

WHOLE HEALTH WITH JAMIE

A Recipe Guide



FOOD RECIPES THAT ARE
HEALTHY, EASY AND QUICK

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Congratulations!

You just took the first step to improving your health!

Sometimes planning is the hardest part of eating well. So, I created healthy, easy and quick recipes that I will share with you in this guide to help make your life just a little bit easier so you can achieve your health goals!

These recipes focus on including whole, plant-based foods. However, you can adjust any recipe to suit your personal preferences and needs.

By using this guide, you will learn how to simplify healthy eating by incorporating basic and whole ingredients.

Best,
Jamie

Breakfast



THE BEST WAY TO
START YOUR DAY





COCONUT YOGURT PARFAIT

Prep Time: 5 minutes

Cook Time: 5 minutes

Serves 2

INGREDIENTS:

2 cups plain or vanilla coconut yogurt

½ cup frozen mixed berries

1 kiwi- peeled and sliced (optional)

¼ cup granola of your choice

HOW TO MAKE IT:

1. Divide 1 cup of coconut yogurt into two small dishes.
2. Place the frozen mixed berries into a microwave safe dish and heat for 30 seconds (or until thawed).
3. Top your yogurt dishes with mixed berries, fresh kiwi slices and granola.
4. ENJOY!



AVOCADO "YUM" TOAST

Prep Time: 5 minutes

Cook Time: 5 minutes

Serves 1

INGREDIENTS:

1 avocado- smashed

1 tsp fresh lemon juice

1 tsp olive oil

½ tsp dehydrated onion flakes (or sub ¼ tsp dried onion powder)

¼ tsp red pepper flakes

¼ tsp dried oregano

2 slices of whole grain or sprouted bread

Fresh lemon zest for topping (optional)

HOW TO MAKE IT:

1. Start by halving and pitting your avocado. Smash with a fork or wooden masher until there are no large chunks.
2. Add the lemon juice, olive oil and onion flakes to the mashed avocado and stir.
3. Toast your bread, top with the avocado mixture and sprinkle with red pepper flakes, dried oregano and lemon zest.



SOUTHWEST SKILLET

Prep Time: 10 minutes

Cook Time: 25 minutes

Serves 2

INGREDIENTS:

4 Yukon gold potatoes- diced
8 oz. extra firm tofu- drained, pressed & cubed
1/2 red bell pepper- diced
1/4 yellow onion- diced
1/2 cup black beans- cooked or canned
4 cups fresh spinach- loose leaf
garlic powder- seasoned to taste
salt & pepper- to taste
salsa for topping

HOW TO MAKE IT:

1. Prepare all the ingredients.
2. Heat a sauté pan on medium high heat and add olive oil. Add the potatoes and tofu and let cook until lightly browned.
3. Next add the pepper, onion and let cook. Toss in the black beans and then season with garlic powder, salt and pepper.
4. Turn the heat to low and add the spinach.
5. Dish up and top with salsa.

ENJOY!



TOFU SCRAMBLE

Prep Time: 15 minutes

Cook Time: 30 minutes

Serves 4

INGREDIENTS:

2 large Yukon gold potatoes- diced
1 pkg extra firm tofu- drained, pressed and cubed
2 links Field Roast apple sage sausage, diced (optional)
1 red bell pepper, diced
½ yellow onion, chopped
1 tsp. garlic powder
½ tsp. ground turmeric
2 tbsp. nutritional yeast
¼ cup soy sauce
salt & pepper to taste

Make it a burrito! Add the following ingredients...

salsa
fresh spinach
tortilla wrap

HOW TO MAKE IT:

1. Heat a drizzle of olive oil in a large sauté pan on medium high heat. Add the potatoes and season with salt and pepper. Let cook until they are starting to turn golden brown.
2. Once potatoes are mostly cooked, add the tofu. Season once again with salt and pepper. Let cook until the tofu is golden brown.
3. Next add the plant-based sausage, bell pepper and onion. Let cook until the vegetables are tender and fragrant.
4. Once all your ingredients are mostly cooked, season your mixture with garlic powder, turmeric, nutritional yeast and soy sauce (or tamari). Stir until thoroughly coated and let heat for another few minutes.
5. Finally, time to ENJOY! If you would like to make your scramble a breakfast burrito, simply pile onto a tortilla shell, add fresh spinach and salsa!

