

A man and a woman are sitting at a wooden table outdoors, smiling and looking at each other. The man is on the left, wearing a white button-down shirt. The woman is on the right, wearing a green short-sleeved shirt. On the table are two bowls of oatmeal topped with blueberries and nuts, a large glass jar of green smoothie with a wooden spoon, and a plate of sliced fruit including banana, orange, and kiwi. The background is a blurred outdoor setting with green plants and a wooden fence.

YOUR
SUPER[®]
.COM

4-WEEK
PLANT-BASED
EATING
COURSE

4-WEEK PLANT-BASED EATING COURSE

by Your Super founders
Kristel & Michael

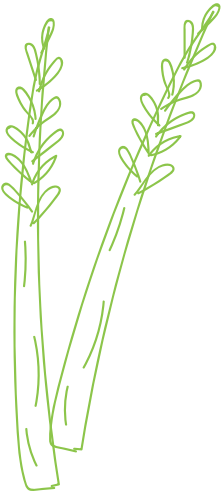


#yoursuper



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SECTION 1:

WHY PLANT- BASED?



THE SECRET IS OUT...

WE LOVE PLANTS!

We've experienced the power of eating a plant-based diet and we truly believe that nature knows best. Going plant-based changed our lives and we know it will change yours as well.

I went plant-based cold turkey after watching the movie "Forks Over Knives." As a result, I healed my long-term eczema. With my help, Michael started eating a 90% plant-based diet after his chemo and a couple of years later, he went 100% plant-based. He has never felt more fit, energized or strong!

It wasn't always easy eating this way. I remember eating the same tomato and zucchini dish for the first 3 months all while craving a creamy sauce. Our problem? We needed to learn how to cook delicious, yet nutritious food. This guide will make sure you don't miss out on anything from day 1!

We didn't want to create just another recipe book. Because let's be honest, how often do you really make recipes with long ingredient lists from cookbooks? If you're like us, not often. Our goal is to teach you how to make your own plant-based meals with

whatever whole foods you have at home. Don't worry! We don't expect you to spend hours in the kitchen every single day. We know you're busy, and we understand that meals need to be quick and easy.

We'll guide you through your first 2 weeks with the help of a grocery list and an exact meal plan using recipes found in this book. (Easy right?!) For the last 2 weeks, we created a template for you to create your own healthy plant-based meals using our easy 'How to' sections.

Where do superfoods come into the equation? Well, we all know we have to eat more fruit and veggies. But 9 out of 10 people eat too little of them every single day. Superfoods can help! You can easily add these powerful, naturally dried fruit, veggie, seed and algae powders to whatever you're eating to ensure you get enough nutrients every single day. They'll also help you feel your best!

We challenge you to commit to eating a 100% whole foods, plant-based diet for 4 weeks!

Stay Healthy. Be Happy!
XO Kristel & Michael

REASONS TO EAT PLANT-BASED.

A plant-based diet consists of vegetables, grains, nuts, fruits and other foods made only from plants. Vegan or not, a diet high in fruit, vegetables and other plant-based foods is a good starting point for your health, the environment and animal welfare.

Personally, I experienced benefits such as more energy, weight-loss, better digestion, healthier skin, better mood and no brain fog.

According to multiple studies, a plant-based diet can help prevent (and even reverse!) disease.

- Dr. T. Colin Campbell’s revolutionary study, “The China Project,” concluded that eating a predominantly whole-food, plant-based diet will reduce or reverse the development of numerous diseases.¹
- Dr. Dean Ornish’s ground-breaking study saw an 82% reduction in coronary atherosclerosis (the hardening and narrowing of the arteries) after only one year on a plant-based diet.²
- A healthy diet, especially one rich in plant-based foods, can prevent 40% of cancer cases.³
- According to the book, “The Alzheimer’s Solution,” a plant-based diet reduces the risk of Alzheimer’s disease by 90%.

A plant-based diet is probably the single biggest way to reduce your carbon footprint — more than buying an electric car or cutting down on air travel. You won’t just reduce greenhouse gases,

you’ll also reduce global acidification, eutrophication, land use and water use.

Did you know? It requires nearly 1800 gallons of water to produce 1 pound of beef while it only takes 34 gallons of water to produce 1 pound of potatoes.

Eating less meat and being plant-based is also one of the best things you can do to help end animal cruelty. Did you know? Every year over 56 billion farmed animals are killed for food. These shocking figures don’t include fish and other sea creatures whose deaths are so great they’re only measured in tons.

RECOMMENDED READING
& WATCHING LIST

DOCUMENTARIES

- ☐ “Forks Over Knives”
- ☐ “Earthlings”
- ☐ “What the Health”
- ☐ “Cowspiracy”
- ☐ “Fed Up”

BOOKS

- ☐ “How Not To Die”
- ☐ “The China Study”
- ☐ “Why We Love Dogs, Eat Pigs, and Wear Cows”

After you read or watch any (or all!) of these recommendations, check the box and let us know what you thought by using #yoursuper



Notes: 

Write down the top 3 reasons why you want to improve your health by following a plant-based diet:

1.

2.

3.

SOURCE LINKS

1. <https://web.archive.org/web/20090307165623/http://nutrition.cornell.edu/CHINAPROJECT/results.html>
2. [https://www.thelancet.com/journals/lancet/article/PII0140-6736\(90\)91656-U/fulltext](https://www.thelancet.com/journals/lancet/article/PII0140-6736(90)91656-U/fulltext)
3. <https://www.wcrf.org/dietandcancer/resources-and-toolkit>

KRISTEL & MICHAEL

ANSWER...

HOW DO I KNOW IF A PRE-PACKAGED PRODUCT IS HEALTHY? HOW DO I READ A FOOD LABEL?

Don't worry! We'll teach you how to make super delicious, quick and healthy snacks. But if you ever want to buy a pre-packed snack, here's how to tell if it is plant-based and healthy.

When most people read food labels, they look at the nutritional table. I ignore that section completely. What I really care about is the ingredient list. I'll read the entire list to see if I know all the ingredients. Are they actual whole foods? And are they plant-based? You'll be surprised by how many brands have "weird" ingredients in their products (or why they're even in the product). Today most plant-based products are labeled with the vegan icon.

SHOULD I BUY ORGANIC?

We try to buy organic as much as we can. The benefits of eating organic foods include reduced pesticide exposure, increased nutritional value (e.g. more micronutrients), better taste and a lower environmental impact.



Extra Tip:

Buy organic with the Dirty Dozen – fruits and vegetables that have the highest amounts of pesticide residues. The Clean Fifteen are the non-organic fruits and vegetables with the least amounts of pesticide residues.

Dirty Dozen

- | | |
|-----------------|--------------|
| 1. Strawberries | 10. Tomatoes |
| 2. Spinach | 11. Celery |
| 3. Kale | 12. Potatoes |
| 4. Nectarines | |
| 5. Apples | |
| 6. Grapes | |
| 7. Peaches | |
| 8. Cherries | |
| 9. Pears | |

Clean Fifteen

- | | |
|----------------------|---------------------|
| 1. Avocados | 9. Kiwis |
| 2. Sweet Corn | 10. Cabbages |
| 3. Pineapples | 11. Cauliflower |
| 4. Frozen Green Peas | 12. Cantaloupes |
| 5. Onions | 13. Broccoli |
| 6. Papayas | 14. Mushrooms |
| 7. Eggplants | 15. Honeydew Melons |
| 8. Asparagus | |

WHAT DO YOU THINK ABOUT FARMERS MARKETS?

We love farmers markets! We understand they're not available to everyone, but if they are and you can find the time, take advantage of it. There's nothing better than connecting with the people who grow your food. (The same is true in our business — we love connecting with the farmers who grow our superfoods!) Ask lots of questions and learn where your food is coming from (and start asking these questions when you buy food at the grocery store).

DO I REALLY HAVE TO BUY ALL THESE GROCERIES EVERY WEEK?

Many of the items on our grocery list are pantry staples: items you buy once in a while because they last a long time. On your first grocery trip you might have to invest in some basic staples, but the following weeks your grocery bill will be less. We buy fresh produce on a weekly basis, plus whatever pantry staples we don't have.

WHY DON'T YOU USE STEVIA OR OTHER SWEETENERS?

The problem with stevia, xylitol and other sweeteners is that your brain still recognizes it as something sweet. Insulin shoots up to process the sugar which is not there, so it can leave you more hungry afterwards. We prefer the sweetness of real fruit, dates and coconut sugar in our recipes. Yes, we

love fruit and believe it is very healthy. Why? Because it's not only packed with lots of vitamins, minerals and antioxidants, but it's also high in fiber and water! If it grows naturally, it can't be that bad for you ;)

DO YOU EAT OUT?

Yes, we do occasionally eat out. And we are lucky to have so many healthy options around us here in LA like our favorite salad bar at Erewhon, Sweet Green, Cafe Gratitude, Sage and Backyard Bowls. When we travel, we make sure to check beforehand if there are any vegan restaurant options on Google and happycow.net. (They have a great app too!) If we don't find any, we look for Asian, Middle Eastern and Indian restaurants since they often have vegan options. If you live in an area where eating out is a challenge, don't be afraid to ask what's available. You'll be surprised how open-minded and accommodating some restaurants are! They'll often make something just for you. We've been served rice, potatoes and veggies before and were more than happy!

MORE ABOUT OUR RECIPES

Our main goal with this course is to teach you how simple eating a healthy, plant-based diet can be. We share all the foods we buy, cook and eat on a daily basis. Eating healthily is a huge priority of ours. We didn't include any fancy or complicated recipes because, like you, our lives get super busy all the time.

That's why our recipes are simple and quick to make.

The focus is to eat as many micronutrients as you can! All the good stuff (vitamins, minerals, phytonutrients and enzymes) is found in whole foods and nutrient-dense superfoods. Try to stay clear of artificial sweeteners, highly processed sugars and oils, fillers, gums, genetically modified food and MSG. Does it sound like a chemical? It probably is! Remember to read the ingredient list when buying processed foods. And if you aren't sure about certain ingredients, Google it and decide if it's something you want to eat. Start fueling your body with the best nature has to offer and you will thrive.

On top of that, we would like to encourage you to adjust portion sizes accordingly. We don't believe in counting calories (or specific macros) but rather eating intuitively and learning to listen to your body's needs. Eat when you're hungry and stop when you're full. Because plant-based foods are not as calorically dense and contain lots of water, you'll most likely eat larger portions than before. You might also feel like eating a couple of healthy snacks during the day. Food should not be your enemy; it's actually the opposite! A healthy variety of plant-based foods will support your body's natural healing process, improve your digestion, give you more energy – the list goes on!

I DON'T THINK I CAN EAT PLANT-BASED ALL THE TIME...

You don't have to go all-in right away (or at all)! Eating 95%, 90% or 80% plant-based most of the time will still benefit your health. Small steps and changes will lead to big things! Also, it's important to remember that everyone's body is different. Although we feel really good eating this way, it might be different for you. Maybe you prefer a plant-based diet with more legumes, tofu, tempeh or vegan protein powder. Experiment, notice how you're feeling and start adapting the recipes to your liking to find out what works best for you!

SECTION 2:

WHY SUPER- FOODS?

DID YOU KNOW?

90% of people don't eat enough fruit and vegetables every single day.

On top of that, the fruit and vegetables we eat are often not as nutrient-dense due to low soil quality and long supermarket supply chains. Our lives are more stressful and we're living in toxic environments, which means nourishing our bodies with natural vitamins and minerals is important. Luckily, superfoods can help!

Superfoods are fruits, vegetables, seeds, grasses, algae or leaves that are extremely high in vitamins, minerals, antioxidants, enzymes and healthy fats. These nutrients are essential to your health and well-being!

Together with orthomolecular nutritionists we created organic superfood and protein mixes. Your Super mixes have the convenience of a supplement as well as the power of naturally dried whole foods! They're designed with specific nutritional benefits and functions to make healthy eating easier for you!



YOUR SUPER MIXES

Our superfood and plant-based protein mixes are 100% organic, naturally dried superfoods without any fillers, sweeteners or artificial ingredients. Only the best nature has to offer!

