# EMPOWERED YOGA

## Holistic Meal Plan

By Seonkyoung Longest

Hello everyone, I'm Seonkyoung Longest.

I'm a chef, food creator, and author from Korea. I've been a chef and food creator for over a decade and became plant-based in 2021. I became plant-based not only for the environment and animals but also for my health. The human body's 60% is water, so it's essential to hydrate yourself. What we eat becomes our skin, muscles, and bones, so we are literally what we eat.

Everyone is looking for good food for their body and health. Isn't it ironic that now more than any other time in history, we have an abundance of food and information at our fingers tips, but we are still not free from disease? It seems like the more options we have, the more issues we face.

This Holistic Meal Plan is inspired by Korean Buddhism temple cuisine. Korean temple cuisine's ingredients are 99% homemade (including all the sauces and seasonings), and most vegetables are wild-grown from the mountains/land where the temples are. It's best if you can grow your vegetables and make your own soy sauce from fresh soybeans that you harvest, but it is not realistic for most people nowadays. So I was focused on creating recipes with ingredients you can get easily from local grocery stores all year long.

Temple cuisine is such pure food. It uses limited seasoning to bring out the ingredients' flavors and aromas. It's also simple and harmonious. If you add too many seasonings to your food, all the different vegetables taste the same. When you start cooking this meal plan, you will notice quickly that the smell of food in the kitchen does not last long. This is because the ingredients and cooking methods are straightforward.

No matter how simple the recipe is, it must be made with care, love, and sincerity.

So bring your yoga practice to the kitchen and take this opportunity to heal your body, mind, and spirit. Learning the preciousness of all lives and cooking meals without harming others is a virtue of practice.

By now, you are probably curious, what is the difference between temple cuisine and plant-based? The most significant difference between temple cuisine and plant-based is that temple cuisine has banned vegetable ingredients. In Korea, we call these ingredients "Osinchae." These five banned ingredients are spring onions, garlic, shallots, chives, and leeks. Onion is in the same family, so most monks don't consume onions either.

Although these foods are healthy in a normal diet, the Osinchae is banned because they are energetic foods that warm the body and that are very stimulating. This can make it difficult for those who are trying to meditate often. Temple food is used as a meditation meal that helps calm you to find your inner self.

These five ingredients are not found in temple food eaten by monks. However, you can eat foods containing these ingredients when you are sick. You can even eat both meat and seafood if your body needs it. The Buddha is always open to exceptions. The absolute is only the truth.

I hope this Holistic Meal Plan can help you EMPOWERED physically, mentally and spiritually. Good luck!

The meal plan schedule is only for a guide, so feel free to add or omit the ingredients and the menu to fit your diet.

# Prepare These items ahead, it will be very helpful for you!

**Holistic Broth**
This plant-based broth will be used daily throughout 30 days of the EMPOWERED yoga challenge. Make a bulk on your day off and keep it in the refrigerator.

**Holistic Pesto**
This plant-based pesto can be spread on your bread or dressing for your salad/buddha bowl. It's super easy to make, but it's better prepared and ready to go in the refrigerator for busy days!

**Your Choice of Grain/Cauliflower Rice**
Grain takes a quiet time to cook, especially whole grain. Pre-cook your choice of grains once a week, divide them into individual portions and keep them in the refrigerator or freezer. This will make your life so much easier!

# Key Grocery List

- Dried shiitake
- Dashima, dried kelp (aka. kombu)
- Miyeok, wakame
- Mushroom powder
- Nutritional yeast
- Cornstarch
- Turmeric
- Rice or your choice of grain (barley, farro, quinoa, black rice, brown rice, mixed grain or/and cauliflower rice)
- Soba noodles
- Rice paper
- Soy sauce
- Doenjang or red miso
- Gochujang, Korean red pepper paste
- Sesame oil
- Sesame seeds
- Peanut butter
- Apricot preserve (can be substitute with apple jam)
- Agave nectar or maple syrup
- Nuts
- Medjool dates
- Ginger
- Lemon
- Asian eggplant
- Mushrooms of your choice
- Danhobak, kabocha squash
- Silken & extra firm tofu
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# Holistic Vegetable Broth

Makes 8 1/2 cups
Prep time: 30 mins
Cook time: 35 mins

## Ingredients

10 cups of cold water
2 sheets of 5"x5" dashima, dried kelp
10 dried shiitake mushrooms
5 ginger slices
1/4 head of green cabbage
1 medium size carrot
1 tbsp black pepper

## Instructions

1. Combine water and dashima in a large pot, cover, and let it sit for 30 minutes.
2. Add the rest of the ingredients into the pot, cover, and bring it to a boil. When it starts boiling, remove dashima. Cover, reduce the heat to medium-low, and simmer for 30 minutes.
3. Strain the broth and place it in air-tight jars. You can discard the vegetables but save the rehydrated shiitake mushrooms and dashima for later use. (Bibimbap, spinach noodle soup, or any other recipes you wish to add)
4. Keep it in the refrigerator. It will last up to 7 days in the refrigerator. Enjoy cooking with this holistic vegetable broth!

