

Hormone Healthy

VEGAN RECIPE BOOK



THRIVEWITHMARSHA

THRIVE WITH MARSHA

Plant Based Vitality

Hormone Healthy

RECIPE BOOK





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Beyond “Balance”... The Journey of Nourishing *Women's Hormones*

Hormones play an instrumental role in every woman's life.

From regulating mood to controlling metabolism, these tiny chemical messengers are involved in nearly every aspect of your well-being.

Just as you prioritise nourishing your body with wholesome foods, nourishing your hormones is equally essential. nourishing your body with wholesome foods, nourishing your hormones is equally essential.

Doing so ensures they function optimally, supporting every stage of life.

However, there are times when hormones might not be in harmony with our bodies. These include:

- Polycystic Ovary Syndrome (PCOS)
- Perimenopause
- Menopause
- Thyroid disorders

These are just a few examples where hormones may not be in their ideal state and can, therefore, manifest in various ways: irregular menstrual cycles, unexplained weight gain, fatigue, mood swings and more.

The importance of understanding and nourishing your hormones cannot be understated. When considering your hormones, you are supporting their function and enhancing your overall health and well-being.

This guide provides recipes catering to balanced nutrients with protein, healthy fats and fibre, ensuring your hormones are nourished and you thrive in every season of life.



Sugars

Many foods naturally have sugars in them. Fruits, for instance, contain fructose, while dairy products have lactose.







These foods are often accompanied by essential nutrients, like vitamins, minerals, and fibres, that benefit our health.

In contrast, added sugars, introduced to foods during processing or preparation, don't offer the same nutritional benefits, and consuming excessive added sugars can lead to health concerns.

These recipes mostly rely on natural sweetness so that you can enjoy authentic flavours without “added” sugars.

However, sometimes a dish might need a little extra sweetness to make it just right. That's why we've given you the option in a few recipes to add a touch of honey or maple syrup. These natural sweeteners not only enhance the flavour but also keep the dish wholesome and delicious.

Sample Meal Plan

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST	Overnight Chocolate Oats 	Overnight Chocolate Oats 	Overnight Chocolate Oats 	Strawberry Smoothie Delight 	Strawberry Smoothie Delight 	Chickpea Strawberry Pancakes 	Chickpea Strawberry Pancakes 
LUNCH	Chickpea and Quinoa Salad 	Chickpea and Quinoa Salad 	Creamy Tofu Pasta 	Chickpea and Quinoa Salad 	Chickpea & Mushroom Coconut Soup 	White Bean Burgers 	Chickpea & Mushroom Coconut Soup 
AFTERNOON SNACK	Black Bean Banana Brownie 	Black Bean Banana Brownie 	Chocolate Date Protein Bites 	Chocolate Date Protein Bites 	Chocolate Date Protein Bites 	Black Bean Banana Brownie 	Black Bean Banana Brownie 
DINNER	Black Bean & Sweet Potato Bake 	Creamy Tofu Pasta 	Black Bean & Sweet Potato Bake 	Creamy Tofu Pasta 	White Bean Burgers 	Vegan Satay Tofu Tacos 	Vegan Satay Tofu Tacos 

Sample Shopping List

PRODUCE

- ☐ 2 Avocados
- ☐ 3 Bananas
- ☐ 2 Limes
- ☐ 1/2 cup Pomegranate Seeds
- ☐ 1 1/2 Cups Strawberries
- ☐ 5 Cups Baby Spinach
- ☐ Cilantro
- ☐ Coleslaw Mix
- ☐ 6 Cups Cremini Mushrooms
- ☐ 10 garlic Cloves
- ☐ Fresh ginger
- ☐ 12 Cups Mixed Greens
- ☐ 4 Cups Mixed Mushrooms
- ☐ Red Bell Pepper
- ☐ Red Onion
- ☐ Shallots
- ☐ Sweet Potato
- ☐ Yellow Onion