ENTREES



NOURISH YOUR BODY
WITH THESE MEALS





SOUTHWEST FIESTA WRAP

Prep Time: 10 minutes

Cook Time: 20 minutes

Serves 4

INGREDIENTS:

1- 15oz. can or box black beans
(drained & rinsed)
1 cup frozen corn (thawed)
1 cup jasmine rice (uncooked)
1/2 avocado, sliced)
1 roma tomato, diced
1 tbsp red onion, finely diced
1 tbsp jalapeno, finely diced
2 tbsp cilantro, chopped
2 limes, sliced in quarters
1/4 tsp cumin
1/4 tsp paprika
1/4 tsp garlic powder
salt to taste

HOW TO MAKE IT:

1. Prepare your rice per package instructions. Once cooked, add juice from 1 lime, 1 tablespoon of chopped cilantro and sea salt to taste.
2. While the rice cooks, heat a sauté pan on medium heat with a drizzle of olive oil. Drain and rinse the black beans and add to skillet. Then add the thawed corn and let cook for 5 minutes. Season with salt, garlic powder, paprika and cumin.
3. Prepare your pico de gallo by combining diced tomato, jalapeno and red onion. Season with juice from 1/2 lime, 1 tbsp of chopped cilantro and salt to taste.
4. Slice your avocados for garnish and heat your tortillas (or serve room temp).
5. Build your wrap and ENJOY!
6. *You can enjoy these cold or hot so it is a great lunch option!



PROTEIN POWER SALAD

Prep Time: 10 minutes

Serves 1

INGREDIENTS:

Romaine lettuce

Kale, chopped

Carrots, thin sliced

Onion, halved & thin sliced

Bell pepper, thin sliced

Garbanzo beans, rinsed & drained

Blueberries

Cucumber, sliced

Walnuts, chopped

Balsamic vinegar + Olive oil (or dressing of your choice)

HOW TO MAKE IT:

1. Wash and chop all of your ingredients.
2. Build your salad in a bowl, top with vinegar and oil.
3. ENJOY!!



HOMEMADE VEGGIE PIZZA

Prep Time: 5 minutes

Cook Time: 25 minutes

Serves 2

INGREDIENTS:

2 pizza crusts (I like to use Banza, Cauliflower, Sprouted or Cornmeal which you can find at @wholefoods)

1 jar of pizza sauce (be sure to read your ingredient label and avoid added sugars or unnecessary ingredients)

2 cups of fresh spinach

1 bell pepper- sliced

1/4 red onion- sliced

1/2 cup cherry tomatoes- halved

1/2 cup sliced banana peppers (for mild flavor use from jar for more spicy flavor use fresh)

1/4 cup sliced black olives (or any kind)

1/4 cup fresh basil leaves

dried oregano

red pepper flakes

HOW TO MAKE IT:

1. Preheat the oven according to the pizza crusts directions (usually 425 degrees).
2. While the oven preheats, build your pizzas starting with a layer of sauce. Then top with spinach, bell pepper, onion, banana peppers, cherry tomatoes, olives and basil. Season with oregano and red pepper flakes.
3. Cook your pizza according to crust directions (usually 20-25 minutes).
4. Slice your pie and ENJOY!



BLACK BEAN & KALE QUESADILLAS

Prep Time: 10 minutes

Cook Time: 5 minutes

Serves 2

INGREDIENTS:

- 4 tortilla wraps (whole grain or flour)
- 15 oz. can of vegetarian refried beans
- 4 cups fresh chopped kale or spinach (unpacked)
- 1 ripe avocado- sliced
- 2 Roma tomatoes- diced
- 1/4 onion (yellow or red) - fine chopped
- 1 small jalapeno- extra small diced
- 1 lime- quartered
- 1/4 cup fresh cilantro- chopped
- salt to taste

HOW TO MAKE IT:

1. Start by cooking the refried beans in small pot on the stove on low heat.
2. While the beans cook, prepare the Pico de Gallo. In a small bowl, combine the tomato, onion, jalapeno and cilantro. Season the Pico with fresh squeezed lime juice and salt to taste. Set aside.
3. Heat a large sauté pan on medium low heat. Spray your pan with avocado oil (or a similar oil). Lay one tortilla in the pan and spread half of the refried beans to cover the wrap. Top with sliced avocado and a handful of kale and lay another tortilla wrap on top. Flip your quesadilla with a spatula once it is lightly browned and let the other side cook evenly. Repeat with the second quesadilla.
4. Once your quesadillas are cooked to perfection, slice them in quarters and plate up. Top with fresh Pico de Gallo and ENJOY!



VEGGIE STUFFED PEPPERS

Prep Time: 40 minutes

Cook Time: 45 minutes

Serves 6

INGREDIENTS:

Peppers

- 8 large bell peppers (cut off tops and clean out insides)
- 4 cups of cooked brown rice
- 1 zucchini, small diced
- 1 small onion, fine diced
- 1 cup cherry tomatoes, small diced
- 1 small bell pepper, small diced
- 2 jars of marinara sauce
- 1/2 tsp dried basil
- 1/2 tsp dried garlic powder
- 1/2 tsp dried oregano
- 1/2 tsp dried onion powder
- 1/4 tsp red pepper flakes (optional)

Tofu Ricotta

- 1 block of extra firm tofu, drained and pressed
- 2 large garlic cloves
- 1 tbsp. lemon juice
- 2 tbsp. olive oil
- 3 tbsp. nutritional yeast
- 2 tsp. dried Italian season or dried basil and oregano
- salt & pepper to taste

*You can also omit the tofu ricotta and eat the peppers plain OR add nutritional yeast OR make a cashew parmesan to sprinkle on top for added flavor!