Your Super is a B Corp certified company — the highest standard for social corporate responsibility.

We believe that you should be able to know where every (super)food comes from, which is why we created a 100% transparent supply chain.

The driving force behind Your Super, the whole reason we're in business, is to create change and improve people's health across the globe. For every mix sold, we donate one packet of life-saving food bar (1:1).

At Your Super, our customers, our employees, our suppliers, our community and the environment will always come before our bottom line.

MUSCLE POWER

The perfect combination of plant protein and energizing superfoods. This mix contains 60% highly absorbable plant-based protein (including all 9 essential amino acids) and no sweeteners!

TASTE: Neutral, slightly sweet
INGREDIENTS: Rice Protein, Pea Protein, Maca, Lucuma and Banana Powder

CHOCOLATE LOVER

Relax, boost your mood and curb your cravings for sweets! This feel good mix is great for all sorts of healthy treats and snacks.

TASTE: Chocolatey, slightly sweet
INGREDIENTS: Cacao, Carob, Shredded Coconut, Chia Seeds and Lucuma Powder

FOREVER BEAUTIFUL

Nourish your skin from the inside out! One serving contains 110% of your daily vitamin C (boost your own collagen production!) plus omega-3 fatty acids, beauty vitamins A and E and antioxidants for healthy skin.

TASTE: Berry, slightly sweet
INGREDIENTS: Chia Seeds, Açai, Maqui, Acerola, Maca and Blueberry Powder

SUPER GREEN

The easiest way to increase your intake of nutritious greens and natural micronutrients — with all essential vitamins and minerals. One spoonful equals one handful of greens!

TASTE: Earthy, fresh
INGREDIENTS: Wheatgrass, Barley Grass, Baobab, Moringa, Spirulina and Chlorella Powder

ENERGY BOMB

Boost your energy levels for up to 8 hours. This mix is the perfect healthy coffee replacement and pre-workout booster! You will feel a difference the first time you try it.

TASTE: Berry, slightly tart
INGREDIENTS: Açai, Guarana, Maca, Lucuma and Banana Powder

SKINNY PROTEIN

Green superfoods with 62% plant-based protein for the best post-workout recovery and hunger control.

TASTE: Earthy, green
INGREDIENTS: Pea Protein, Hemp Protein, Moringa, Spirulina and Alfalfa Powder

POWER MATCHA

This mix is high in antioxidants and natural caffeine, making it a great healthy alternative to coffee. The combination of brain and energy-boosting superfoods optimize your focus and productivity. And yes, it also counts as a portion of greens.

TASTE: Green, fresh
INGREDIENTS: Matcha, Moringa, Maca, Wheatgrass and Barley Grass



SECTION 3:

HOW TO GET STARTED

yay!

Congratulations on making the decision to start eating more plants! We promise you it will change your life. And no, you won't only be eating carrots like some people believe. Turning to a plant-based diet opened up a new variety of flavors, textures and lots of veggies we didn't even know we were missing. First thing's first: In order to change your eating habits, you need to make sure your kitchen is stocked with the right foods. On the next pages you'll find ingredients that frequently end up on our grocery list. It should give you an idea of what foods you should buy in order to make healthy and easy breakfasts, lunches and dinners at home.



WHAT'S ON OUR GROCERY LIST

fresh produce

Bell Peppers
Broccoli
Zucchini
Cucumbers
Eggplants
Kale
Romaine Lettuce
Cucumber
Tomatoes
Mushrooms
Onions
Garlic
Ginger Root
Sweet Potatoes
Bananas
Apples
Oranges
Limes
Avocado
Seasonal Fruits & Vegetables

frozen

Berries (e.g. Blueberries)
Fruit (e.g. Mango)
Spinach
Vegetables (e.g. Green Peas, Corn, etc.)

Refrigerated

Hummus
Vegan Yogurt
Tempeh
Tofu

Grains

Quick Oats
Brown Rice
Quinoa
Pasta (Gluten-Free or Whole Grain)

Pantry

Dried Fruits (e.g., Raisins, Dates, etc.)
Raw Nuts (e.g., Cashews, Peanuts, etc.)
Nut Butter (e.g., Peanut, Almond, etc.)
Seeds (e.g., Flax, Chia, etc.)
Coconut Sugar
Shredded Coconut
Plant-Based Milk (e.g., Almond, Soy, Oat, etc.)
Apple Cider Vinegar
Balsamic Vinegar
Coconut Oil
Your Super Mixes

Herbs + spices

Black Pepper
Chili Powder
Curry Powder
Dried Oregano
Ground Cinnamon
Ground Mustard
Nutritional Yeast
Sea Salt

Cans + Jars

Beans (e.g. Kidney Beans, Chickpeas, etc.)
Tomato Paste
Capers

Ethnic Aisle

Coconut Milk
Tahini

Misc.

Rice Cakes



PLANT-BASED ALTERNATIVES

If you're new to plant-based cooking, you may be looking for a guide to vegan substitutions for common ingredients. Thankfully, there are plenty of products you can use in place of animal products that will make plant-based cooking a breeze.

MILK: It's super easy to substitute dairy milk in a recipe. You can use soy, almond, rice, oat, hemp or other nut milks measure for measure.

BUTTER: There are vegan butters or margarines on the market that work well in substituting for butter. But again, check the ingredient list for questionable additives. Natural and minimal ingredients are always better! You can also use oils like sunflower or olive instead of butter.

GELATIN: You can substitute gelatin with agar agar powder. It will thicken when heated. Also, there are a couple of companies that make a vegan fruit gelatin product that you should be able to find at your local health food market.

EGGS: A great substitute for scrambled eggs is tofu scramble or a chickpea omelette. In baked goods you can use applesauce, silken tofu, egg replacement powder, cornstarch, flax egg (1 tbsp ground flax seeds plus 3 tbsp water or other liquid; blended) or mashed bananas.

MEAT: There's a lot of great alternatives for those who are trying to eat less meat. You can find everything from veggie deli slices, veggie burgers, veggie meatballs, veggie sausages and patties, veggie bacon, veggie nuggets and veggie meatloaf.

MAYONNAISE: You can use vegan mayonnaise exactly the way you'd use non-vegan mayonnaise.

CHEESE: From Parmesan to cream cheese, there's a variety of vegan cheeses on the market. It's also easy to make your own! I love to use soaked cashews with lots of spices, garlic and onion for a cheesy nacho dipping sauce.

YOGURT: Several companies make vegan yogurts, such as soy, coconut, and almond yogurt, that will substitute well in recipes. More varieties are coming on the market each year. You can find them in fruit flavors or plain!

HONEY: There are many liquid sweeteners you can use in recipes instead of honey. However, they all vary in consistency and sweetness, so you may have to experiment with ratios until you figure out what works best. I find that maple syrup and agave nectar work well and can be substituted measure for measure in most recipes. You can also use dates, raisins and even bananas to naturally sweeten recipes.



SECTION 4:

WEEK

1 & 2

Are you ready to get started?
We made it easy and created a 2-week meal plan for you. Every day we selected one of our favorite breakfasts, lunches, snacks, dinners and desserts. This meal plan will give you a good idea of what a normal week looks like for us. You can decide the exact portion of the meal. It's time to start listening to your body and to stop eating when you're full. And yes, you will have to eat bigger portions when you only eat plants - your body will thank you for it! You can follow this plan exactly or create your own plan using our recipes.





MEAL PLAN: WEEK 1

<div>DAY 1</div> <div><div>BREAKFAST:</div>Apple Protein Oats (p. 36)<div>LUNCH:</div>Asian Salad (p. 57)<div>SNACK:</div>Green Protein Balls (p. 80)<div>DINNER:</div>Roasted Veggies with Protein Hummus (p. 74 & 82)</div>	<div>DAY 2</div> <div><div>BREAKFAST:</div>Chocolate Açaí Bowl (p. 46)<div>LUNCH:</div>Green Tomato Sauce Pasta Bowl (p. 62)<div>SNACK:</div>Antioxidant Kidney Bean Dip with veggie sticks (p. 82)<div>DINNER:</div>Green Power Stir-Fry (p. 70)</div>	<div>DAY 3</div> <div><div>BREAKFAST:</div>Matcha Avocado Mousse on toast (p. 82)<div>LUNCH:</div>Mushroom Stir-Fry (p. 70)<div>SNACK:</div>Crunchy Roasted Chickpeas (p. 84)<div>DINNER:</div>Pumpkin Ginger Soup (p. 73)</div>
<div>DAY 4</div> <div><div>BREAKFAST:</div>Chocolate Lover Oats (p. 36)<div>LUNCH:</div>Rainbow Salad (p. 57)<div>SNACK:</div>Almond Butter Chocolate Dates (p. 89)<div>DINNER:</div>Pumpkin Curry (p. 67)</div>	<div>DAY 5</div> <div><div>BREAKFAST:</div>Green Machine Smoothie (p. 40)<div>LUNCH:</div>Buddha Bowl (p. 57)<div>SNACK:</div>Green Lemon Energy Balls (p. 80)<div>DINNER:</div>Potato Broccoli Soup (p. 73)</div>	<div>DAY 6</div> <div><div>BREAKFAST:</div>Banana Split Bowl (p. 49)<div>LUNCH:</div>Creamy Eggplant Pasta (p. 62)<div>DINNER:</div>Roasted Veggies with Tzatziki (p. 74 & 82)<div>DESSERT:</div>Snickerdoodle Nice Cream (p. 89)</div>
<div>DAY 7</div> <div><div>BREAKFAST:</div>Easy Pancakes (p. 90)<div>LUNCH:</div>Protein Salad (p. 57)<div>DINNER:</div>Peanut Potato Curry (p. 67)<div>DESSERT:</div>Protein Apple Crumble (p. 86)</div>	<div>Use this plan for the first 2 weeks for guidance, then feel free to mix things up and come up with your own creations.</div> <div>Share them with @yoursuperfoods by using #yoursuper and make sure to join the Your Super - Exclusive Membership Facebook Group. Need additional support? Email: happy@yoursuper.com for a free 10 min intro call!</div> <div>Tip: Your snack can also be eaten between breakfast and lunch or even after dinner. Whatever you prefer!</div>	

GROCERIES: WEEK 1

fresh produce

frozen

Refrigerated

Grains

Pantry

Herbs + Spices

Cans + Jars

Misc.

26

27

MEAL PLAN: WEEK 2

<div>DAY 1</div> <div><div>BREAKFAST:</div><div>Açaí Bliss Smoothie (p. 40)</div><div>LUNCH:</div><div>Creamy Tomato Soup (p. 73)</div><div>SNACK:</div><div>Chili Green Popcorn (p. 84)</div><div>DINNER:</div><div>Roasted Veggies with mashed avocado (p. 74)</div></div>	<div>DAY 2</div> <div><div>BREAKFAST:</div><div>Green Energy Oats (p. 36)</div><div>LUNCH:</div><div>Rainbow Veggie Stir-Fry (p. 70)</div><div>SNACK:</div><div>Peanut Butter Bliss Balls (p. 80)</div><div>DINNER:</div><div>Pumpkin Ginger Soup (p. 73)</div></div>	<div>DAY 3</div> <div><div>BREAKFAST:</div><div>Berry Boost Smoothie (p. 40)</div><div>LUNCH:</div><div>Curry Salad Bowl (p. 57)</div><div>SNACK:</div><div>Kale Chips (p. 84)</div><div>DINNER:</div><div>Potato Broccoli Soup (p. 73)</div></div>
<div>DAY 4</div> <div><div>BREAKFAST:</div><div>Protein Shake (p. 40)</div><div>LUNCH:</div><div>Mushroom Stir-Fry (p. 70)</div><div>SNACK:</div><div>Berry Beauty Energy Balls (p. 80)</div><div>DINNER:</div><div>Asian Salad (p. 57)</div></div>	<div>DAY 5</div> <div><div>BREAKFAST:</div><div>Energizing Açaí Bowl (p. 46)</div><div>LUNCH:</div><div>Eggplant Broccoli Curry (p. 67)</div><div>SNACK:</div><div>Tamari Roasted Almonds (p. 84)</div><div>DINNER:</div><div>Peanut Potato Curry (p. 67)</div></div>	<div>DAY 6</div> <div><div>BREAKFAST:</div><div>Berry Breakfast Bowl (p. 49)</div><div>LUNCH:</div><div>Buddha Bowl (p. 57)</div><div>DINNER:</div><div>Roasted Veggies with Protein Hummus (p. 74 & 82)</div><div>DESSERT:</div><div>Healthy Chocolate Mousse (p. 89)</div></div>
<div>DAY 7</div> <div><div>BREAKFAST:</div><div>Protein Oatmeal Cookies (p. 90)</div><div>LUNCH:</div><div>Creamy Eggplant Pasta (p. 62)</div><div>DINNER:</div><div>Protein Salad (p. 57)</div><div>DESSERT:</div><div>Beauty Berry Sorbet (p. 86)</div></div>	<div>Notes:</div> <div></div> <div></div> <div></div> <div></div> <div></div>	