# Holistic Pesto

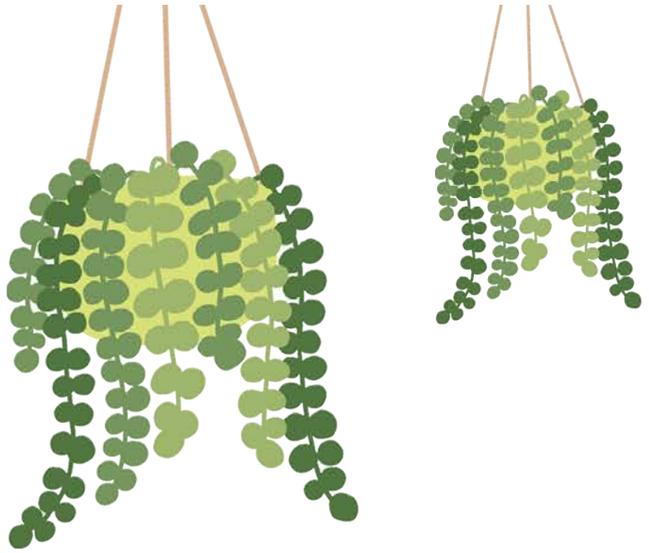
Makes 1 1/4 cup
Prep time: 2 mins

## Ingredients

1 1/2 cup packed fresh basil leaves
1/2 cup packed flat-leaf parsley
1/3 cup cashew nuts, walnuts, or pine nuts
Fresh juice from 1/2 of lemon
3 tbsp extra virgin olive oil
1 tbsp nutritional yeast
1/2 tsp salt
1/4 tsp pepper
3 to 6 tbsp water

## Instructions

Combine all ingredients for the Holistic Pesto in a blender and blend until smooth. Add more water as needed. This pesto will last in the refrigerator for 1 week.



# Breakfast

# Fruit Cereal

Serves: 1
Prep time: 5 mins

## Ingredients

1 frozen banana
1 cup plant-based milk
3 cups of fruits such as blueberries, raspberries, blackberries, diced kiwi, mango, pineapple, strawberries, pomegranate seeds and etc

## Instructions

Blend frozen banana and plant-based milk in a blender until smooth. Arrange your choice of fruits in a bowl and pour banana milk. Enjoy!

Note:

Add peanut butter, granola, hemp seeds or/and chia seeds to taste.

# Banana Pancake

Makes 3 pancakes
Prep time: 10 mins
Cook time: 8 mins

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## Ingredients

6 oz well-ripped banana (approximately 2 bananas)
2 tbsp plant-based milk
1/2 tsp vanilla extract
1/4 tsp cinnamon
pinch of salt
1/4 cup all-purpose flour
1/2 tbsp baking powder
Some coconut oil

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## Instructions

1. Smash bananas with a fork in a medium-large mixing bowl. It will be about 3/4 cup. Add in vanilla, plant-based milk, and salt, then mix well.
2. Add in flour, baking powder, and cinnamon and mix well until smooth.
3. Heat a large skillet or griddle over medium-low to medium heat, and add 2 tsp coconut oil. Pour or scoop the batter onto a skillet, about 1/3 cup for each pancake. Brown and crispy on both sides for about 3 to 4 minutes, and serve imminently. This recipe will make 6 pancakes.

# Savory Oatmeal with Tofu Scramble

Serves 1
Prep time: 2 mins
Cook time: 6 mins

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## Ingredients

For the Oatmeal
1 cup vegetable broth
1 tsp mushroom powder
1/2 cup rolled old-fashioned oats

For the Tofu Scramble
1 tsp cooking oil
1/4 block (4 oz) of firm tofu
1/4 tsp turmeric
1/4 tsp smoked paprika
1/4 tsp Kala Namak (Indian black salt) or sea salt
1/2 tsp nutritional yeast
A pinch of black pepper

Chili oil or hot sauce to taste

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## Instructions

1. In a small saucepan, bring the water to a boil. Reduce the heat to low and add in the mushroom powder and oats. Cook, stirring occasionally, until the oats have absorbed most of the liquid, about 5 minutes.
2. Meanwhile, heat the cooking oil in a pan over medium-high heat. Mash the tofu right into the pan with a fork or crumble it into the pan with your hands. Sprinkle turmeric, smoked paprika, salt, nutritional yeast, and pepper. Cook, stirring frequently, for 5 to 6 minutes.
3. Pour the oatmeal into a serving bowl and top with the tofu scramble. Enjoy with your choice of hot sauce or additional vegetables!

Note:
Add 1/4 of avocado, a few halved cherry tomatoes, a handful of arugula, baby spinach, sprouts or/and baby kale to your taste.

# Green Smoothie

Serves 1
Prep time: 5 mins

## Ingredients

2 cups baby spinach or kale
2 stalks of celery, roughly cut
1 oz ginger, sliced
Fresh juice from 1/2 of lemon
1 banana
1 cup fresh or frozen chopped pineapple
2 tsp barley grass powder, optional
1 scoop your choice of protein powder, optional
1 tbsp chia seeds, optional

## Instructions

Combine all the ingredients in a blender, and blend until smooth. Enjoy!

# Purple Smoothie

Serves 1
Prep time: 5 mins

## Ingredients

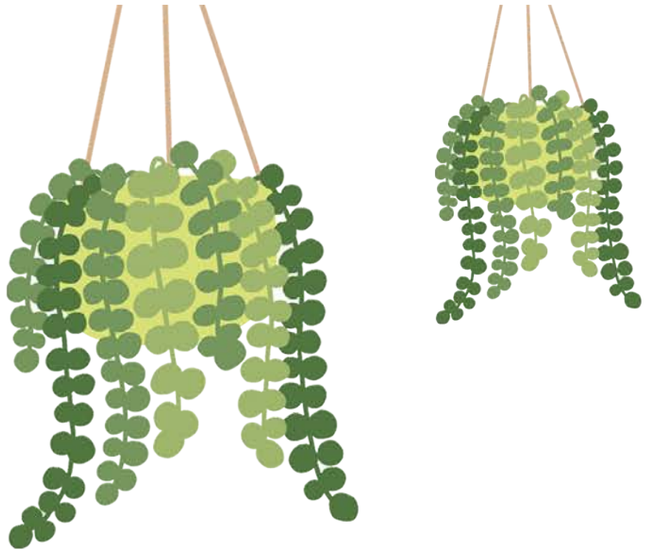
1 banana
Fresh juice from 1 orange
2 cups wild blueberries
A handful of cilantro or parsley
2 tsp barley grass powder, optional
1 scoop your choice of protein powder, optional
1 tbsp chia seeds, optional

## Instructions

Combine all the ingredients in a blender, and blend until smooth. Enjoy!