BOX, CAN, JAR

- ☐ Almond Butter
- ☐ Canned Coconut Milk
- ☐ Chickpeas
- ☐ Maple Syrup
- ☐ 3 1/2 Cups Black Beans
- ☐ 255 Grams Chickpea Pasta
- ☐ Quinoa
- ☐ Salsa
- ☐ 8 Hard Taco Shells
- ☐ Marinara Sauce
- ☐ Vegetable Broth
- ☐ White Navy Beans

PROTEIN

- ☐ Firm Tofu
- ☐ Soft Tofu

NUTS & SEEDS

- ☐ Sliced Almonds
- ☐ Ground Flax Seed
- ☐ Hemp Seeds
- ☐ Walnuts

Other

- ☐ Acai Berry Powder
- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Cacao Powder
- ☐ Chickpea Flour
- ☐ Chocolate protein Powder
- ☐ Cornstarch
- ☐ Vegan Dark Chocolate Chips
- ☐ Dark Chocolate Chips
- ☐ Medjool Dates
- ☐ Nutritional Yeast
- ☐ Oats
- ☐ Vanilla Extract
- ☐ Vanilla Protein Powder

CONDIMENTS & OILS

- ☐ Avocado Oil
- ☐ Balsamic Vinegar
- ☐ Olive Oil
- ☐ Tamari
- ☐ Red Thai Curry Paste

SPICES/DRIED HERBS

- ☐ Cajun Seasoning
- ☐ Garlic Powder
- ☐ Greek Seasoning
- ☐ Salt & Black Pepper

COLD

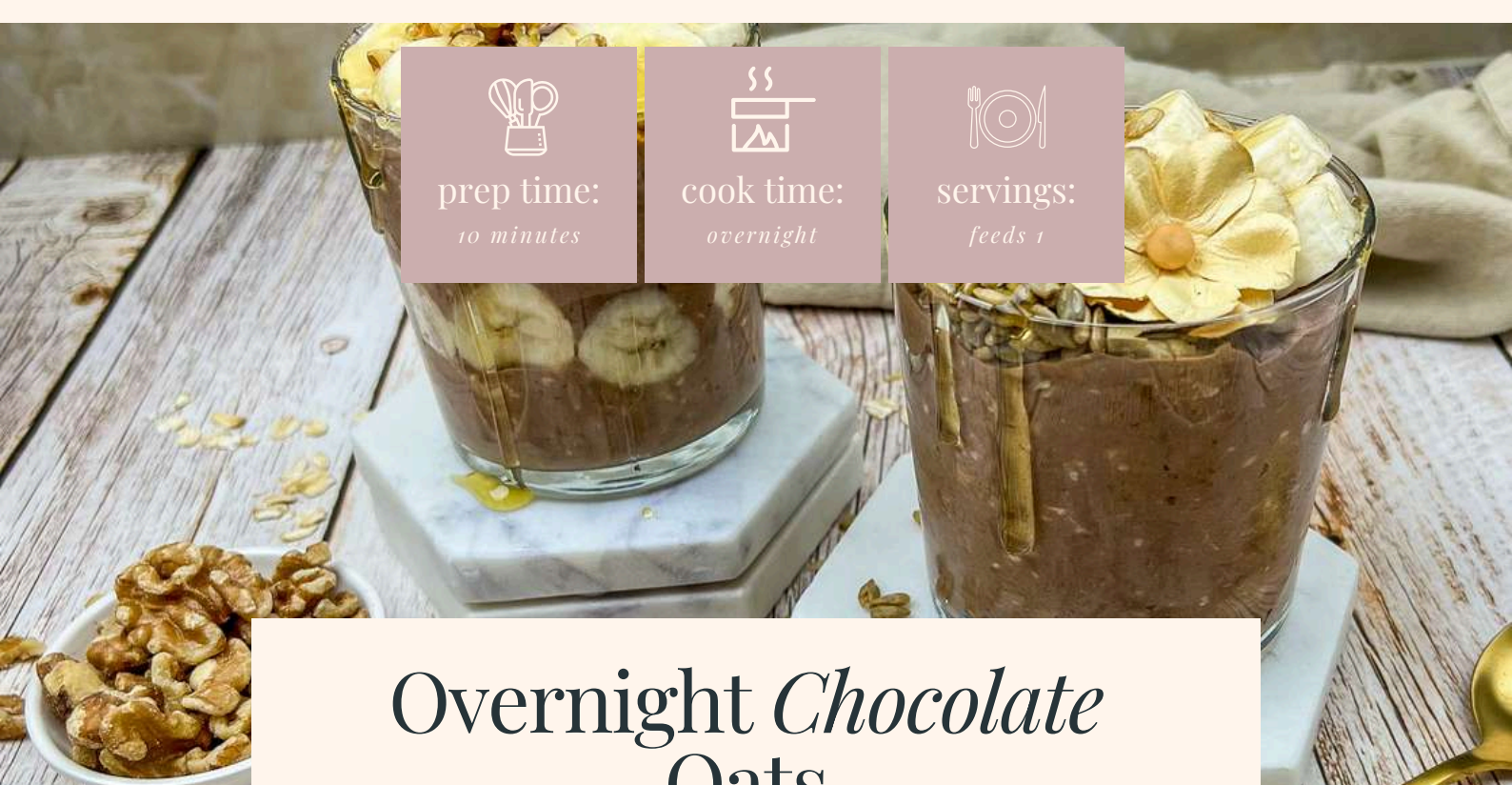
- ☐ Unsweetened Coconut Yoghurt
- ☐ Unsweetened Coconut Kefir
- ☐ vegan Cheese Shreds
- ☐ Vegan Parmesan Cheese