GROCERIES: WEEK 2



fresh produce

frozen

Refrigerated

Grains

Pantry

Herbs + spices

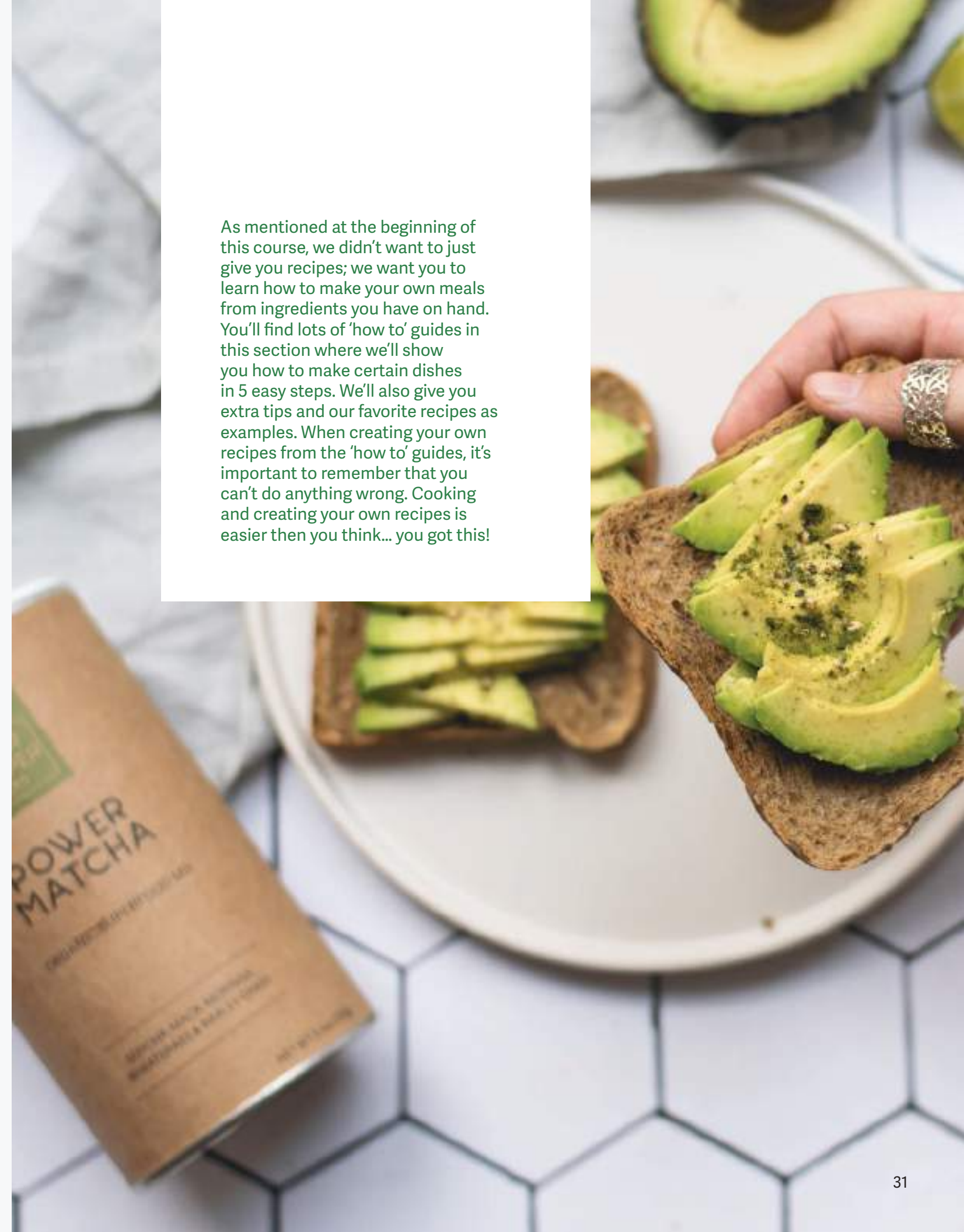
Cans + Jars

Misc.

SECTION 5:

YOUR SUPER RECIPES

As mentioned at the beginning of this course, we didn't want to just give you recipes; we want you to learn how to make your own meals from ingredients you have on hand. You'll find lots of 'how to' guides in this section where we'll show you how to make certain dishes in 5 easy steps. We'll also give you extra tips and our favorite recipes as examples. When creating your own recipes from the 'how to' guides, it's important to remember that you can't do anything wrong. Cooking and creating your own recipes is easier than you think... you got this!





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1:

BREAKFAST

Breakfast is one of the most important meals of the day, so why not start it right with a healthy, plant-based meal? From oatmeal to smoothies to acai bowls, there’s something for everyone.

HOW TO: MAKE OATMEAL



STEP 1: GET YOUR OATS

Start with 1 cup quick oats



STEP 2: CHOOSE A LIQUID

Add 1 cup water, almond milk, cashew milk, rice milk, coconut milk, oat milk or hemp milk



STEP 3: ADD FRUIT

Add fresh, frozen or dried fruits like a banana, apple, berries, raisins or dates



STEP 4: ADD YOUR SUPER MIXES

Add 2-3 of your favorite mixes. Experiment with different combinations to find out what you like best!

STEP 5: TOPPINGS!

Add a spoonful of nut butter, shredded coconut, maple syrup, cinnamon, vanilla or nuts



♥ Extra tips:

1. Make your oats ahead for a grab-n-go breakfast! Mix all of the ingredients together in a mason jar. Cover and refrigerate overnight. Enjoy in the morning!
2. If you like your oatmeal warm, add all of the ingredients from step 1 through 4 to a saucepan and stir over medium heat for 5-10 minutes.
3. If we're traveling by plane, we'll add all of the ingredient (besides the liquid) to an empty Your Super can. We'll add water when we are up in the air and shake it up for a healthy breakfast or snack.

OUR FAVORITES

The following are our 4 favorite recipes, but depending on what we have at home and what we feel like eating, we occasionally switch it up. Also, feel free to add more fancy, yummy toppings!

APPLE PROTEIN OATS

- 2 tbsp Muscle Power mix
 - 1 cup oats
 - 1 cup almond milk
 - 1 sliced apple
 - 1 tbsp raisins
 - pinch of cinnamon
- Optional:** Top with 1 tbsp nut butter

GREEN ENERGY OATS

- 1 tsp Power Matcha mix
 - 1 cup oats
 - 1 cup water
 - 1 sliced banana
 - 1 tbsp dates
 - 1 tbsp cashews
- Optional:** Add 1 tsp Super Green for extra greens!

BERRY OATS

- 1 tsp Forever Beautiful mix
 - 1 tsp Energy Bomb mix
 - 1 cup oats
 - 1 cup water
 - 1 tbsp raisins
 - 1 tbsp almonds
- Optional:** Top with fresh berries or add 1-2 tbsp Muscle Power for extra protein!

CHOCOLATE LOVER OATS

- 2 tsp Chocolate Lover mix
 - 1 cup oats
 - 1 cup almond milk
 - 1 sliced banana
 - 1 tbsp peanut butter
 - 1 tsp coconut sugar
- Optional:** Hide 1 tsp Super Green or add 1-2 tbsp Muscle Power for extra protein!



Berry Oats



HOW TO: BUILD A SMOOTHIE

Smoothies are easy to make and a great way to sneak in a portion of veggies. We often have them in the morning, but smoothies are also great as an afternoon snack or after a workout.



STEP 1: CHOOSE A LIQUID

Start with 1 cup water, plant-based milk, coconut water or fresh juice



STEP 2: ADD YOUR SUPER MIXES

Add 1-3 of your favorite mixes. Experiment with different combinations to find out what you like best!



STEP 3: ADD INGREDIENTS

Fruit (mango, pineapple, banana, etc.)
Veggies (cucumber, avocado, etc.)
Leafy greens (spinach, kale, chard, etc.)
Extras (ginger, coconut oil, cinnamon, etc.)



STEP 4: BLEND & ENJOY!

OUR FAVORITES

AÇAÍ BLISS

- 1 tsp Forever Beautiful mix
 - 1 tsp Super Green mix
 - 1 cup water
 - 1 banana
 - 1 handful frozen strawberries
- Optional:** Add less water to make it a smoothie bowl and add your favorite toppings

PROTEIN SHAKE

- 2 tbsp Muscle Power mix
 - 1 cup water
 - 2 bananas
 - 1 tbsp almond butter
- Optional:** For a creamier consistency, use a plant-based nut milk.

GREEN PROTEIN SHAKE

- 1 tsp Super Green mix
 - 2 tbsp Skinny Protein mix
 - 1 cup water
 - 1 banana
 - 1 tbsp peanut butter
 - pinch of cinnamon
- Optional:** Add fresh or frozen greens like spinach!

GREEN MACHINE

- 1 tsp Power Matcha mix
- 1 tsp Super Green mix
- 1 cup water
- 1 handful frozen mango
- ½ cup frozen spinach

♥ Extra tip: Use 1 banana instead of mango.

BERRY BOOST

- 1 tsp Energy Bomb mix
 - 1 tsp Forever Beautiful mix
 - 1 cup almond milk
 - 1 cup frozen berries
 - 2-3 pitted dates
- Optional:** Add a portion of Super Green to sneak in some veggies or Muscle Power for extra protein!



Green
Protein
Shake



POST-WORKOUT SHAKES

Tired of artificially sweetened, weird-tasting protein shakes? Us too! Our protein mixes contain high-quality plant protein and nutrient-dense superfoods (plus all essential amino acids) – that’s all. Try our favorites below or create your own using the step-by-step smoothie guide on page 39.

BANANA BOOST

- 2 tbsp Muscle Power mix (or Skinny Protein mix)
- 1 cup almond milk
- 2 bananas
- Optional:** 1 tbsp nut butter

SNICKERS SHAKE

- 2 tbsp Muscle Power mix
- 2 tsp Chocolate Lover mix
- 1 cup almond milk
- 1 banana
- 1 tbsp peanut butter

POWER GREENS

- 2 tbsp Skinny Protein mix
- 1 cup water
- 1 avocado
- 1 tbsp almond butter
- pinch of cinnamon
- Optional:** 1-2 pitted dates

BERRY POWER

- 1 tbsp Forever Beautiful mix (or Energy Bomb mix)
- 2 tbsp Muscle Power mix
- 1 cup water
- 1 handful frozen berries
- ½ (frozen) mango

MUSCLE MILK

- 2 tbsp Muscle Power mix
- 1 cup plant-based milk



HOW TO: MAKE AN AÇAÍ BOWL

Açaí bowls, or smoothie bowls in general, are delicious! It's basically a thicker smoothie with lots of yummy toppings. The Forever Beautiful and Energy Bomb mix contain the açaí berry powder, but really all of the Your Super mixes can be used to make smoothie bowls!



STEP 1: FROZEN FRUITS

3 cups of your favorite selection: avocado, bananas, blueberries, cherries, mango, pineapple, raspberries, or strawberries



STEP 2: ADD YOUR SUPER MIXES

Add 1-3 servings of Energy Bomb, Forever Beautiful or any other of the Your Super mixes



STEP 3: CHOOSE A LIQUID

Add ½ cup of your favorite: almond milk, coconut water, coconut milk, fresh juice, oat milk or water

STEP 4: BLEND

Then put it in a bowl

STEP 5: TOPPINGS!