Note:

Make with frozen banana and frozen wild blueberries to make a smoothie bowl. Top with chia seeds, ham seeds, granola, and/or sliced fruits of your choice!



# Lunch & Dinner

# Rainbow Sandwich

Serves 1
Prep time: 8 mins
Cook time: 4 mins

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## Ingredients

2 slices of sourdough or your choice of bread
2 tbsp Holistic pesto
2 oz shredded purple cabbage or beet
4 to 5 yellow pepper strips or golden beet
2 oz shredded carrots
1 sliced tomato
1/2 avocado, sliced
A handful of sprouts of your choice
A pinch of salt & pepper
1 lemon wedge

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## Instructions

1. Toast both sourdough bread on a toaster or on a grill.
2. Spread the pesto on each side of the bread. Take one slice of the bread and layer the veggies, starting with the purple cabbage and ending with the spouts.
3. Sprinkle salt and pepper to your taste then squeeze the lemon wedge. Place the other slice of bread on top, pesto side down. Enjoy!

# Roasted Brussels Sprouts Bowl

Serves 1
Prep time: 4 mins
Cook time: 10 mins

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## Ingredients

2 tbsp doenjang or miso
1 tbsp apricot preserve
1/2 tsp grated ginger
3 tbsp vegetable broth or water
8 oz brussels sprouts (approximately 15 small brussels sprouts)
2 tbsp cooking oil
Pinch of salt & pepper
1 cup of your choice of grain or cauliflower rice
Sesame seeds

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## Instructions

1. Combine miso, apricot preserve, ginger, and water. Set aside.
2. Trim the bottom of the brussels sprouts and halve them lengthwise. Keep the outer leaves that fall off.
3. Heat a large skillet over medium-high heat. Add the oil, and place the brussels sprout halves face-down in the oil. Sprinkle a pinch of salt and pepper and let them sear for about 5 minutes. Flip over and sear for about 3 minutes.
4. Reduce heat to medium, pour the sauce mixture and stir everything together until sprouts are all coated evenly with the sauce, about 2 to 3 minutes. Remove from heat and transfer to on top of your choice of grain. Sprinkle some sesame seeds. Add some sliced spicy chili to your taste. Enjoy!

# Crispy Eggplant Salad

Serves 1
Prep time: 8 mins
Cook time: 5 mins

## Ingredients

For the Sauce
2 tbsp soy sauce
Fresh juice from 1/2 of lemon (approximately 3 tbsp)
1 tbsp sesame oil
2 tbsp apricot preserve

For the Eggplant
2 Asian eggplants or 1 regular eggplant
1/2 cup all-propose flour
2 tbsp cornstarch
1/2 cup cold water
Cooking oil

For the Salad
A handful mixed green or arugula
1 jalapeno or serrano, seeded, cut into strips
A handful of sprouts of your choice

## Instructions

1. Combine soy sauce, lemon, sesame oil, and apricot preserve in a mixing bowl. Set aside.
2. Cut eggplants into large angled chunks, about 2", set aside.
3. Combine cornstarch and cold water in a mixing bowl.  Heat a large skillet over medium-high heat, and add the oil.
4. Coat eggplant chunks with the batter and place on the preheated pan, and fry until all sides are crispy and golden about 4 to 5 minutes. Keep flipping them over occasionally.
5. Transfer the crispy eggplant to a serving plate on top of the mixed green. Top with chili, and sprouts. Serve with the dressing, enjoy immediately!

# Soy Sauce Bibim Guksu

Serves 1
Prep time: 2 mins
Cook time: 5 mins

## Ingredients

6 oz soba noodles
3 tbsp soy sauce
2 tbsp sesame oil
2 tbsp raw sugar or maple syrup
1 1/2 tsp mushroom powder
1 tbsp sesame seeds
Fresh juice from 3/4 of lemon
1/4 tsp salt
1/2 tsp grated ginger, optional
1 jalapeño or serrano, sliced
1 cucumber, julienned

## Instructions

1. Cook noodles in boiling water by following the directions of the package you're using.
2. Meanwhile, combine soy sauce, sesame oil, sugar, sesame seeds, lemon, salt, and ginger in a mixing bowl.
3. Drain and wash the noodles under running cold water with rubbing action to get rid of excess starch. Drain well.
4. Toss the noodles with the sauce mixture and transfer them to a serving bowl. Garnish with the chili slices and cucumber. If you like, sprinkle some extra sesame seeds by crushing them in-between your fingertips. Serve immediately and enjoy!

# Holistic Bowl

Serves 1
Prep time: 10 mins
Cook time: 15 mins

## Ingredients

1 tbsp soy sauce
2 tbsp water
1 tsp agave nectar or maple syrup
1 tbsp cooking oil
1/2 block (7 oz) of tofu, cut into cubes
1 cup of your choice of cooked grain or cauliflower rice
A handful of shredded purple cabbage
A handful of shredded carrot
A handful of sprouts
1/4 yellow bell pepper, cut into strips or cube
1/2 Avocado, sliced
Holistic pesto
1 lemon wedge

## Instructions

1. Combine soy sauce, water, and agave nectar in a small mixing bowl, and set aside. Heat a skillet over medium-high heat, add cubed tofu and sear evenly on all sides, about 2 to 3 minutes on each side. Pour the sauce mixture and coat the tofu evenly with the sauce. When the sauce has thickened, remove from the heat and set aside.
2. Place cooked grain on the bottom of the serving bowl and arrange the cabbage, carrot, sprouts, yellow bell pepper, and avocado on top.
3. Drizzle holistic pesto as much as you'd like and serve with a lemon wedge. Enjoy!

