
9. Serve as you would any other burger.

HEALTHY THAI BUTTERNUT SQUASH CURRY

BY ALMA SCHNEIDER



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE

PREP TIME
15 MINUTES

COOK TIME
1 HOUR 20 MINUTES

SERVINGS
6

INGREDIENTS

- 2 medium butternut squash
- 1 1/2 Tbsp red Thai curry paste sold in most supermarkets
- 1 15oz can coconut milk
- 1 quart vegetable or chicken broth
- 2 cups fresh Thai basil or regular basil (Thai basil is sold at Asian food stores)
- 5 kaffir lime leaves or the juice of one small lime (you can also get kaffir leaves at Asian food stores)
- 1/4 cup pureed dates

DIRECTIONS

1. Peel the butternut squash, and roast for about 1 hour at 450 degrees Fahrenheit or until tender. Allow to cool. To save time, you can do this step the day before.
2. In a blender, place the roasted squash and chicken or vegetable broth. Puree until smooth.
3. Place mixture in a large pot over a low flame.
4. Add the coconut milk, curry paste, dates, and lime juice or kaffir leaves.
5. Stir until combined and hot.
6. Add basil and let simmer while stirring for about 15 minutes until it reduces a bit (gets thicker).
7. Serve over a mound of cooked white or brown rice or quinoa.
8. If you are not vegetarian, then add chopped chicken, beef, or shrimp if you like.

NOTES

This basic curry sauce freezes well. I like to portion it into small containers so I can prepare quick dinners any time in the future.

STEWED EGGPLANT AND TOMATOES INDIAN STYLE

BY ALMA SCHNEIDER



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
10 MINUTES

COOK TIME
40 MINUTES

SERVINGS
4

INGREDIENTS

- 1 28oz can diced tomatoes or equivalent amount of fresh tomatoes
- 1 very large eggplant unpeeled if organic cut into centimeter-sized cubes
- 3 Tbsp avocado oil or other neutral oil
- 5 cloves garlic minced
- 1 inch peeled ginger minced or grated
- 3 Tbsp cumin
- 1 Tbsp ground fennel
- 1 Tbsp ground coriander
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 cup golden raisins

DIRECTIONS

1. In a large pot over low flame, add oil.
2. When oil is hot, add in ginger and garlic. Saute for a few minutes and be careful not to let it burn.
3. Add in all the spices and stir to combine with the garlic and ginger.
4. Add in the tomatoes, raisins, and eggplant. Stir with the spice mixture and let simmer for about 30 minutes, stirring every few minutes so it doesn't burn.
5. Serve hot with brown rice, white rice, quinoa, or sweet potato.

ALMA'S MUNG BEANS AND BROWN RICE

BY ALMA SCHNEIDER



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE

PREP TIME
5 MINUTES

COOK TIME
25 MINUTES

SERVINGS
4

INGREDIENTS

- 1 cup dried sprouted mung beans (you can get these at Whole Foods and other health food stores)
- 2 1/2 to 3 cups already-cooked brown rice
- 1 Tbsp butter, olive oil, coconut oil, or any other healthy oil you like
- 2 tsp curry powder (or more to taste)
- 1/4 tsp ground black pepper
- 1/4 tsp salt
- 1/4 cup chopped cashews
- 1/2 cup finely chopped cilantro

DIRECTIONS

1. In a large pot, add the sprouted mung beans and cover with about 1 inch of water.
2. Boil until the beans are tender, about 20 minutes.
3. Stir in cooked rice, butter or oil, curry powder, pepper, and salt.
4. Stir over low flame for about 5 minutes until rice is heated through.
5. Serve and top with chopped cashews and cilantro.

NOTES

If desired, stir in sauteed kale, chopped carrots, or other vegetables, and/or your already-cooked protein of choice.

GRILLED TOMATO BRUSCHETTA WITH ZUCCHINI NOODLES

BY COURTNEY SPIEGL



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
25 MINUTES

COOK TIME
5 MINUTES

SERVINGS
2

INGREDIENTS

- 4-5 large organic tomatoes
- 1 Tbsp fresh basil
- 2 Tbsp olive oil
- 1 Tbsp minced garlic
- 1 tsp sea salt
- 2 Tbsp balsamic vinegar
- 1 tsp black pepper
- Dash liquid smoke (optional)
- 1 large zucchini or 2 medium zucchinis (or use store-bought premade "zoodles")

DIRECTIONS

1. Slice tomatoes into quadrants and marinate them in the basil, olive oil, garlic, balsamic, sea salt, black pepper, and liquid smoke for 25 minutes.
2. While they are marinating, use a spiralizer to turn the zucchinis into noodles. Spiralize them out onto a paper towel and pat them dry.
3. Heat a grill or a stove-top griddle to high heat. Carefully place each tomato piece onto the grill and sear for 1-2 minutes, then flip and repeat. Save the marinade.
4. Add the zucchini noodles to a large skillet on medium heat and flash-saute them so they are heated but not cooked through. This will help prevent soggy zucchini noodles.
5. Place the noodles in a bowl and top with the seared tomatoes.
6. Pour some of the marinade over the dish, top with more fresh basil, and enjoy!