FRESH FRUITS: apple, banana, berries, fig, kiwi, mango, nectarine, pear, passionfruit, pomegranate

DRIED FRUITS: dates, goji, mulberries, raisins

NUTS: almonds, cashews, hazelnuts, pecan, walnuts

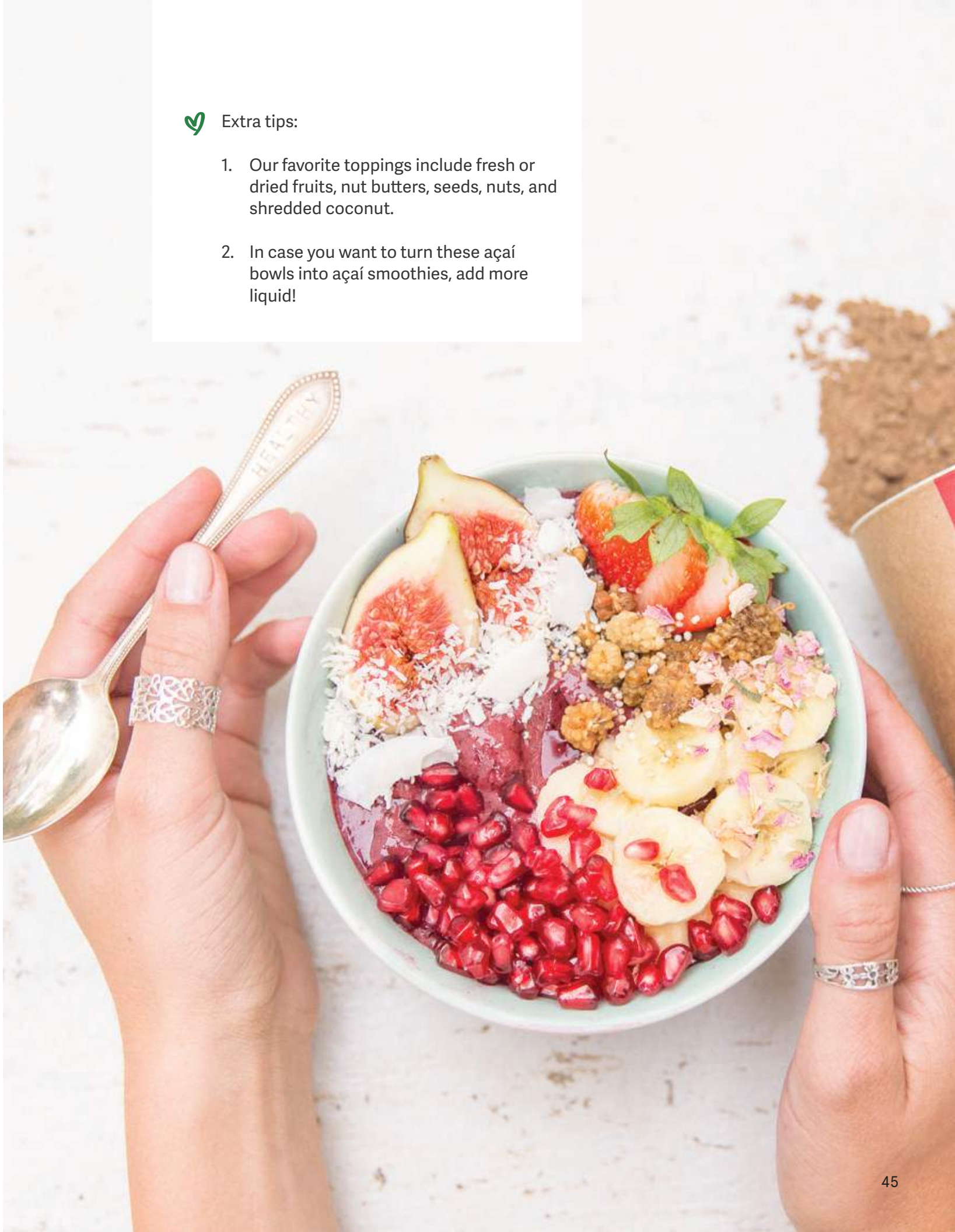
SEEDS: chia, flax, hemp, pumpkin, sesame, sunflower

OTHER: cacao, shredded coconut, nut butter, oats, raw granola

Now
we're talking!

♥ Extra tips:

1. Our favorite toppings include fresh or dried fruits, nut butters, seeds, nuts, and shredded coconut.
2. In case you want to turn these açaí bowls into açaí smoothies, add more liquid!



CLASSIC AÇAÍ BLISS

- 1-2 tsp Forever Beautiful mix
 - 1 (frozen) banana
 - 1 handful strawberries
 - ¼ cup water
- Optional:** Add 1 tsp Super Green to this bowl - you won't even notice it!

CHOCOLATE AÇAÍ BOWL

- 1-2 tsp Forever Beautiful mix
 - 2 tsp Chocolate Lover mix
 - 1 (frozen) banana
 - 1 handful blueberries
 - ¼ cup coconut milk
- Optional:** Add 1 tbsp almond or peanut butter.

ENERGIZING AÇAÍ BOWL

- 1-2 tsp Forever Beautiful mix
 - 1 tsp Energy Bomb mix (or Power Matcha mix)
 - 1 (frozen) banana
 - 1 handful frozen mango
 - ¼ cup water
- Optional:** Add fresh or frozen mixed berries.

PROTEIN AÇAÍ BOWL

- 2 tbsp Muscle Power mix (or Skinny Protein mix)
 - 1-2 tsp Forever Beautiful mix
 - 1 (frozen) banana
 - 1 handful mixed berries
 - ¼ cup almond milk
- Optional:** Sprinkle Chocolate Lover on top!



Notes:

Use this space to write down some of your favorite oats, smoothies and shake recipes. (Don't forget to include your favorite açai bowl toppings too!)

This image shows a blank sheet of white paper with horizontal green ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



HOW TO: MAKE YOGURT & FRUIT SALADS

No time in the morning? You'll love this section. Fresh fruit is so refreshing in the morning! By stirring in some of your favorite ingredients, you'll have a delicious breakfast ready in no time.

- STEP 1** Choose your favorite fruits
- STEP 2** Cut them up & place in a bowl
- STEP 3** **Optional:** Add a dollop of plant-based yogurt, like coconut, almond or cashew
- STEP 4** Add a sprinkle of your favorite Your Super mixes
- STEP 5** Add your favorite toppings: shredded coconut, nut butters, dried fruit, nuts or seeds

BERRY BREAKFAST BOWL

- 1 tsp Forever Beautiful mix
- 1 cup almond yogurt
- 1 handful grapes
- 1 handful berries
- 1 tbsp cashews
- 1 tbsp oats
- 1 tbsp shredded coconut

CREAMY MATCHA BOWL

- 1 tsp Power Matcha mix
- 2 chopped dates
- 1 sliced apple
- ½ cup coconut yogurt
- 1 tbsp crushed almonds
- pinch of cinnamon
- Optional:** Add 1 tbsp Muscle Power for extra protein!

BANANA SPLIT BOWL

- 2-3 tbsp Chocolate Lover mix
- 1 sliced banana
- 1 handful sliced strawberries
- 1 tbsp coconut yogurt
- 1 tbsp shredded coconut
- 1 tbsp almond butter
- Optional:** Add a sprinkle of Forever Beautiful for extra antioxidants!

HOW TO: MAKE SUPER TOAST

We love making toast or rice cakes with some delicious toppings for a quick breakfast or lunch! Toast your bread, add the toppings and eat. Simple.

OUR FAVORITES

1. Mashed avocado with pepper, sea salt and Power Matcha mix
2. Almond butter and a sprinkle of Forever Beautiful mix
3. Stir-fried mushrooms with pepper, white onions, sea salt and Super Green mix
4. Tahini with sliced tomatoes, pepper, salt and Skinny Protein mix
5. Hummus with cucumber slices and Power Matcha mix
6. Peanut butter, sliced bananas and Chocolate Lover mix
7. Vegan cream cheese with sliced avocado, salt, pepper and Super Green mix



Extra tips:

1. You can swap the toast with rice cakes (Kristel's favorite), corn cakes, gluten-free bread, etc. - whatever you like these toppings will taste yummy on all of these!
2. Any of the dips from page 82 are delicious on toast!



Notes: 

Use this space to write down some of your favorite breakfasts and snacks. Take photos of your creations and share them with us by using #yoursuper

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52

2:

LUNCH & DINNER RECIPES

Contrary to popular belief, there's more to eat on a plant-based diet than salad — and this section proves it!

HOW TO: MAKE A SALAD BOWL

Yep, we love eating lots of greens. On most days we'll have a big salad for lunch with lots of grains, fresh and/or roasted veggies, and a good homemade dressing. Making a salad is easy. Wash and cut all your veggies, then stir-fry, oven roast or cook your veggies and/or greens (if needed). Combine everything in a big bowl and serve. That's all!



STEP 1: CHOOSE YOUR BASE SALAD OR GRAINS

Spinach, Mixed greens, Kale, Chard,
Romaine Lettuce, Brown Rice, Quinoa, Millet,
Buckwheat, Amaranth



STEP 2: CHOOSE YOUR VEGGIES

Cucumber, Broccoli, Celery, Beetroot,
Asparagus, Sweet Potato, Cauliflower,
Carrot, Zucchini, Pumpkin



STEP 3: CHOOSE YOUR EXTRAS

VEGGIE PROTEIN

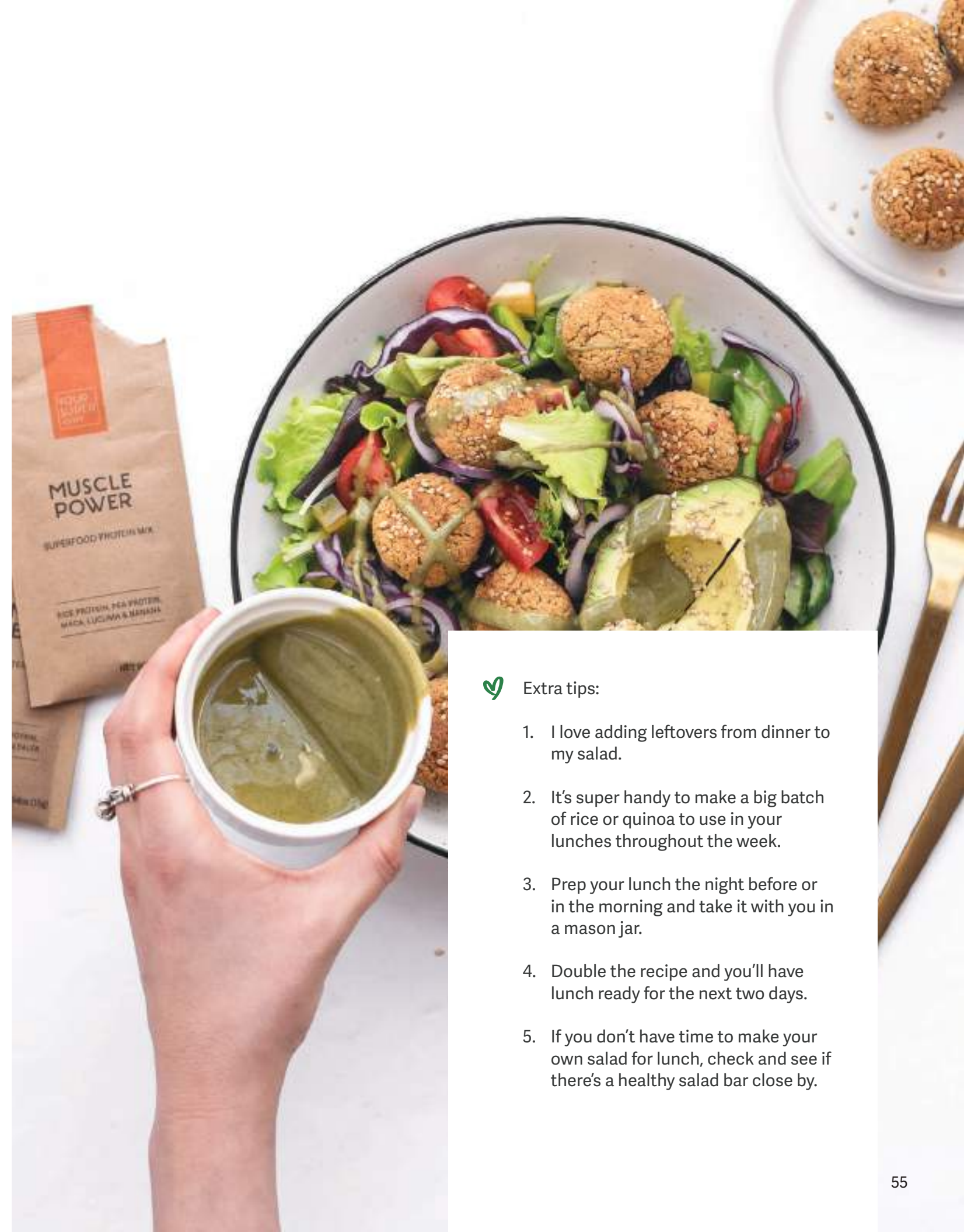
Lentils, Mushrooms, Peas
or Beans

DRESSINGS

- Apple cider vinegar
 - Tahini, Skinny Protein, water
 - Avocado, lime, pepper
- (See page 58 for more dressing recipes.)