# Bibimbap

Serves 1
Prep time: 10 mins
Cook time: 6 mins

## Ingredients

1 tbsp gochujang, Korean red pepper paste
1 tsp agave nectar or maple syrup
1 tbsp vegetable broth
4 tsp cooking oil
1/4 yellow bell pepper, cut into strips
2 oz shredded carrot
2 cups baby spinach
2 rehydrated shiitake mushrooms
A handful of sprouts
1 cup of your choice of cooked grain or cauliflower rice
1 tbsp sesame oil
1 tsp sesame seeds

## Instructions

1. Combine gochujang, agave nectar, and vegetable broth in a small mixing bowl, and set aside. Heat a skillet over medium-high heat, and add 1 tsp of cooking oil and yellow bell pepper. Season with a pinch of salt and sauté for 1 minute. Remove from the skillet and set aside. Repeat with carrot, spinach, and shiitake mushrooms. Keep all the veggies separately.
2. Place cooked grain on the bottom of the serving bowl and arrange the yellow bell pepper, carrot, spinach, shiitake mushrooms, and sports on top. Drizzle with sesame oil and garnish with sesame seeds.

3. Serve with the gochujang sauce and mix everything well before eating. Enjoy!

Note:
You can always substitute and/or add more vegetables if you like!

# Rice Rolls with Peanut Sauce

Makes 4 rolls
Prep time: 20 mins
Cook time: 16 mins

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## Ingredients

For the Tofu
1 tsp grated ginger
1 tbsp soy sauce
1 tbsp agave nectar or maple syrup
1 tsp mushroom powder
1/2 block (7 oz) of extra firm tofu, cut into 1/2" thick long pieces
1 tbsp cooking oil

For the Peanut Sauce
2 tbsp natural peanut butter
1 1/2 tbsp agave nectar or maple syrup
1 tbsp soy sauce

For the Roll
A handful of shredded purple cabbage or beet
A handful of shredded carrot
1/2 fuji apple, cut into strips
1/4 yellow bell pepper, cut into strips
4 leaves of green lettuce
A handful cilantro
4 rice paper

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## Instructions

1. Combine ginger, soy sauce, agave nectar, and mushroom powder in a mixing bowl. Toss in tofu and let it marinate for 10 minutes.

2. Combine all ingredients for peanut sauce and set aside.
3. Combine the purple cabbage, carrot, and lemon in a mixing bowl and set aside,
4. Heat a skillet over medium-high heat, add the cooking oil and the tofu. Cook the tofu until seared evenly on all sides, about 2 to 3 minutes on each side. Remove from the heat and set aside.
5. You can serve this as a family-style and roll it as you go or pre-roll it.
   Fill a wide and shallow bowl with lukewarm water. Dip one rice paper at a time for 1 second to soften. Lay the rice paper flat and fill up with lettuce, apple, yellow bell pepper, cabbage & carrot mixture, cilantro, and tofu leaving about 2" uncovered on each side. Take from the bottom, fold over the filling, and then fold the two sides. Roll the whole thing up tightly, using your fingers to keep the fillings pushed towards the middle of the roll. Dip in the peanut sauce and enjoy!

# Tofu & Mushroom Bulgogi

Serves 1
Prep time: 5 mins
Cook time: 13 mins

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## Ingredients

1/4 block (4 oz) of extra firm tofu
1 tbsp cooking oil
1 tbsp soy sauce
1 tbsp agave nectar or maple syrup
1/2 tbsp sesame oil
1/2 tsp sesame seeds
1/2 tsp grated ginger
1 1/2 cup shimeji, oyster, or any other mushrooms
1 cup of your choice of cooked grain or cauliflower rice
1 jalapeño or serrano, chopped or sprouts

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## Instructions

1. Wrap the tofu in a paper towel for 5 minutes to get rid of excess water, then cut into 1/2 x 1/2" cubes.
2. Heat a large skillet over medium-high heat and add cooking oil. Add the tofu cubes carefully and spread them out evenly. Cook the tofu until seared evenly on all sides, about 2 to 3 minutes on each side.
3. Meanwhile, combine the soy sauce, agave nectar, sesame oil, sesame seeds, and grated ginger in a mixing bowl. Set aside.
4. When the tofu is seared evenly, add the mushrooms and cook for 3 minutes.
5. Stir in the sauce and cook for about 1 minute. When the sauce is thickened, remove it from the heat.
6. Serve with your choice of cooked grain and sprinkle chopped jalapeño or sprouts on top to your taste. Enjoy!

# Spinach Noodle Soup

Serves 1
Prep time: 2 mins
Cook time: 10 mins

## Ingredients

4 oz soba noodles
2 1/2 cups Holistic vegetable broth
1 1/2 tsp mushroom powder
1 tbsp soy sauce
A handful of baby spinach
2 oz shredded carrot
1 sheet aburaage, fried bean curd, optional
2 rehydrated shiitake, optional
Sesame seeds

## Instructions

1. Cook the soba noodles in boiling water by following the directions on the package you're using.
2. Meanwhile, combine vegetable broth and soy sauce in a saucepan and bring it to a boil. Add spinach, carrot, aburaage, and a few sliced shiitake mushrooms from the holistic vegetable broth. Bring back to boil and turn off the heat.
3. Drain cooked soba noodles and rinse them under cold water to get rid of excess starch. Place in a serving bowl. Pour the soup and sprinkle some sesame seeds to taste. Enjoy!