MAKE YOUR OWN NON-DAIRY, NATURAL COFFEE CREAMER

BY JANNINE MYERS



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

PREP TIME
6 HOURS

SERVINGS
10

INGREDIENTS

- 1/2 cup raw cashews
- 3 cups water (1 1/2 cup for soaking / 1 1/2 cups for blending)
- 1/2 to 1 tsp organic vanilla extract
- A pinch of salt (optional)

DIRECTIONS

1. Soak the cashews in water, then cover and allow to sit at room temperature for about 6 hours.
2. Drain the water and add the cashews, remaining water, and vanilla to a blender. Process until smooth and creamy.
3. Store in a sealed jar or container in the refrigerator. It will last about 5 days.
4. Enjoy with either hot or iced coffee!

NOTES

If you're the only consumer, you can half the recipe. The servings of "10" on this recipe is totally dependent on how much "cream" you use, so make a batch and see how it goes.

HOW TO MAKE YOUR OWN ALMOND MILK IN 15 MINUTES FLAT

BY ROBERT MORTON



COMPLIANCE LEVEL

KICKSTART, LIFESTYLE, PERFORMANCE

TOTAL TIME

15 MINUTES

SERVINGS

12

INGREDIENTS

- 16oz raw almonds
- Water
- Honey (optional)
- Nut milk bag (Don't have one? Nut milk bags can be purchased for under \$10 on [Amazon.](#))

DIRECTIONS

1. Throw nuts in a bowl, soak overnight, and rinse.
2. In a blender, combine soaked almonds, water, and a squeeze of honey (if that's your thing – 'tis mine). I use the scientific method of one handful of almonds for every two-ish cups of water.
3. Blend for a minute or two on high (unless you have a Vitamix, in which case the lower setting is better). You want it really blended up but not so fine that grit shoots through the old nut milk bag.
4. Pour blended goodness through the nut milk bag into a pitcher with a big enough mouth that you can do some squeezage without losing too much product over the sides. This is a good opportunity to get your grip workout on as you squeeze out every last drop of milk until you're left with just a ball of almond meal. I discard said ball (shock and horror) but were I a better DIY-er, I'd dry that ball so I had almond meal for use in all sorts of baked goods.
5. Store your delicious milk impersonator in a sealable container (I use mason jars) and you've got a tasty brew that should last through the week.

GUILT-FREE DAIRY-FREE AVOCADO CHOCOLATE PUDDING

BY V "PALEO BOSS LADY" CAPALDI



COMPLIANCE LEVEL
KICKSTART, LIFESTYLE, PERFORMANCE

TOTAL TIME
5 MINUTES

SERVINGS
1

INGREDIENTS

- 1 medium avocado
- 2 tsp of organic cacao powder
- 2 Tbsp of organic nut butter of your choice
- 1 tsp of any of these: coconut sugar, raw honey, date paste, or stevia (choose whichever is compliant on your Whole Life Challenge nutrition level)

DIRECTIONS

1. Mash up avocado with a fork to desired texture.
2. Add remaining ingredients and mix well.

NOTES

This recipe is compliant on all levels – Kickstart, Lifestyle, and Performance – depending on which sweetener you choose.

ABOUT

With just a nudge (and a little bit of effort), you can have the life you want – happy, healthy, active, energetic, and connected.

ABOUT THE CHALLENGE

The Whole Life Challenge is a 6-week health and wellness game that focuses on The 7 Daily Habits.

THE 7 DAILY HABITS

Throughout the Challenge, you'll practice the habits every day – Nutrition, Exercise, Mobility, Sleep, Hydration, Well-Being, and Reflection – with the ultimate goal of incorporating them into your life. They'll work together to help you become happier and healthier.

WANT TO PLAY?

You can register to play the next Whole Life Challenge here:

<https://www.wholelifechallenge.com/join-the-challenge/>

LET'S CONNECT

We use social media to share our popular blog posts, motivational quotes, and information on the upcoming Challenge!

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