FROZEN

- ☐ Frozen cauliflower
- ☐ Edamame
- ☐ Strawberries

NOTES





prep time:
10 minutes



cook time:
overnight



servings:
feeds 1

Overnight *Chocolate* Oats

PLANT COUNT: 7

WHAT YOU'LL NEED:

- 1/3 cup Oats
- 3/4 cup Soy Milk (Replace with milk of your choice)
- 1/3 cup Unsweetened Coconut Yogurt
- 1 tbsp Ground Flax Seed
- 1 tbsp Cacao Powder
- 1/2 serving Vegan Chocolate Protein Powder (10g protein)
- 1/2 Banana (Sliced)
- 1 tbsp Walnuts (Divided)
- Maple Syrup to Serve - [Optional](#)

LET'S GET COOKING:

- 1 Place the oats, milk, yoghurt, ground flax, cacao powder and protein powder into a glass jar and stir well. Cover and store in the fridge overnight.
- 2 Remove from the fridge and top with the sliced banana and walnuts. Add a drizzle of maple syrup to taste, if desired.

PRO TIPS:

- Coconut Yoghurt Benefits: Considered a fermented food providing beneficial bacteria to support gut health. Choose UNSWEETENED, not flavoured/sweetened. This helps to avoid unnecessary "added" sugars.
- Nut Free: replace the walnuts with sunflower seeds.

NUTRITION:

Amount per serving (1 bite)	
Calories	473
Fat	17g
Protein	24g
Total Carbs	59g
Net Carbs	48g
Sugar	19g
Fibre	11g

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
10 minutes



cook time:
5 minutes



servings:
feeds 1

Strawberry *Smoothie* Bowl Delight

PLANT COUNT: 7

WHAT YOU'LL NEED:

- 1/2 cup Frozen Strawberries
- 1/4 cup Pomegranate Seeds
- 1/3 cup Frozen Cauliflower
- 1/2 cup Unsweetened Coconut Yoghurt
- 1/3 cup Unsweetened Coconut Kefir
- 2 tbsp Hemp Seeds ([Divided](#))
- 1 tsp Acai Powder ([Optional](#))
- 1 tbsp Crushed Walnuts