# Glazed Eggplant "Eel"

Serves 1
Prep time: 2 mins
Cook time: 15 mins

## Ingredients

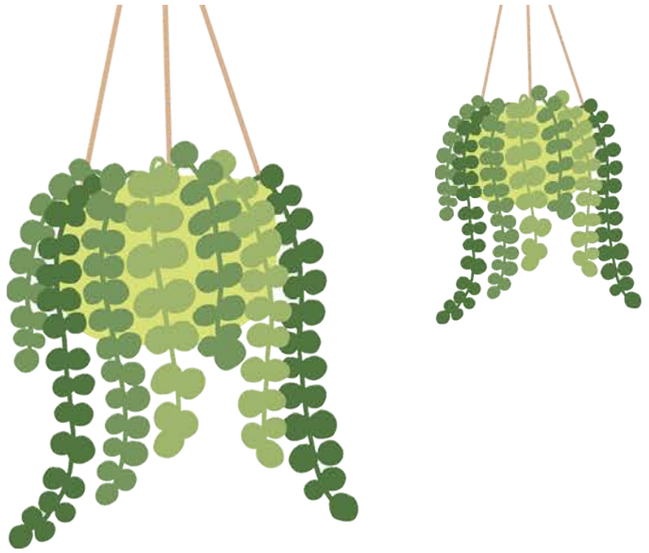
1 to 2 Asian eggplant (approximately 14 to 16 oz)
5 to 6 tbsp cornstarch
2 tbsp cooking oil
2 tbsp soy sauce
1 1/2 tbsp agave nectar or maple syrup
2 tbsp vegetable broth or water
1 tsp grated ginger
1 cup of your choice of cooked grain or cauliflower rice
Sesame seeds

## Instructions

1. Trip off the top of the eggplant, then slice in half lengthwise but not all the way through as you will butterfly. Place the eggplant on a heat-proof dish and steam or microwave the eggplant. To steam, place the eggplant into a steamer and steam for 4 to 5 minutes. To microwave, cover the eggplant with a kitchen towel or a microwave cover, then microwave for 3 to 5 minutes.
2. Once the eggplant is cooled, slit it horizontally. Make sure not to cut through the eggplant.
3. Heat a skillet over medium heat, add cooking oil and swirl to coat. Lightly dust the eggplant with cornstarch and place it on the skillet. Pan-fry both sides until golden brown, about 2 to 3 minutes on each side.

4. Meanwhile, combine the soy sauce, agave nectar, water, and grated ginger in a small mixing bowl.
5. Pour the sauce mixture into the pan and simmer until the sauce is thickened. Flip the eggplant and coat them with the sauce evenly.
6. Remove from the heat and serve with your choice of cooked grain or cauliflower rice. Sprinkle some sesame seeds right on top, enjoy!

Note:
You can make this recipe with tofu too!



# Snack &

# Sweet Bites

# Chocolate Peanut Butter Nice-cream

Serves 1
Prep time: 5 mins

## Ingredients

2 frozen overripe bananas
2 to 3 tbsp natural peanut butter
2 1/2 tbsp cocoa powder
1/2 tsp vanilla extract
A pinch of salt

## Instructions

1. Combine all ingredients in a high-speed blender such as Vitamix or Ninja. Blend until completely smooth. Add 1 tbsp plant-based milk at a time as needed. If you don't have a high-speed blender, thaw the bananas a bit before blending.
2. You can serve immediately as soft serve or freeze for up to an hour before serving. It tastes best when it's fresh. Enjoy!

Note:
Sprinkle granola to your taste!

# Danhobak Chocolate Cake

Serves 6
Prep time: 20 mins
Cook time: 35 mins

## Ingredients

12 oz danhobak (kabocha squash)
4 oz dark chocolate, chopped into small pieces
4 tbsp raw sugar or coconut sugar
3 tbsp all-purpose flour
1 tbsp cocoa powder
1/2 tsp baking powder
A pinch of salt

## Instructions

1. Boil water in your steamer. Preheat the oven to 350f. Carefully cut danhobak in half. It will be tough to cut the pumpkin when it's raw, so I recommend microwaving it for 1 to 2 minutes first. Remove seeds and strings with a spoon. Now, cut them into large chunks. Steam the danhobak over medium-high heat for 10 to 12 minutes or until a chopstick or a fork pierces through easily. Remove from the steamer and let it cool.
2. Meanwhile, place dark chocolate in a microwave-safe bowl. Microwave at 30 seconds intervals. Stir chocolate in between every 30 seconds with a spatula until melted, about 2 minutes. Remove from the microwave and continue to stir until completely melted.
3. Peel the danhobak's skin with a knife or scoop it out with a spoon. (The skin is edible but for smooth cake texture, it's better to remove.) Combine danhobak, melted chocolate, and sugar in a blender and blend until smooth. Pour into a large mixing bowl.

4. Sift the flour, cocoa powder, baking powder, and a pinch of salt into the chocolate mixture. Mix dry ingredients thoroughly by hand using a spatula.
5. Line a small round or square (6"x2.5") cake pan with parchment paper. Pour the batter into a prepared cake pan and bake in preheated oven for 30 to 35 minutes.
6. Remove the cake from the oven, and let it cool completely before removing it from the cake pan. Enjoy with a scoop of plant-based vanilla ice cream if you like!

# Golden Latte

Serves 1
Cook time: 5 mins

## Ingredients

2 cups Plant-based milk
1/4 tsp ground turmeric or 1 oz of fresh turmeric root
1/8 tsp ground cinnamon
1/4 tsp vanilla extract
1 tbsp agave nectar or maple syrup

## Instructions

1. Combine all ingredients in a medium pot over medium heat. Stir until the milk is hot. When the edges are about to boil, remove from the heat and remove turmeric root if you used it.
2. Blend all ingredients in a high-speed blender until foamy and smooth. Pour into a mug and enjoy!