TOPPINGS

- Nuts & Seeds: almonds, walnuts, pumpkin seeds, sesame, sunflower seeds
- Herbs & Spices: parsley, cilantro, black pepper, chives, thyme, basil
- Super Green mix sprinkled on top



Extra tips:

1. I love adding leftovers from dinner to my salad.
2. It's super handy to make a big batch of rice or quinoa to use in your lunches throughout the week.
3. Prep your lunch the night before or in the morning and take it with you in a mason jar.
4. Double the recipe and you'll have lunch ready for the next two days.
5. If you don't have time to make your own salad for lunch, check and see if there's a healthy salad bar close by.



OUR FAVORITES

Wash and cut all your veggies. Stir fry, oven roast or cook your veggies and/or greens (if needed). Combine everything in a big bowl. That's all!

ASIAN SALAD

- 2 cups mixed salad
 - ½ cup cooked brown rice
 - 1 diced tomato
 - ¼ cup cooked chickpeas
 - Salt and pepper, to taste
- Optional:** fresh parsley
Dressing: Skinny Protein Tahini (p. 58)

RAINBOW SALAD

- 2 handfuls curly kale
 - ¼ cup cooked quinoa
 - 1 diced tomato
 - ½ diced avocado
 - ½ diced yellow bell pepper
 - ½ cup broccoli
- Optional:** Add hummus on top!
Dressing: Energy Maple Mustard (p. 58)

PROTEIN SALAD

- 2 handfuls spinach
 - ½ cup cooked quinoa
 - 1 cup cooked mushrooms
 - ¼ sliced cucumber
 - ½ cup kidney beans
- Optional:** Add stir-fried tempeh, tofu or more beans for extra protein!
Dressing: Mashed Avo (p. 58)

BUDDHA BOWL

- 2 cups mixed greens
 - 1 diced tomato
 - ½ sliced yellow bell pepper
 - ¼ diced onion
 - ½ cup roasted sweet potatoes
 - ½ cup black beans
- Optional:** Instead of sweet potato, use roasted pumpkin, carrots, beets or cauliflower
Dressing: Creamy Cashew (p. 58)

CURRY SALAD BOWL

- 1 head romaine lettuce
 - ½ cup cooked brown rice
 - 1 diced tomato
 - ½ diced avocado
 - 1 cup leftover curry
- Optional:** No curry leftovers? Stir-fry your favorite veggies!

OUR FAVORITE DRESSINGS

No salad is complete without your favorite dressing to top it off. Here are a few of our favorites for you to try.

CREAMY CASHEW SAUCE

- ½ cup water
- ¼ cup cashews
- ¼ garlic clove
- Salt and pepper, to taste

How to:
Blend until smooth and creamy

SKINNY PROTEIN TAHINI

- 1-2 tsp Skinny Protein mix
- 4-5 tbsp water
- 2 tbsp tahini
- 2 tbsp lemon juice
- ½ minced garlic clove
- Salt and pepper, to taste

How to:
In a small bowl, whisk together all ingredients until combined.

MUSCLE POWER PEANUT DIP

- 1-2 tsp Muscle Power mix
- ½ cup peanut butter
- ¼ cup water
- 1 tbsp maple syrup
- 1 tbsp chopped garlic clove
- 1 tsp soy sauce or tamari
- Salt and pepper, to taste

How to:
In a small bowl, whisk together all ingredients until combined.

MASHED AVO

- 1 tsp Super Green mix or Power Matcha mix
- 1 avocado
- 1 handful chopped sun-dried tomatoes
- ¼ diced red onion
- Salt and pepper, to taste

How to:
Mash the avocado with a fork, then add the remaining ingredients and stir.

ENERGY MAPLE MUSTARD

- 1 tsp Energy Bomb mix
- 1 tbsp maple syrup
- 1 tbsp vinegar
- 2 tsp mustard
- Salt and pepper, to taste

How to:
In a small bowl, whisk together all ingredients until combined.

BERRY BALSAMIC

- 1 tsp Forever Beautiful mix
- 2 tbsp balsamic vinegar
- Salt and pepper, to taste

How to:
In a small bowl, whisk together all ingredients until combined.

We love ♡



Notes:

Keep track of some of your favorite salads and dressings you created yourself here!

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HOW TO: MAKE A 20 MIN PASTA BOWL

Pasta gets a bad wrap these days. But if done right, pasta can be healthy! We love making a quick and easy pasta bowl for dinner. The first secret is to use whole grain pasta instead of pasta made from highly processed wheat flour, which can spike your blood sugar levels. We love gluten-free pasta because we feel it's easier to digest, but it's up to you! The second secret is to add a whole bunch of healthy veggies to your tomato sauce. The end result is a veggie tomato sauce with pasta.

Follow these simple steps

1

Choose your (gluten-free) pasta (e.g., legume, rice, quinoa, etc.)

2

The base is tomato paste (and water).

3

Choose 2 or 3 veggies (e.g. eggplant, tomatoes, broccoli, zucchini, mushrooms, kale, onions, spinach, etc.)

4

Extras in the sauce:

- For a creamy sauce add tahini or coconut milk.
- For a flavorful sauce add capers, olives, sun-dried tomatoes, oregano, basil, garlic, pepper, salt, chili or cayenne pepper.

5

Optional: When done cooking add in some extra protein or greens if you like by adding the Skinny Protein mix or Super Green mix.



Extra tips:

1. If you don't feel like tomato sauce, you can also use a vegan pesto, some olive oil or homemade cashew cheese sauce. (Blend ¼ cup cashews, ½ cup water, 2-3 tbsp nutritional yeast and salt and pepper, to taste.)
2. Sprinkle with nutritional yeast or vegan parmesan cheese, if desired.
3. We love combining pasta with fresh salad. Simply grab a bowl, throw in some greens and your favorite vegetables. Enjoy with the pasta!
4. If you have a spiralizer, you can also make raw pasta with zucchini (zoodles).
5. The ratio of water and tomato paste will depend on how thick or thin you like your tomato sauce.
6. If you prefer to make your own tomato sauce, blend 4-5 tomatoes with herbs, spices, salt and pepper.



OUR FAVORITES

Cook pasta according to the package directions. Line a saucepan with a thin layer of water. Add the vegetables and tomato paste. Cook, stirring often, until the vegetables reach desired tenderness, about 10-20 minutes. Add your extras from step 4 and 5. Add the cooked pasta to the sauce or serve and top with sauce.

CREAMY EGGPLANT SAUCE

- 1-2 tsp Super Green
- 1 diced eggplant
- ½ diced onion
- 1 cup broccoli florets
- 1 can tomato paste
- ½ can coconut milk
- Salt, pepper, oregano and chili, to taste

How to:

Cook the vegetables with the tomato paste and water for 10 minutes. Stir in the coconut milk and simmer 5-10 minutes. Stir in the Super Green mix and add spices to taste.

Notes: 

Got some recipe ideas that you want to try out? Write them down here!

GREEN TOMATO SAUCE

- 1 diced zucchini
- 1 cup sliced mushrooms
- 1 can tomato paste
- 1 handful kale
- 3 tbsp tahini
- 2 tbsp capers
- Salt and pepper, to taste

How to:

Cook the zucchini and mushrooms with the tomato paste and water for 5 minutes. Add the remaining ingredients and cook until the vegetables are soft, about 5 minutes.



HOW TO: MAKE A QUICK CURRY

Curries are our go-to dinners when it's cold. Below you'll find a basic recipe for this popular comfort food. As you can see, curries are very easy to make and you can switch it up with your favorite veggies.

Follow these simple steps

①

The curry sauce is made with ½-1 can of coconut milk (13.5oz or 400ml).

②

Choose 1 base vegetable that will thicken up your curry: sweet potatoes, red lentils, pumpkin, squash or potatoes (2-3 cups).

③

Choose 1 or 2 veggies: eggplant, broccoli, zucchini, mushrooms, kale, onions, spinach or cauliflower (2-3 cups).

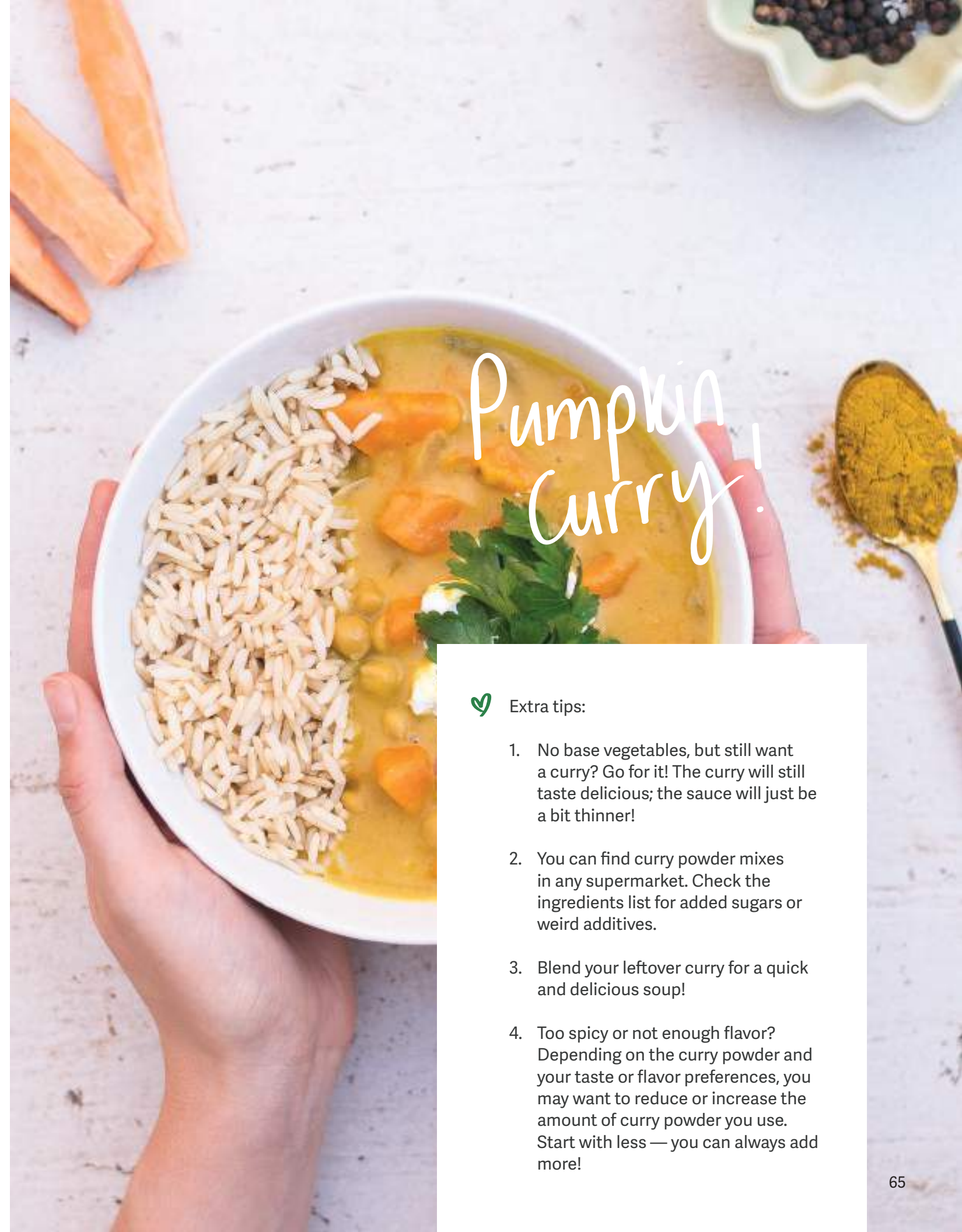
④

Add 2-4 tsp curry powder and salt and pepper, to taste. For extra flavor, try adding garlic, onions, chili, cayenne, ginger or ground turmeric.

