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# Healthy Recipes

— Science Supporting Wellness —  
Class Cookbook

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## How To Meal Prep 12 Easy Vegan Recipes In 90 Minutes For A Beginner

[https://youtu.be/f3cQEMLnd\\_k](https://youtu.be/f3cQEMLnd_k)

Kat

## THE BEST VEGAN MEATLOAF

<https://www.noracooks.com/vegan-meatloaf/>

Michelle

# Summer Skillet Vegetable & Egg Scramble

<https://www.eatingwell.com/recipe/273189/summer-skillet-vegetable-egg-scramble/>

Dennisse

## Dr Douglas Grahams lettuce slaw

<https://youtu.be/HJTV0RnB7iw>

Marilyn

# Salsa

<https://docs.google.com/document/d/1IxYt3kU4rZbWWrK6HFw9CsWqfVEdECI47I7Rfy6mpYs/edit>

Lizzy

# Chickpea Salad Recipe - Vegan and Oil Free

<https://pin.it/1m2qsn3>

Kat

# Recipe name

<https://docs.google.com/document/d/19Z6dthz6mo5S1bnFxa5HkaHsiqrfVzj79zRPBx0-Tlo/edit>

Ligia



# Pastelon made with ground turkey or chicken

<https://senseandedibility.com/healthier-pastelon/>

Naiommy

# Easy simple recipe and delicious taco fish recipe

<https://www.skinnytaste.com/cod-fish-tacos/>

Rosie

“..we don't use any mayo or yogurt, instead we add avocado. :)”

## 3 VEGAN LUNCH IDEAS UNDER \$1.50 | Collab w/Mind Over Munch

<https://youtu.be/CssdYHWwyzM>

Dominique

## One pot Longhorn turkey bean chilli

<https://docs.google.com/document/d/1Iz01Go3ISBUoFDQZn9VWmEKi3voxYpi6PVE0QLVn-s4/edit>

Shawndell

# Cauliflower Mac & Cheese

<https://carnaldish.com/recipes/cauliflower-mac-and-cheese/>

Courtney