# Sujeonggwa, Korean Ginger & Cinnamon Drink

Makes 7 1/2 cups
Cook time: 40 mins

## Ingredients

4 oz fresh ginger, wash well, and sliced
4 oz cinnamon sticks
7 cups water
1/2 cup maple syrup
Pine nuts, optional

## Instructions

1. Combine ginger, cinnamon sticks, and water in a large pot. Bring it to a boil over high heat, then reduce heat to low and simmer for 40 minutes.
2. Remove from heat and stir in maple syrup. Keep it in airtight bottles and keep them in the refrigerator. Serve cold with a few pine nuts as garnish. It will last 2 weeks in the refrigerator. Enjoy Sujeonggwa any time you want!

# Chia Lemon Water

Serves 1
Prep time: 10 mins

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## Ingredients

2 tsp chia seeds
Fresh juice from 1/2 lemon
2 cups water

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## Instructions

Combine all ingredients in a glass. Let it rest for 10 minutes. Enjoy!

Note:

You can make this ahead of the night and drink it in the morning!

Add cayenne and maple syrup to spice up!

# Stuffed Dates

Makes 5 Stuffed Dates
Prep time: 3 mins

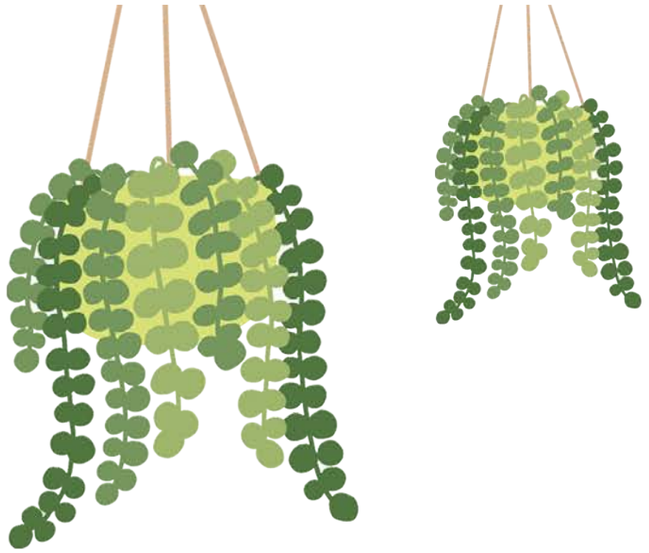
## Ingredients

5 Medjool dates
Natural peanut butter
Roughly chopped dark chocolate or cacao nibs

## Instructions

1. Use a small knife to cut the dates lengthwise and remove the pits.
2. Fill each date with peanut butter using a spoon, about 2 tsp. Sprinkle each with chopped dark chocolate or cacao nibs of your choice. Serve immediately. Enjoy!

Note:
You can also fill the dates with pistachio, almond, cashew, walnut or canned orange peel too.



# Side Dishes

# Seaweed & Tofu Miso Soup

Serves 1
Cook time: 10 mins

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## Ingredients

1 cup vegetable broth
1 tbsp doenjang or miso
1 tsp dried wakame seaweed
2 oz soft tofu, cut into small cubes

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## Instructions

1. Bring the vegetable broth to a boil. When it's boiling, reduce heat to medium-low and add doenjang. Whisk well until there are no lumps.
2. Add the seaweed and tofu and let it cook for 1 minute. Serve immediately.

Note:

To make Spinach & Tomato Soup, switch seaweed and tofu to 1 oz baby spinach 4 to 6 halved cherry tomatoes.

# Seaweed Soup

Serves 1
Cook time: 13 mins

## Ingredients

1 tbsp dried wakame seaweed
1 tbsp sesame oil
1 tbsp soy sauce
2 cups vegetable broth

## Instructions

1. Soak wakame in cold water until soften, for about 5 to 10 minutes, then drain.
2. Heat a saucepan over medium-high heat, add sesame oil and softened wakame, and sauté for 2 to 3 minutes. Add soy sauce and sauté for 1 to 2 minutes.
3. Pour the vegetable broth and bring it to boil. Add salt to taste. You can also add rehydrated shiitake mushrooms if you like! Serve immediately, and enjoy!

# Dandelion Salad

Serves 1
Prep time: 5 mins

## Ingredients

1 bundle of dandelion for your choice of greens
1/2 Asian pear
1 tbsp soy sauce
1 tbsp apricot preserve
1 Fresno or red chili, chopped
1/2 tsp salt
Sesame seeds

## Instructions

1. Wash and cut dandelion into 3" long pieces, set aside,
2. Peel and grate the pear using a cheese grater into a large mixing bowl. Add soy sauce, apricot preserve, a pinch of salt to your taste, and chopped chili. Mix well with the grated pear.
3. Toss dandelion with the sauce mixture lightly. Sprinkle some sesame seeds. Serve immediately and enjoy!

Note :
Make sure to get the small & young dandelion possible you can find for the pleasurable texture and flavor.

It tastes the best when it's freshly made. So make the sauce ahead and toss the dandelion right before serving.

# Asparagus Walnut Salad

Serves 1
Prep time: 2 mins
Cook time: 2 mins

## Ingredients

4 to 6 asparagus
1 tbsp roasted walnuts
Fresh juice from 1/3 of lemon
1 tsp doenjang or miso
1/2 tsp maple syrup

## Instructions

1. Blanch asparagus in boiling salted water for 1 minute. Remove from the water and cut into 1 1/2" long pieces.
2. Crush roasted walnuts using mortar and pestle. Add lemon, doenjang, and maple syrup into walnut and mix well.
3. Toss asparagus with the walnut sauce. Enjoy!

Note: You can use green beans broccoli or cauliflower too.