⑤

Optional: Top it off with some tahini, fresh herbs, Skinny Protein, Muscle Power or Super Green.

Super easy... and super delicious!



♥ Extra tips:

1. No base vegetables, but still want a curry? Go for it! The curry will still taste delicious; the sauce will just be a bit thinner!
2. You can find curry powder mixes in any supermarket. Check the ingredients list for added sugars or weird additives.
3. Blend your leftover curry for a quick and delicious soup!
4. Too spicy or not enough flavor? Depending on the curry powder and your taste or flavor preferences, you may want to reduce or increase the amount of curry powder you use. Start with less — you can always add more!



Notes: 

Got some recipe ideas that you want to try out? Write them down here!

OUR FAVORITES

Wash and cut your veggies. Cook your base vegetable in 1 cup water for 10 minutes. Add the remaining ingredients and simmer until vegetables are soft, about 10-20 minutes. Serve with brown rice or eat on its own. We also love having a fresh salad on the side!

EGGPLANT BROCCOLI CURRY

- 1 tbsp coconut oil
- 1 diced eggplant
- 1 cup broccoli florets
- 1 cup sliced mushrooms
- 1 can coconut milk
- 2 tsp curry powder
- Salt and pepper, to taste

How to:

Melt the coconut oil in a large saucepan. Add the vegetables and sauté for 5 minutes. Pour in the coconut milk and curry powder and cook until everything is soft and creamy, about 10 minutes. Season with some salt and pepper and enjoy!

PUMPKIN CURRY

- 1 small diced pumpkin
- 1 cup water
- 2 handfuls kale
- ½ diced onion
- ½ can coconut milk
- 2 tsp curry powder
- Salt and pepper, to taste

How to:

In a large saucepan, add the pumpkin and 1 cup water and cook for 10 minutes. Add the kale, onions, coconut milk, and curry powder and cook until the pumpkin is soft, about 10 minutes. Season with some salt and pepper and enjoy!

PEANUT POTATO CURRY

- 2 tbsp Muscle Power
- 1 tbsp coconut oil
- 4 medium diced (sweet) potatoes
- 2 diced onions
- 1 can coconut milk
- 2 tsp curry powder
- 1 can chickpeas
- 2 tbsp peanut butter
- Salt and cayenne pepper, to taste

How to:

Melt the coconut oil in a large saucepan. Add the potatoes and onions and sauté for 5 minutes. Pour in the coconut milk and curry powder and cook until everything is soft and creamy, about 10 minutes. Add the chickpeas and peanut butter and stir to combine. Season with some salt and cayenne pepper, to taste. Stir in the Muscle Power mix and enjoy!



HOW TO: MAKE VEGGIE STIR-FRY

Healthy, delicious and super easy to make: we love stir-frying our veggies! And there are endless combinations you can try so it never gets boring.

Follow these simple steps

①

Melt 1 tbsp coconut oil in a large saucepan or use water.

②

Add your favorite veggies:

A. 10-20 minutes: eggplant, carrots, pumpkin, cauliflower

B. 5-10 minutes: spinach, mushrooms, zucchini, red bell peppers, garlic, onions, asparagus, broccoli, cucumber

C. 5-10 minutes: add tofu, tempeh, chickpeas or beans for extra protein!

③

Spice it up with pepper, salt, chili, cayenne, oregano, paprika, onion, garlic, basil, thyme, etc.

④

Optional: Add soy sauce or tamari, tahini, miso paste or sprinkle your favorite Your Super mixes on top!



Tips:

1. Serve with rice, quinoa or any other grain on the side. A side salad is also a great option!
2. Need more creaminess? Serve with one of our dressings or dips!

OUR FAVORITES

Cut and wash all of your veggies. Melt the coconut oil in a saucepan. Add the 10-20 minute veggies first and stir-fry at medium-high heat, stirring occasionally so they don't burn. Optional: Add a splash of water instead of extra oil. Add the remaining ingredients and stir-fry for another 5-10 minutes.

MUSHROOM STIR-FRY

- 1 tbsp coconut oil
- ½ sliced onion
- 1 cup cubed tempeh
- 2 cups sliced mushrooms
- 1 tsp oregano
- Salt and pepper, to taste
- **Optional:** Add soy sauce

GREEN POWER STIR-FRY

- 1 tbsp coconut oil
- 1 medium sliced zucchini
- 1 handful spinach
- 1 can chickpeas
- Salt and pepper, to taste
- **Optional:** Top it off with 1 tsp Super Green!

Notes:



Got some recipe ideas that you want to try out? Write them down here!

RAINBOW VEGGIE STIR-FRY

- 1 tbsp coconut oil
- ½ small diced pumpkin
- 1 sliced red onion
- 1 sliced yellow bell pepper
- 1 handful kale
- 1 tsp curry powder
- Salt and pepper, to taste
- **Optional:** Add a splash of coconut cream





HOW TO: MAKE SOUP

We love making soup — especially in the winter. It's such a comfort food! Here are 3 of our favorite recipes. Get creative, you can even turn some leftover curry into soup.

PUMPKIN GINGER SOUP

- 2 diced onions
- 1 small diced pumpkin
- 4 cups water
- 1 garlic clove
- 1 small piece ginger
- 1 can coconut milk
- Salt and pepper, to taste

How to:

Cook the onions and pumpkin in water until soft. Transfer to a blender (or use an immersion blender) and puree with the remaining ingredients. Enjoy!

POTATO BROCCOLI SOUP

- 6-7 diced potatoes
 - 2 diced onions
 - 1 head chopped broccoli
 - 4 cups vegetable broth
 - Salt and pepper, to taste
- Optional:** For a cheesy flavor, top with nutritional yeast.

How to:

Cook the potatoes, onions and broccoli in the vegetable broth until soft. Season with salt and pepper and enjoy! For a creamy soup, transfer to a blender and puree.

CREAMY TOMATO SOUP

- 1 tsp Energy Bomb mix
- 1 tbsp coconut oil
- 2 diced onions
- 1 minced garlic clove
- 2 cups vegetable broth (or water)
- 1 can whole peeled tomatoes
- ½ cup cashews
- Salt and pepper, to taste

Optional: Add some italian spices like basil, thyme and oregano

How to:

Melt the coconut oil in a large saucepan. Add the onions and garlic and sauté for 5 minutes. Transfer all of the ingredients to a blender and puree until smooth. Return to the saucepan and heat until warm. Enjoy!

Notes: 

Got some recipe ideas that you want to try out? Write them down here!

HOW TO: MAKE ROASTED VEGGIES

Roasted veggies are another all-time fave of ours. It really doesn't get easier than that and they're so incredibly delicious!

Follow these simple steps

①

Choose your veggies!

Our favorites include: sweet potatoes, pumpkin, broccoli, potatoes, mushrooms, carrots, zucchini, beets, parsnips, Brussels sprouts, and onions.

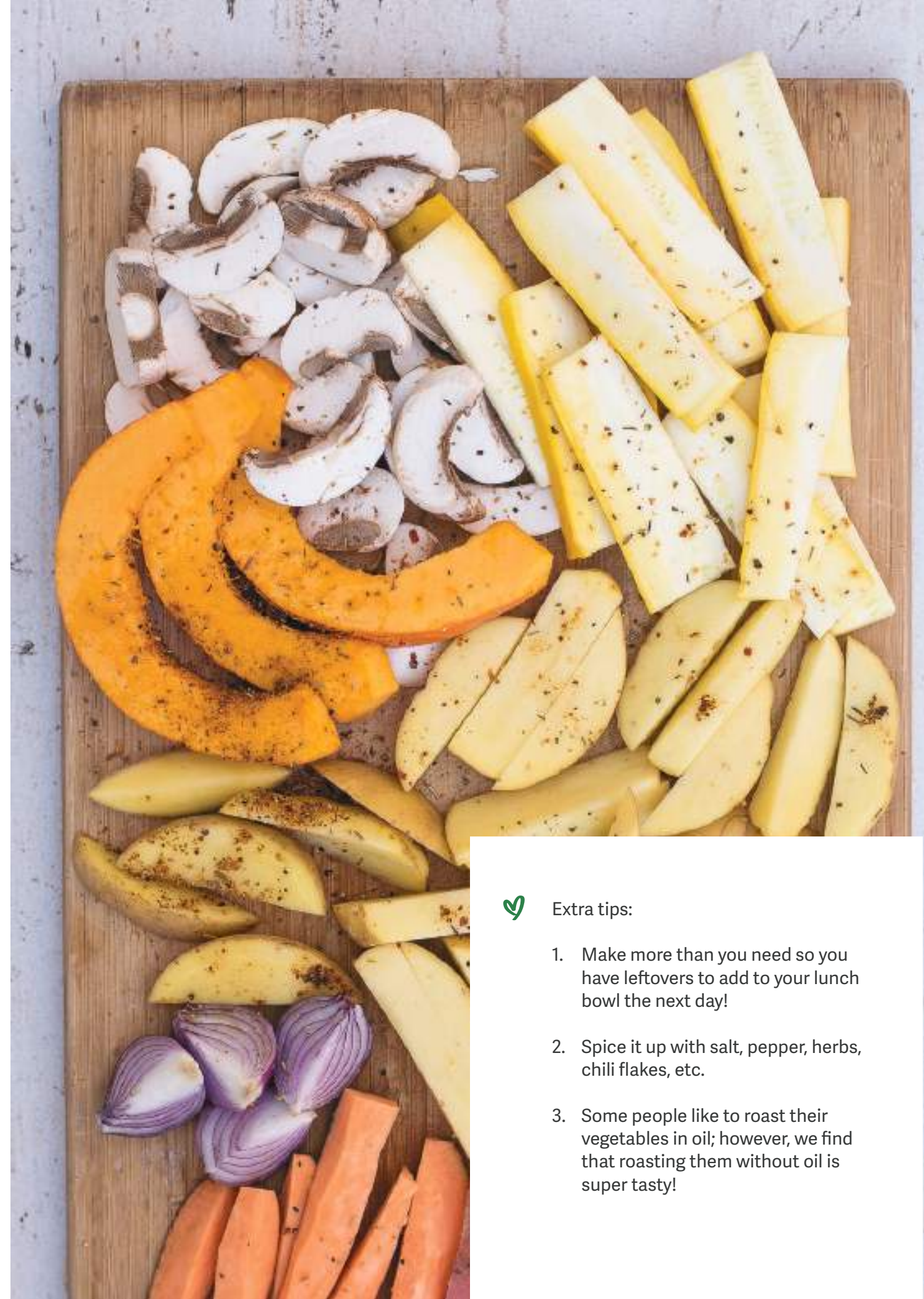
②

Place everything on a lined baking sheet and roast in the oven at 400°F until crispy.

③

Serve with your favorite dips and a side of salad if you like!

Super easy, right?



Extra tips:

1. Make more than you need so you have leftovers to add to your lunch bowl the next day!
2. Spice it up with salt, pepper, herbs, chili flakes, etc.
3. Some people like to roast their vegetables in oil; however, we find that roasting them without oil is super tasty!

