



VEGAN RECIPE PACK

*Sample our Vegan Recipe Pack collection!
Inside is a sample of breakfast, lunch,
dinner options. The 10 monthly recipes also
include treats and smoothie options.*

Email or DM us to get started!

www.Fyt2live.com



Sweet Potato Oatmeal



Sweet Potato Oatmeal

WHAT YOU NEED

- Oatmeal
- Plant-based Milk (almond, coconut, hemp, cashew, soy,...)
- Plant Based Butter
- Vanilla Extract
- Organic Raw Sugar
- Cinnamon
- Nutmeg
- 1 - Medium Sized Sweet Potato
- Shelled Pecans
- 4-6 Quart Pot
- Utility Kitchen Knife
- Sauté Spoon
- Sautee Pan
- Blender (Vitamix/Ninja/etc.)
- Measuring Spoons
- Measuring Cup

WHAT YOU NEED TO DO

Puree:

- Thoroughly wash the sweet potato
- Add the sweet potato to the pot
- Add enough water to cover the sweet potato
- Boil the sweet potato in hot water for 50 min to 1 hour
- Remove the sweet potato from the boiling water
- Rise the sweet potato with cold water to cool the potato
- Remove the skin of the sweet potato
- Add the peeled sweet potato, 1/3 cup of plant based milk, 1 TSP of cinnamon, and 1 TSP of nutmeg to the blender
- Blended the ingredients until the mixture has been pureed

Oatmeal:

- Add 3-cups of plant based milk to pot
- Heat plant based milk on medium-high heat
- Add 1.5 cups of oatmeal to the heated plant based milk
- Stir the oatmeal occasionally
- Cook the oatmeal on medium-high heat for 10 minutes
- Add 1 Tablespoon of organic sugar to the mixture (please adjust the amount to your liking)
- Add 1 teaspoon of vanilla extract to the oatmeal
- Add the sweet potato puree to the oatmeal
- Stir the mixture and cook for 3 more minutes
- If you like thinner oatmeal, please add more plant based milk to the oatmeal. Please cook for additional time (2 minutes) to combine the flavors.

Candied Pecans:

- Melt 2 TBSP of plant-based butter on medium heat in the sauce pan
- When the plant based butter is melted, add 1 TBSP of sugar to the pan
- Stir the mixture until sugar and butter are cohesively combined
- Add the pecans to the mixture and sauté for an additional 2-4 minutes.



Red Coconut Curry

Red Coconut Curry

WHAT YOU NEED

Veggies:

- Red Curry Paste (Thai Kitchen)
- 2 - 15oz cans of Coconut Milk
- 5 - Cloves of garlic
- 1 - 2in Piece of Ginger
- 1 - Bunch of Cilantro
- 2 - Zucchini
- 1 - Green Bell Pepper
- 1 - Red Bell Pepper
- 1 - Orange Bell Pepper (optional)
- 1 - Yellow Onion
- 1/4 Cup of Sesame Oil
- 1/4 Cup of Avocado Oil

Cooking Utensils:

- Wok/Sauce Pan
- Utility Kitchen Knife
- Sauté Spoon

Seasoning:

- Salt
- Black Pepper
- Red pepper flakes (optional)
- Chili Oil (optional)

WHAT YOU NEED TO DO

Vegetable Prep

- Thoroughly rinse the cilantro, garlic cloves, ginger, zucchini, and bell peppers
- Remove the skin from ginger
- Rough chop ginger and garlic cloves
- Cut the tops off of the green, red, and yellow bell peppers and remove the core and seeds.
- Cut the green, red, and yellow bell pepper into thick strips
- Peel the onion to remove the dry leaves
- Cut both ends off of the onion.
- Rinse the onion to remove any remaining dry leaf remnants
- Slice the onion into thin circles
- Cut the zucchini into thick strips



Red Coconut Curry (Cont.)

WHAT YOU NEED

Food:

- Red Curry Paste (Thai Kitchen)
- 2 - 15oz cans of Coconut Milk
- 5 - Cloves of garlic
- 1 - 2in Piece of Ginger
- 1 - Bunch of Cilantro
- 2 - Zucchini
- 1 - Green Bell Pepper
- 1 - Red Bell Pepper
- 1 - Orange Bell Pepper (optional)
- 1 - Yellow Onion
- 1/4 Cup of Sesame Oil
- 1/4 Cup of Avocado Oil

WHAT YOU NEED TO DO

Cooking Instructions:

- Add sesame and avocado oil to the wok.
- Heat on medium-high heat for about 3 minutes
- Add garlic and ginger to the hot oil.
- Cook garlic and ginger for 5 minutes
- Add onions to the wok
- Cook onions until they are translucent
- Add bell peppers and zucchini to the wok
- Cook bell pepper and zucchini for 5-7 minutes
- The cook time is based on maintain a crunchy texture of the bell peppers and zucchini
- Cook the bell peppers and zucchini longer if you prefer a more tender texture
- Add 2 cans of coconut milk to the wok
- Add 6 teaspoons of red curry paste to the wok
- Stir the red curry paste into the mixture until it is even distributed in the coconut milk
- Add salt and pepper to your liking. If you want a spicy dish, please add the red pepper flakes
- Cook the curry for an additional 5-7 minutes.
- Finish the dish by adding cilantro to the curry
- Mix the cilantro into the curry

Goes GREAT Over rice!!
Enjoy!





Puerto Rican Beans

Puerto Rican Beans

WHAT YOU NEED

Food:

- 1 lbs. of Dried Pink Beans or Pinto Beans
- 6-8 Cups of Vegetable Broth
- 2 - Bay Leaves
- 4 - Cloves of Garlic
- 1/2 - Bunch of Cilantro
- 1 - Green Bell Pepper
- 1 - Red Bell Pepper
- 1/2 - Yellow Onion (Peeled)
- 1/4 Cup of Red Palm Oil

Cooking Utensils:

- 2 - 6-8 Quart Cooking Pot
- Utility Kitchen Knife
- Sauté Spoon
- Food Processor

Seasoning:

- Salt
- Black Pepper

Sazon:

- 1/2 Tbsp ground coriander
- 1/2 Tbsp ground cumin
- 1/2 Tbsp ground annatto seeds
- 1/2 Tbsp garlic powder
- 1 Tsp dried oregano
- 1/2 Tsp onion powder

WHAT YOU NEED TO DO

Preparing the Beans:

- Add the beans to a pot and cover with cold water
- Cover the pot and soak the beans overnight for 6-8 hours

Vegetable Prep:

- Thoroughly rinse the cilantro, garlic cloves, peeled onion, and bell peppers
- Cut the tops off of the bell peppers and remove the core and seeds.
- Cut the bell pepper into medium sized pieces so the pieces fit in the food processor
- Peel the onion to remove the dry leaves
- Slice the onion into medium sized pieces so the pieces fit into the food processor
- Cut the garlic cloves if this is needed to fit the garlic in the food processor
- Chop the cilantro
- Add bell pepper, onion, garlic, and cilantro to the food processor
- Chop the bell pepper, onion, garlic, and cilantro in the food processor



Puerto Rican Beans (Cont.)

WHAT YOU NEED

Food:

- 1 lbs. of Dried Pink Beans or Pinto Beans
- 6-8 Cups of Vegetable Broth
- 2 - Bay Leaves
- 4 - Cloves of Garlic
- 1/2 - Bunch of Cilantro
- 1 - Green Bell Pepper
- 1 - Red Bell Pepper
- 1/2 - Yellow Onion (Peeled)
- 1/4 Cup of Red Palm Oil

Cooking Utensils:

- 2 - 6-8 Quart Cooking Pot
- Utility Kitchen Knife
- Sauté Spoon
- Food Processor

Seasoning:

- Salt
- Black Pepper

Sazon:

- 1/2 Tbsp ground coriander
- 1/2 Tbsp ground cumin
- 1/2 Tbsp ground annatto seeds
- 1/2 Tbsp garlic powder
- 1 Tsp dried oregano
- 1/2 Tsp onion powder

WHAT YOU NEED TO DO

Cooking Instructions:

- Add the red palm oil to the wok
- Heat on medium-high heat for about 3 minutes
- Add garlic and ginger to the hot oil.
- Cook garlic and ginger for 5 minutes
- Add onions to the wok
- Cook onions until they are translucent
- Add bell peppers and zucchini to the wok
- Cook bell pepper and zucchini for 5-7 minutes
- The cook time is based on maintain a crunchy texture of the bell peppers and zucchini
- Cook the bell peppers and zucchini longer if you prefer a more tender texture
- Add 2 cans of coconut milk to the wok
- Add 6 teaspoons of red curry paste to the wok
- Stir the red curry paste into the mixture until it is even distributed in the coconut milk
- Add salt and pepper to your liking. If you want a spicy dish, please add the red pepper flakes
- Cook the curry for an additional 5-7 minutes.
- Finish the dish by adding cilantro to the curry
- Mix the cilantro into the curry

Tastes AMAZING over rice!
Enjoy!