# Seaweed Salad

Serves 1
Prep time: 10 mins

## Ingredients

1 oz dried wakame seaweed
Fresh juice from 1 lemon
2 tbsp soy sauce, doenjang, miso or gochujang
1 tbsp sesame oil
1 1/2 tsp sesame seeds
1/4 tsp salt
1/2 large or 1 medium size Asian pear, peeled & julienned
1 oz shredded carrot, optional
1 jalapeno or serrano, sliced

## Instructions

1. Soak wakame in cold water until softened, for about 10 to 15 minutes. If you want a softer texture of seaweed, you can blanch for 30 seconds in boiling water. Drain the seaweed and set it aside.
2. Meanwhile, combine lemon, soy sauce, sesame oil, sesame seeds, and salt in a large mixing bowl.
3. Add softened seaweed, pear, carrot, and chili. Toss lightly with your hand. Transfer to a serving plate and enjoy!

Note: Depending on what sauce you use to season the dressing, it will become a completely different dish!

# Gamja Jorim, Soy Braised Potatoes

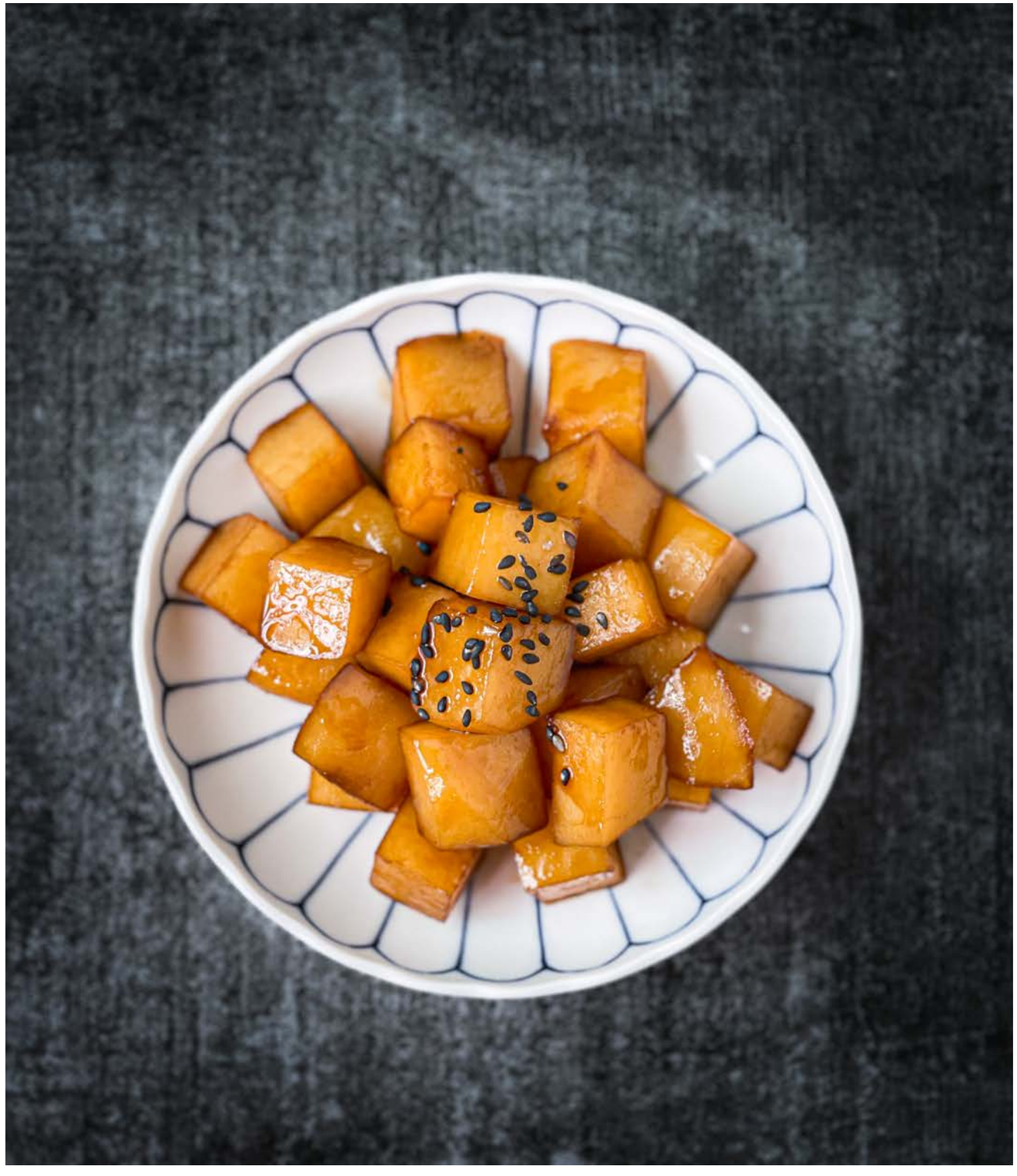
Serves 1
Prep time: 2 mins
Cook time: 18 mins

## Ingredients

1 cup vegetable broth
1/4 cup soy sauce
1/4 cup maple syrup
2 large size Yukon gold potatoes
1 tsp sesame oil
1/2 tsp sesame seeds

## Instructions

1. Combine vegetable broth, soy sauce, and maple syrup in a large saucepan. Bring it to a boil and reduce heat to medium-low heat.
2. Meanwhile, peel and cut potatoes into 2" chunks. Add into the simmering sauce, and cook until potatoes are fully cooked, about 15 minutes.
3. When the sauce is thickened, turn off the heat and drizzle with sesame oil, and sprinkle with sesame seeds. You can serve them hot, lukewarm, or cold. Enjoy!