Notes: 

Before heading into our section on snack recipes, use this space to write down some of your favorite lunch and dinner recipes so far. Take photos of your creations and share them with us by using #yoursuper

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3:

SNACKS, HOT DRINKS & DESSERTS

Think you'll be missing out on a plant-based diet? Think again! From snacks to desserts, you really can have it all by just eating plants!



HOW TO: MAKE ENERGY BALLS

Loaded with nutrients to keep you focused and going strong no matter what life throws at you, energy balls are a great, healthy snack option. The best part: You only need a few ingredients, a food processor or blender and 5 minutes!



STEP 1: CHOOSE YOUR BASE

MIX & MATCH FOR 1 CUP

NUTS

Almonds
Brazil nuts
Cashews
Hazelnuts
Macadamia
Pecan

Pistachios
Walnuts

EXTRAS

Coconut flakes
Cacao nibs



STEP 2: SWEET & STICKY

CHOOSE 1 CUP OF YOUR FAVORITE

DRIED FRUIT

Apricots
Dates
Cherries
Cranberries
Figs
Goji
Pineapple
Raisins

BUTTERS

Almond
Cashew
Peanut
Pumpkin
Sesame
Sunflower

SWEETENERS

Agave nectar
Coconut nectar
Date syrup
Maple syrup
Rice syrup

EXTRAS

Apple
Coconut oil
Frozen berries



STEP 3: ADD YOUR SUPER MIXES

ADD 1-3 SERVINGS OF YOUR SUPER MIXES



STEP 4: EXTRA FLAVOR

A PINCH

Cardamom
Chai Spices
Chili

Cinnamon
Nutmeg
Sea salt

OUR FAVORITES

BERRY BEAUTY

- 3 tsp Forever Beautiful mix
 - 1 cup almonds
 - 1 cup pitted dates
 - shredded coconut
- Optional:** Add ½ tsp vanilla extract to make them extra delicious!

GREEN LEMON

We love ♡

- 1 tsp Super Green mix or Power Matcha mix
 - 1 cup cashews
 - 1 cup pitted dates
 - zest from 1 lemon
- Optional:** Coat the energy balls with some shredded coconut!

ENERGY

- 1 tsp Energy Bomb mix
 - ½ cup oats
 - ½ cup cashews
 - 1 cup dates
- Optional:** Add Forever Beautiful for a delicious berry taste!

CHOCOLATE

- 4 tsp Chocolate Lover mix
- 1 cup almonds (or hazelnuts)
- 1 cup pitted dates

GREEN PROTEIN

- 2 tbsp Skinny Protein mix
- 1 cup cashews
- 1 cup raisins
- 1 tbsp cinnamon

PEANUT BUTTER

- 2 tbsp Muscle Power mix
 - 1 cup oats
 - 1 cup pitted dates
 - 1 tbsp peanut butter
- Optional:** Add Energy Bomb mix for an extra energy boost!

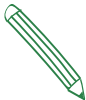


Extra tip:

If you're traveling, energy balls are a great snack for on-the-go!



Notes:



Do you have some recipe ideas that you want to try out? Write them down here!

HOW TO: MAKE DIPS

We love making these dips. We'll serve them as a side for our lunch or dinner bowls, on crackers and toast or simply with some veggie sticks as a healthy snack.

PROTEIN HUMMUS

- 1-2 tbsp Muscle Power mix
- 1 can chickpeas
- 3 tbsp tahini
- 2 tbsp olive oil
- 1-2 garlic cloves
- Salt and pepper, to taste

How to:

Place all of the ingredients in a high speed blender or food processor and blend until smooth.

EASY TZATZIKI

- ½ cucumber
 - 1 cup unsweetened vegan yogurt (we like coconut)
 - 1-2 minced garlic cloves
 - Salt and pepper, to taste
- Optional:** Add fresh herbs like dill or mint

How to:

Grate the cucumber, then place it in a cheesecloth or towel and squeeze out as much of the liquid as you can. Place the yogurt in a bowl and stir in the grated cucumber and remaining ingredients.

ANTIOXIDANT KIDNEY BEAN DIP

- 3 tsp Forever Beautiful mix
 - 1 can kidney beans
 - 1 diced red onion
 - Juice from 1 lime
 - Salt and pepper, to taste
- Optional:** Add taco spices for more flavor!

How to:

Place all of the ingredients in a high speed blender or food processor and blend until smooth.

MATCHA AVOCADO MOUSSE

- 1 tsp Power Matcha mix
- 1 ripe avocado
- Juice from 1 lime
- 1 garlic clove
- ½ diced red onion
- Salt and pepper, to taste

How to:

Place all of the ingredients in a high speed blender or food processor and blend until smooth.

Notes: 

Do you have some ideas for dips that you want to try out? Write them down here!



HOW TO: MAKE EASY SAVORY SNACKS

I have a major sweet tooth, but sometimes I crave something savory. Here's a selection of my favorite salty snacks — the perfect pick-me-up between meals.

CHILI GREEN POPCORN

- 2 tsp Super Green mix
- 2-3 tbsp coconut oil
- 1 cup popcorn kernels
- pinch of chili powder
- Salt and pepper, to taste

How to:

Melt the coconut oil in a large pot. Add the popcorn kernels and stir to coat evenly. Cover and wait for the kernels to pop, then shake the pot every 10 seconds. Once the popping starts to slow down, remove from the heat and wait until all the kernels pop. Transfer the popcorn to a bowl and top with the remaining ingredients. Stir to combine and enjoy!

TAMARI ROASTED ALMONDS

- 2 cups almonds
 - 2-3 tbsp tamari or soy sauce
 - 2 tbsp melted coconut oil
- Tip:** You can use any kind of nuts or seeds in this recipe!

How to:

Preheat the oven to 380°F. In a large bowl, combine the almonds with the tamari and oil. Spread the almonds into a single layer on a lined baking sheet and bake for 15 minutes. Let cool and enjoy!

CRUNCHY ROASTED CHICKPEAS

- 1 cup cooked chickpeas
- 2 tbsp melted coconut oil
- 1 tsp garlic powder
- 1 tsp paprika
- ½ tsp cayenne pepper
- Salt and pepper, to taste

How to:

Preheat the oven to 380°F. In a large bowl, combine the chickpeas with the coconut oil and spices. Spread the chickpeas into a single layer on a lined baking sheet and bake for 15 minutes. Let cool and enjoy!

KALE CHIPS

- 3 cups kale (de-stemmed)
 - 2 tbsp olive oil
 - 2 tsp garlic powder
 - Salt and pepper, to taste
- Optional:** Add super green or nutritional yeast

How to:

Preheat the oven to 400°F. In a large bowl, toss the kale with olive oil and massage the kale. Add the remaining ingredients and mix well until evenly coated. Spread the kale into a single layer on a lined baking sheet and bake for 15 minutes, or until the chips are crispy. Enjoy!



Extra tip:

You can find more recipes on the Your Super website or by logging in to your Plant-Based Course account.



HOW TO: MAKE HEALTHY DESSERTS

And now on to the best part: the dessert section! I know you've all been waiting for this and you won't be disappointed. All of the recipes are sweet, indulgent and satisfying yet 100% guilt-free and delicious.

PROTEIN APPLE CRUMBLE

- 2 tbsp Muscle Power mix
- 3 diced apples
- 1 tbsp cinnamon
- 1 cup oat flour (make your own by blending oats)
- ¼ cup maple syrup
- ¼ cup coconut oil

Optional: Add some walnuts for a crunch!

How to:

Preheat the oven to 360°F. Place the apples in an oven-safe dish. Sprinkle with cinnamon and toss to coat. In a medium-size bowl, add the oats, maple syrup, coconut oil and Muscle Power. Using your hands, combine to make a crumbly dough. Pour crumble mixture over the apples and bake for 30 minutes or until golden brown.

♥ Extra Tip: Yes, you can eat this for breakfast!

BEAUTY BERRY SORBET

- 2 tsp Forever Beautiful mix
 - 1 cup frozen mixed berries
 - Juice from ½ lemon
 - Splash of water
- Optional:** For more sweetness and a creamier texture, add mango or banana!

How to:

Process all of the ingredients in a high speed blender or food processor until smooth. Scoop into a bowl and enjoy!





Chocolate Mousse

PROTEIN COOKIE DOUGH

- 2 tbsp Muscle Power mix
- 1 can chickpeas
- 1 cup oats
- 1/3 cup maple syrup
- 1/3 cup peanut butter
- 1/3 cup almond milk
- 1/2 tsp vanilla extract
- 1/2 cup dark chocolate chips

How to:

Blend all of the ingredients together (except the chocolate chips) until smooth and creamy. Fold in the chocolate chips and stir to combine. Scoop the cookie dough into a bowl and enjoy!

HEALTHY CHOCOLATE MOUSSE

- 4 tsp Chocolate Lover mix
- 1 ripe avocado
- 3 tbsp maple syrup
- 2 tbsp coconut cream (the solid part in your coconut milk)

Optional: Add a spoonful of Muscle Power for extra protein!

How to:

Blend all of the ingredients in a blender or food processor until smooth and creamy. Chill in the fridge and serve cold!

♥ Extra Tip: Top with fresh fruit and your favorite nut butter!

SNICKERDOODLE NICE CREAM

- 2 tbsp Muscle Power mix
- 4 frozen ripe bananas
- 1/4 cup coconut milk
- 1 tbsp cinnamon
- 1/2 tsp vanilla extract

How to:

Blend all of the ingredients in a blender or food processor until smooth. Scoop into a bowl and enjoy!

ALMOND BUTTER CHOCOLATE DATES

- 4 tsp Chocolate Lover mix
- 2 tbsp almond butter
- 3-4 pitted medjool dates

We Love ♥

How to:

Combine the Chocolate Lover and almond butter. Fill the dates with the mixture and enjoy!

♥ Extra Tip: Make a bigger batch of these and keep them in the fridge for a healthier snack option!

BRUNCH FAVORITES

Guess what? You don't have to miss out on the joy of a nice Sunday brunch while eating a healthy, plant-based diet! Sometimes the only thing that gets us out of bed on the weekends is the thought of banana bread and pancakes. Yes, they're that good.

EASY PANCAKES

- 2 tbsp Muscle Power mix
 - 2 cups oats
 - 1 cup plant-based milk
 - 1 banana
 - 1 tsp baking powder
- Optional:** Add Chocolate Lover mix or any of the other Your Super mixes!

How to:
Blend all of the ingredients until smooth. Set aside for a few minutes to let the batter thicken. Heat a large skillet (if your skillet's not non- stick, use coconut oil to grease it).Spoon ¼ cup of the batter for each pancake onto the skillet. Cook on both sides and repeat with the rest of the batter. Stack the pancakes up, add your favorite toppings and enjoy!

PROTEIN OATMEAL COOKIES

- 2 tbsp Muscle Power mix
 - 6 tsp Chocolate Lover mix
 - 1 ripe banana
 - 2 cups oats
 - 3 tbsp raisins
 - 1 tsp cinnamon
 - ½ cup almond milk
- Optional:** Try adding other dry ingredients like nuts, seeds, shredded coconut or dates.
- How to:**
Preheat the oven to 360°F. In a large bowl, mash the banana with a fork. Add the remaining ingredients and mix well. Scoop spoonfuls of the mixture onto a lined baking sheet. Bake for 15-20 minutes or until golden brown and crunchy.





Banana Bread

BANANA BREAD

- 3 ripe bananas
- 2 cups oat flour or oats
- 1 tbsp cinnamon
- 1 tsp baking powder
- pinch of salt
- 1½ cups almond milk
- ¼ cup melted coconut oil
- ¼ cup maple syrup

Optional: Add 4 tbsp Muscle Power for extra protein!

How to:

Preheat the oven to 300°F. In a small bowl, mash the bananas with a fork. In a large bowl, whisk together the oat flour, cinnamon baking powder and salt. Add the mashed bananas, almond milk, coconut oil and maple syrup and stir to combine. (The batter should be smooth.) Line bread pan with parchment paper and fill with the batter. Bake 40-45 minutes, or until the banana bread is firm and golden brown.

- ♥ Extra Tip: Make your own oat flour by pulsing 2 cups oats in a blender or food processor until you have a fine ground powder.