HOW TO MAKE IT:

1. Preheat the oven to 375 Degrees F. Cook the brown rice per package instructions. While the rice cooks, heat a large sauté pan on medium heat and brown your veggies (zucchini, onion, tomato, bell pepper) in olive oil and season with salt & pepper to taste.
2. While the rice and veggies cook, steam your bell pepper "bowls" by microwaving for 5-7 minutes (*you can also skip this step and bake longer in the oven but this step will save on cook time if you choose to do it!). Drain the bell peppers after steaming and place side by side in a 9x13 in oven pan.
3. Next, combine the cooked rice and vegetables. Pour 1 1/2 jars of marinara sauce into the rice and veg mix and stir together to make your filling. Season with basil, oregano, garlic powder, onion powder and red pepper flakes. Stir in about 1/4 cup of tofu ricotta (if using).
4. Add the filling to your bell peppers. Top each bell pepper with a dollop of marinara sauce and a sprinkle of tofu ricotta (if using).
5. Cover the bell peppers with foil and bake for 30 minutes. Remove the foil and continue baking for an additional 15 minutes for a total cook time of 45 minutes. *If you did not steam your bell pepper beforehand, you will need to bake for an additional 20-30 minutes.
6. Remove from oven & ENJOY!



ROASTED CHICKPEA BOWL

Prep Time: 15 minutes

Cook Time: 25 minutes

Serves 2

INGREDIENTS:

Roasted Vegetables

1-15oz can or box of garbanzo beans
(drained, rinsed and dried)

¼ red onion- thinly sliced

8-10 cherry tomatoes- halved

Zest from 1 lemon- slice for garnish

Olive oil

1-2 tsp curry powder

Salt & pepper to taste

1 tbsp. chopped cilantro (garnish)

Quinoa

1 cup of white quinoa, uncooked

2 cups vegetable broth

1 tsp minced garlic

¼ cup red onion, finely chopped

½ tsp curry powder

¼ cup chopped cilantro

Salt to taste

HOW TO MAKE IT:

1. Preheat the oven to 400 degrees F. Line a medium baking sheet with foil and spray or wipe with olive oil. Drain, rinse and pat dry the garbanzo beans. Slice the red onion for the roasted vegetables and dice the onion for the quinoa. Halve the cherry tomatoes. Zest and quarter the lemon.
2. Spread the garbanzo beans, sliced onion and tomato on the baking sheet. Thoroughly drizzle the vegetables with olive oil. Evenly coat with curry powder, salt and pepper and sprinkle with the lemon zest. Place in the oven for 25 minutes.
3. Immediately after putting your vegetables in the oven, prepare your quinoa. Start by heating a drizzle of olive oil in a large sauce pot on medium heat. Sauté the minced garlic and chopped onion. Once fragrant and slightly golden, add the dried quinoa and toast for a few minutes.
4. Next, add the vegetable broth and bring to a boil. Once boiling, cover and simmer on low heat for about 15 minutes.
5. Once the quinoa is cooked, fluff and season with salt. Add the curry powder and chopped cilantro, mix well.
6. Remove the roasted veggies from the oven. Plate up starting with a bed of quinoa and top with the roasted vegetables. Garnish with chopped cilantro and a squeeze of lemon juice.

SNACKS



SUSTAIN YOUR ENERGY
WITH THESE FOODS



CUCUMBER SALAD

Prep Time: 5 minutes

Serves 8

INGREDIENTS:

2 large cucumbers
1/2 Vidalia onion, sliced (white or yellow works fine)
1 cup white vinegar
1 cup water
4 teaspoons coconut sugar
2 tablespoons fresh dill, chopped
salt & pepper to taste

HOW TO MAKE IT:

1. Peel and slice your cucumbers (I like to make mine a little thicker so they have a nice crunchy texture even after they have marinated).
2. Chop the dill.
3. To make your dressing combine the vinegar, water and coconut sugar and whisk. Add in the chopped dill and stir.
4. Pour the dressing over your fresh cucumbers and season with salt and pepper.
5. Let marinate in the refrigerator for at least 1 hour before enjoying!



COCONUT DATE BALLS

Prep Time: 5 minutes

Cook Time: 5 minutes

Serves 3

INGREDIENTS:

10 pitted dates

¼ cup shredded coconut

Water

HOW TO MAKE IT:

1. Place pitted dates in a microwave safe bowl and fill with water (enough to cover all the dates). Microwave for 2 minutes.
2. Transfer dates to a small food processor or blender and puree until the texture of the dates are mostly smooth.
3. Fill a small bowl with shredded coconut. Scoop out the date mix and roll into 1½ inch balls and coat with the coconut.

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ENJOY!



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