# Week 1

"The future belongs to those who believe in the beauty of their dreams."
-Eleanor Roosevelt

| | Breakfast | Lunch | Dinner | Snack |
|---|---|---|---|---|
| Monday | Fruit Creal | Roasted Brussels Sprouts Bowl & Asparagus Walnut Salad | Rice Rolls with Peanut Sauce | Stuffed Dates |
| Tuesday | Green Smoothie | Rainbow Sandwich | Tofu Mushroom Bulgogi & Dandelion Salad | Golden Latte |
| Wednesday | Detox Smoothie | Holistic Bowl | Spinach Noodle Soup & Asparagus Walnut Salad | Chia Lemon Water |
| Thursday | Fruit Creal | Soy Sauce Bibim Guksu | Glazed Eggplant "Eel" & Seaweed Tofu Miso Soup | Stuffed Dates |
| Friday | Green Smoothie | Rainbow Sandwich | Bibimbap & Seaweed tofu miso soup | Chocolate peanut butter nice-cream |
| Saturday | Savory Oatmeal with Tofu Scramble | Crispy eggplant Salad | Rice Rolls with Peanut Sauce | Danhobak Chocolate Cake |
| Sunday | Banana Pancake | Holistic Bowl | Tofu Mushroom Bulgogi & Spinach tomato miso soup | Chia Lemon Water |

## Grocery List

# Week 2

"Don't ever go with the flow,
be the flow."
-Jay Z

| | Breakfast | Lunch | Dinner | Snack |
|---|---|---|---|---|
| Monday | Detox Smoothie | Soy Sauce Bibim Guksu | Glazed Eggplant "Eel" & Spinach tomato miso soup | Danhobak Chocolate Cake |
| Tuesday | Fruit Creal | Rice Rolls with Peanut Sauce | Roasted Brussels Sprouts Bowl & Seaweed salad | Soy Braised Potatoes |
| Wednesday | Savory Oatmeal with Tofu Scramble | Holistic Bowl | Crispy eggplant Salad & Soy Braised Potatoes | Stuffed Dates |
| Thursday | Fruit Creal | Tofu Mushroom Bulgogi & Dandelion Salad | Spinach Noodle Soup & Asparagus Walnut Salad | Danhobak chocolate Cake & Chia Lemon Water |
| Friday | Green Smoothie | Rainbow Sandwich | Glazed Eggplant "Eel" & Seaweed Soup | Chocolate peanut butter nice-cream |
| Saturday | Detox Smoothie | Rice Rolls with Peanut Sauce | Bibimbap & Seaweed tofu miso soup | Sujeonggwa, ginger cinnamon drink |
| Sunday | Banana Pancake | Roasted Brussels Sprouts Bowl & Dandelion Salad | Holistic Bowl | Stuffed Dates |

## Grocery List

# Week 3

"What you are is what you have been.
What you will be is what you do now."
-Shaolin saying

| | Breakfast | Lunch | Dinner | Snack |
|---|---|---|---|---|
| Monday | Green Smoothie | Rainbow Sandwich | Tofu Mushroom Bulgogi & Spinach tomato miso soup | Danhobak Chocolate Cake |
| Tuesday | Fruit Creal | Soy Sauce Bibim Guksu | Crispy eggplant Salad & Soy Braised Potatoes | Sujeonggwa, ginger cinnamon drink |
| Wednesday | Detox Smoothie | Roasted Brussels Sprouts Bowl & Seaweed salad | Holistic Bowl | Stuffed Dates & Chia Lemon Water |
| Thursday | Fruit Creal | Glazed Eggplant "Eel" & Spinach tomato miso soup | Spinach Noodle Soup & Asparagus Walnut Salad | Sujeonggwa, ginger cinnamon drink |
| Friday | Green Smoothie | Bibimbap & Seaweed tofu miso soup | Rice Rolls with Peanut Sauce | Danhobak Chocolate Cake & Sujeonggwa, ginger cinnamon drink |
| Saturday | Savory Oatmeal with Tofu Scramble | Tofu Mushroom Bulgogi & Dandelion Salad | Holistic Bowl | Stuffed Dates & Golden Latte |
| Sunday | Banana Pancake | Rainbow Sandwich | Roasted Brussels Sprouts Bowl & Seaweed Soup | Danhobak Chocolate Cake & Golden Latte |

## Grocery List

# Week 4

"Keep you mind on the things you want,
and off those you don't."
-Bruce Lee

| | Breakfast | Lunch | Dinner | Snack |
|---|---|---|---|---|
| Monday | Fruit Creal | Holistic Bowl | Bibimbap<br>&<br>Seaweed tofu miso soup | Stuffed Dates<br>&<br>Chia Lemon Water |
| Tuesday | Green Smoothie | Glazed Eggplant "Eel"<br>&<br>Asparagus Walnut Salad | Soy Sauce Bibim Guksu<br>&<br>Seaweed Soup | Chocolate Peanut Butter Nice-cream |
| Wednesday | Detox Smoothie | Rice Rolls with Peanut Sauce | Tofu Mushroom Bulgogi<br>&<br>Spinach Tomato Niso Soup | Stuffed Dates<br>&<br>Golden Latte |
| Thursday | Fruit Creal | Roasted Brussels Sprouts Bowl<br>&<br>Seaweed salad | Spinach Noodle Soup<br>&<br>Asparagus Walnut Salad | Chia Lemon Water |
| Friday | Green Smoothie | Rainbow Sandwich | Crispy eggplant Salad<br>&<br>Spinach Tomato Miso Soup | Golden Latte |
| Saturday | Savory Oatmeal with Tofu Scramble | Rice Rolls with Peanut Sauce | Bibimbap<br>&<br>Seaweed tofu miso soup | Stuffed Dates<br>&<br>Chia Lemon Water |
| Sunday | Banana Pancake | Holistic Bowl | Glazed Eggplant "Eel"<br>&<br>Asparagus Walnut Salad | Danhobak Chocolate Cake |

## Grocery List