CHOCOLATE GRANOLA

- 6 tsp Chocolate Lover mix
- 2 cups oats
- ¾ cup chopped almonds
- ½ cup maple syrup
- ½ cup melted coconut oil

Optional: Add Forever Beautiful mix or Energy Bomb mix to the recipe!

How to:

Preheat the oven to 360°F. In a large bowl, combine all of the ingredients and mix well. Spread out onto a baking sheet and bake for 20-25 minutes or until crispy. Let cool completely and enjoy!

- ♥ Extra Tip: This granola tastes amazing sprinkled on top of açai and smoothie bowls, yogurt, plant-based milk or just on its own as a snack.



Extra tips:

1. Feel free to use your favorite plant-based milk in these recipes.
2. Make your own nut milk! My favorite is cashew milk because you don't have to strain it afterwards. Simply blend cashews with water. You can also add a sweetener, cinnamon or vanilla for a flavored cashew milk.
3. Our favorite plant-based milk brands are Malk and Forager as they don't use binders, fillers or any artificial sweeteners.

HOT DRINKS

There's something about enjoying a matcha latte or hot chocolate on a gloomy day. You can enjoy all of these cold as well. We love adding ice in the summertime — it makes them even more refreshing!

HOW TO: Blend or shake all of the ingredients together and heat them up.



MATCHA LATTE

- 1 tsp Power Matcha mix
- 1 cup oat milk
- Optional:** We love adding coconut sugar or maple syrup to sweeten our lattes!

HOT CHOCOLATE

- 2 tsp Chocolate Lover mix
- 1 cup almond milk
- Optional:** Add some maple syrup or coconut sugar if you like it sweeter!

BEAUTY LATTE

- 1 tsp Forever Beautiful mix
- 1 cup cashew milk
- Optional:** Add a dash of ground cinnamon



HOW TO: MAKE HEALTHY SHOTS

Do you feel like you could use an extra boost of micronutrients or plant protein? These healthy shots are the answer! You can totally make these wherever and whenever - even on the go. Just add 1 tsp of any mix and stir!

SUPER GREEN IN WATER

This will strengthen your immune system and provide your body with lots of micronutrients and chlorophyll (aka liquid sunshine)!

ENERGY BOMB IN PLANT-BASED MILK

The natural caffeine in guarana is absorbed slowly and will give you a boost of energy for up to 7 hours.

FOREVER BEAUTIFUL IN WATER

This shot will provide your body with vitamins A, C and E, which will give you healthy, glowing skin as well as strong hair and nails.

POWER MATCHA IN CASHEW MILK OR WATER

Perfect for brainpower, take this shot whenever you need to focus. (These are especially great for long study sessions!)

MUSCLE POWER IN ALMOND MILK

Take this shot after your workout — or whenever you need some more protein. It will also help your tired muscles and recover faster.

Notes: 

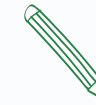
Have some other ideas or favorite shot recipes? Write them down here!

SECTION 5:

WEEK 3 & 4

YOU DID IT!

The first two weeks are over. Congrats on sticking to it! Are you ready to start creating your own recipes and meal plans? Plan your next 2 weeks with these handy meal planners. If you want to keep it simple, you can write 'oatmeal.' And on the day itself you can decide what kind of oatmeal to make based on the ingredients you have! Don't overthink it and create dishes you actually want to eat! Plant-based food can be super delicious and every day should be a celebration of all the amazing food nature grows. If you need any help, you can always reach out in the 'Your Super - Exclusive Member' Facebook group or email us at: happy@yoursuper.com.



Take a moment to write down the top 3 things you learned over the last two weeks.

1. _____
2. _____
3. _____



WEEKLY PLANNER

Monday		Friday	
BREAKFAST		BREAKFAST	
LUNCH		LUNCH	
DINNER		DINNER	
Tuesday		Saturday	
BREAKFAST		BREAKFAST	
LUNCH		LUNCH	
DINNER		DINNER	
Wednesday		Sunday	
BREAKFAST		BREAKFAST	
LUNCH		LUNCH	
DINNER		DINNER	
Thursday		Goals	
BREAKFAST		1.	
LUNCH		2.	
DINNER		3.	

Take photos of your creations and tag us @yoursuperfoods or use #yoursuper

GROCERIES: WEEK 3

♥ Tip: Go back to page 20 to get inspiration of ingredients to use and buy this week!



fresh produce

frozen

Refrigerated

Grains

Pantry

Herbs + spices

Cans + Jars

Misc.

WEEKLY PLANNER



<h2>Monday</h2> <p>BREAKFAST</p> <p>LUNCH</p> <p>DINNER</p>	<h2>Friday</h2> <p>BREAKFAST</p> <p>LUNCH</p> <p>DINNER</p>
<h2>Tuesday</h2> <p>BREAKFAST</p> <p>LUNCH</p> <p>DINNER</p>	<h2>Saturday</h2> <p>BREAKFAST</p> <p>LUNCH</p> <p>DINNER</p>
<h2>Wednesday</h2> <p>BREAKFAST</p> <p>LUNCH</p> <p>DINNER</p>	<h2>Sunday</h2> <p>BREAKFAST</p> <p>LUNCH</p> <p>DINNER</p>
<h2>Thursday</h2> <p>BREAKFAST</p> <p>LUNCH</p> <p>DINNER</p>	<h2>Goals</h2> <p>1.</p> <p>2.</p> <p>3.</p>

Take photos of your creations and tag us @yoursuperfoods or use #yoursuper

GROCERIES: WEEK 4

Tip: Go back to page 20 to get inspiration of ingredients to use and buy this week!



fresh produce

frozen

Refrigerated

Grains

Pantry

Herbs + spices

Cans + Jars

Misc.

SECTION 7:

BE INSPIRED & INSPIRE OTHERS

A healthy lifestyle isn't just about the food you eat. In this section we're sharing our tips on how to bring wellness to all parts of your life - for a happier and healthier you!



TRAVEL TIPS

When we travel, we make sure to check beforehand if there are any vegan restaurant options on Google and happycow.net. If we don't find any, we look for Asian, Middle Eastern and Indian restaurants since they often have vegan options. We also pack healthy snacks such as fruit, nuts and crackers. For long train rides and flights, we'll even prep meals such as oatmeal, rice and veggies, sandwiches, or coconut yogurt with fruit, etc. Plus, we always make sure to pack a Travel Pack or two of Your Super mixes to get our nutrients on the go!

HYDRATION

Your body is composed of about 60% water, so it's important for your health and well-being to stay hydrated. Many of our bodily functions rely on water such as digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature. Aim for at least 64 ounces (2 liters) of water every day — and even more when exercising. You can keep track of your water intake on your phone with certain apps. For more flavor and extra health benefits, try adding fruits,

veggies or herbs to your water. When we're on the go, we'll add 1 tsp Forever Beautiful or 1 tsp Super Green to our water.

SLEEP

Sleep is when your body heals itself, so it's important to get enough sleep. Getting an average of 7-9 hours of sleep every night will give you the energy to conquer your day, make you happier, maintain a healthy balance of hormones, strengthen your immune system and improve brain functionality. P.S. I love the sleep timer app to wake up refreshed even when I need to use an alarm!

HAPPINESS

Even if you are eating all the kale in the world, you may not be healthy if things aren't going well in other areas. Mental health is just as important as your physical health and it can affect your health and well-being in many ways. Are you happy with your job? Are you happy with the relationships in your life? Do you make time for yourself? Take time to reflect and think about areas you might want to improve. My favorite ways to destress, relax and reflect are:

1. Meditation: I love starting my day with 10-20 minutes of meditation. Not only is meditation relaxing, but studies have shown that it also reduces stress, prevents aging, improves clarity and concentration, improves your mood and boosts your confidence — just to name a few! It can be as simple as sitting

comfortably and focusing on your belly rising and falling from your breath. My favorite meditation apps are Insight Timer and Head Space.

2. A Gratitude Journal: Every day I write down 3 things I am grateful for. We often tend to focus on what goes wrong, rather than what goes right. Writing down three things you're grateful for every day helps to redirect your thought patterns, reduces toxic emotions, effectively increases happiness and reduces depression! What are you grateful for today?

3. Affirmations: Affirmations are proven methods of self-improvement because of their ability to rewire our brains. Like exercise, they raise the level of feel-good hormones and push our brains to form new clusters of positive thought neurons. Make a list of your life goals and positive affirmations you need to remind yourself that you rock! Whenever I read my affirmations in the morning I feel empowered throughout the day.

WORKING OUT

Many people ask us if we workout. And yes, we love moving our bodies! For most of our childhood and in college we played tennis at a professional level, so it's something we grew up doing. Nowadays I love doing yoga a couple times a week, I run maybe once a week and I try to play tennis once a week. I also love going for walks and ride my bike everywhere (instead of driving). Michael loves doing crossfit a couple times a



week, goes for morning runs and always stretches 5 minutes before going to bed. We encourage you to find something you love to do instead of doing what everybody else is doing. This way you'll stick to it and actually enjoy working out! Whether it's going for a 30 minute walk every day or doing a super intense HIIT workout, find something that fits your lifestyle and makes you feel better!

BEAUTY & HYGIENE

We tend to read food labels (if I don't know what it is I don't eat it), but don't forget to also read your beauty product labels! Toxins found in beauty products are easily absorbed through the skin, which is your biggest organ! Try to choose organic products with natural ingredients and look into natural laundry detergents and cleaning supplies as well. Chemicals are found in so many things and it adds up quickly! Try the natural version of the products you use in your daily life and you'll be surprised how well they work. Bonus: it's better for the environment, too! P.S. My favorite body moisturizer is pure shea butter!



INSPIRE OTHERS

In the age of Instagram, it's normal to take nice pictures of your food. And we can't blame anyone — we do! We don't always style our food (most of the time it just looks like a hot, yet delicious, mess!), let alone take a photo of it. But sometimes we like to show off our cooking skills and share our creations on social media.

Here are some tips on how you can create mouthwatering food photography — no fancy equipment needed.

- 1. NATURAL LIGHT:** For me, good lighting is the key for beautiful food photos. For the best results, shoot with natural light. Illuminating your food with an artificial light source such as a lamp, will most likely create a weird orange or yellow color cast in your photo.
- 2. A NICE BACKDROP:** Using a fairly neutral background will emphasize your food. I like natural wooden patterns, plain tables or nice tiles. Play around with backdrops, but make sure it's not too messy or colorful — this will draw the viewer's attention away from the food.
- 3. TRY DIFFERENT ANGLES:** When shooting food, always think about which angle to shoot from to make the most of the subject. Shooting a flat-lay from above works well most of the time because it shows how the food is arranged and includes some of the background. But sometimes shooting at an angle or straight on can create interesting food shots - just have fun and play around with it!
- 4. THE STYLING:** The star of the shoot is the food, so it needs to look nice and appetizing. When shooting a smoothie bowl, for example, arrange the toppings nicely and add some props. I like playing around with different napkins, but this is totally optional and up to you!
- 5. EDITING THE PHOTOS:** You can make your photos pop even more by editing them in photography software or apps. Tweak the contrast, exposure and sharpness of your photos and voilà! Sometimes a few small edits can really make a big difference.

WHO TO FOLLOW

It goes without saying that you should follow us for inspiration, motivation and to keep us up to date with your plant-based journey:

@yoursuperfoods
@blissbykris and @m_kuech

Kris Carr from 'Crazy Sexy Diet' @crazysexykris

Dana from 'Minimalist Baker' @Minimalistbaker

Ellie Bullen from 'Elsa's Wholesome Life' @elsas_wholesomelife

Ella Mills from 'Deliciously Ella' @deliciouslyella

Virpi Mikkonen from 'Vanelja' @vanelja

Rachel from 'Bakerita' @bakeritablog

Ellen Fisher and her family @ellenfisher

Andy from 'Earthy Andy' @earthyandy

Caitlin Shoemaker from 'From My Bowl' @frommybowl

Patricia from 'Nourish My Bliss' @nourishmybliss



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SHARE YOUR JOURNEY

Now it's your turn - we want to see your favorite plant-based creations!

Tag us on instagram @yoursuperfoods and #yoursuper. We always love to hear from you :)



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