LET'S GET COOKING:

- 1 Place the frozen strawberries, pomegranate seeds, cauliflower, yoghurt, kefir, 1 tbsp of hemp seeds and the acai powder, if using, into a blender and pulse until smooth.
- 2 Scrape down the sides of the blender cup, as this will be thick to blend initially. Pour into a bowl and top with the remaining hemp seeds and crushed walnuts.
- 3 Optional: Drizzle with maple syrup to serve.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- More protein: Add one serving of a vegan protein powder to the blender, for additional protein.
- Nut Free: Replace the walnuts with seeds of your choice.

NUTRITION:

Amount per serving (1 bite)	
Calories	346
Fat	20g
Protein	14g
Total Carbs	34g
Net Carbs	24g
Sugar	17g
Fibre	10g



Chickpea Strawberry Pancakes

PLANT COUNT: 6

WHAT YOU'LL NEED:

- 1 cup Chickpea Flour
- 1 1/4 tsp Baking Powder
- 1 tsp Baking Soda
- 1 1/4 cups Soy Milk (Replace with milk of your choice)
- 1 tsp Vanilla Extract
- 1 Flax Egg (See notes)
- 1 serving Vegan Vanilla Protein Powder
- 1 tbsp Avocado Oil
- 1 1/2 cups Unsweetened Coconut Yogurt (Divided-topping)
- 2 tbsp Maple Syrup (Topping - Optional)
- 1 1/2 cups Strawberries (Diced-topping)

LET'S GET COOKING:

- 1 Add the chickpea flour, baking powder, baking soda, milk, vanilla extract, flax egg, and vanilla vegan protein powder to a medium-sized bowl and whisk until everything is combined into a smooth batter.
- 2 Over medium-high heat, add a drizzle of avocado oil to a large fry pan, and using 1/4 cup, measure out individual pancakes into the pan.
- 3 Cook until bubbles form on the top of the pancake, then flip and cook until the other side is golden brown and the pancake is cooked through (approximately 2-3 minutes per side).
- 4 Turn the heat to medium and repeat the process until all of the batter has been cooked into pancakes. Using a 1/4 cup as a measure should give you 12 pancakes.
- 5 To serve, top with unsweetened coconut yoghurt, strawberries and maple syrup (optional).

PRO TIPS:

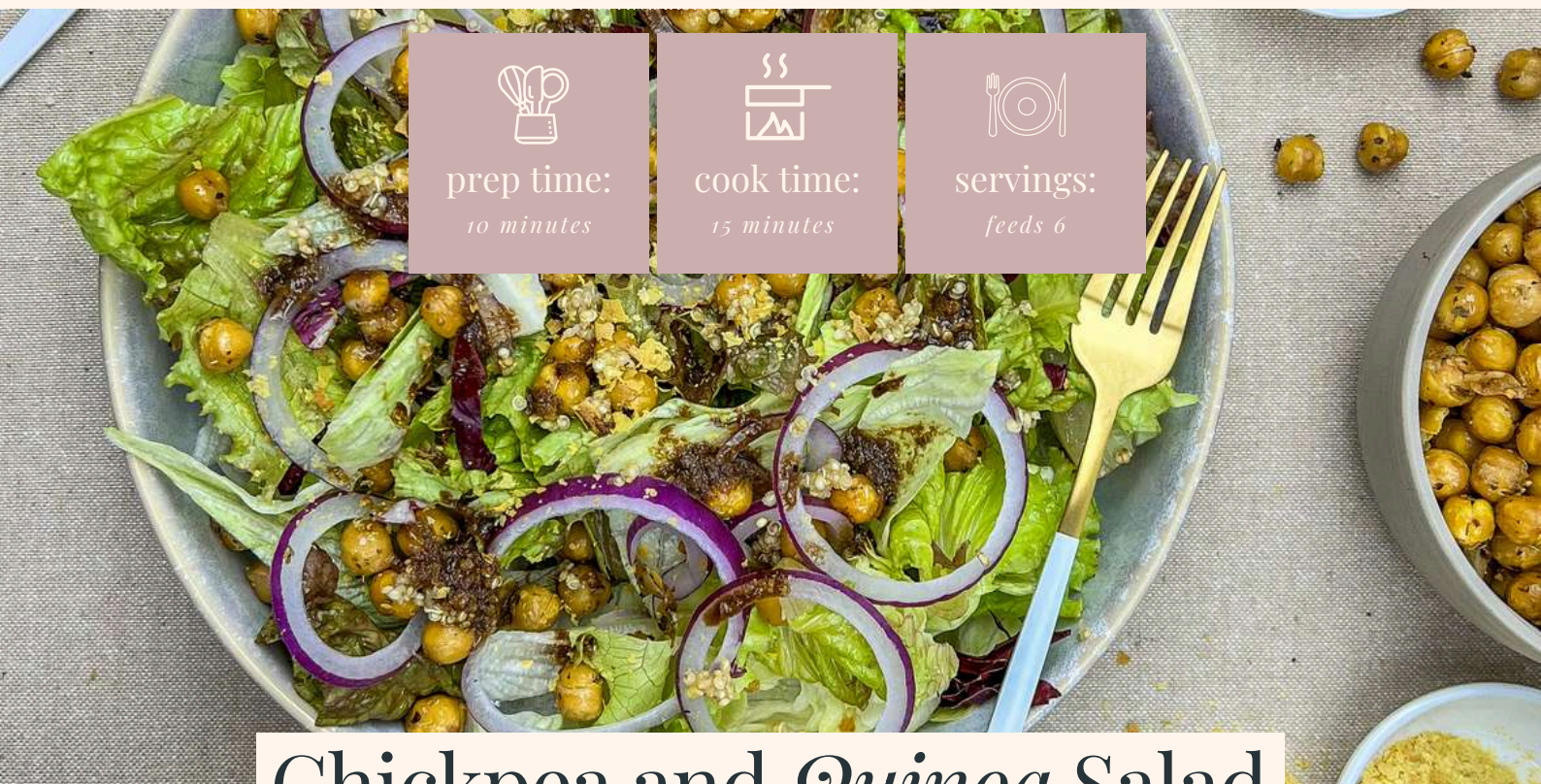
- Flax Egg: Mix 1 tablespoon of ground flax seed with 2 1/2 tablespoons of water in a small bowl. Allow to thicken (about 5 minutes) before adding it to your recipe.
- Serving Size: Using 1/4 cup to measure will give 4 pancakes per serving.

NUTRITION:

Amount per serving (1 bite)	
Calories	375
Fat	13g
Protein	17g
Total Carbs	49g
Net Carbs	42g
Sugar	22g
Fibre	7g

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
10 minutes



cook time:
15 minutes



servings:
feeds 6

Chickpea and Quinoa Salad

PLANT COUNT: 5

WHAT YOU'LL NEED:

- 1/4 cup Balsamic Vinegar
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tbsp Nutritional Yeast
- 12 cups Mixed Greens
- 1/3 cup Red Onion (Sliced)
- 1 1/2 Avocado (Diced)
- 1 1/2 cups Quinoa (Cooked)
- 3 cups Greek Roasted Chickpeas

LET'S GET COOKING:

- 1 Place the balsamic vinegar and olive oil into a small bowl to make the dressing, and set aside.
- 2 Divide the greens, red onions, and diced avocado into bowls and top with the quinoa and roasted chickpeas ([recipe separate](#)).
- 3 Toss with the balsamic and olive oil dressing, season with salt and pepper to enjoy.

PRO TIPS:

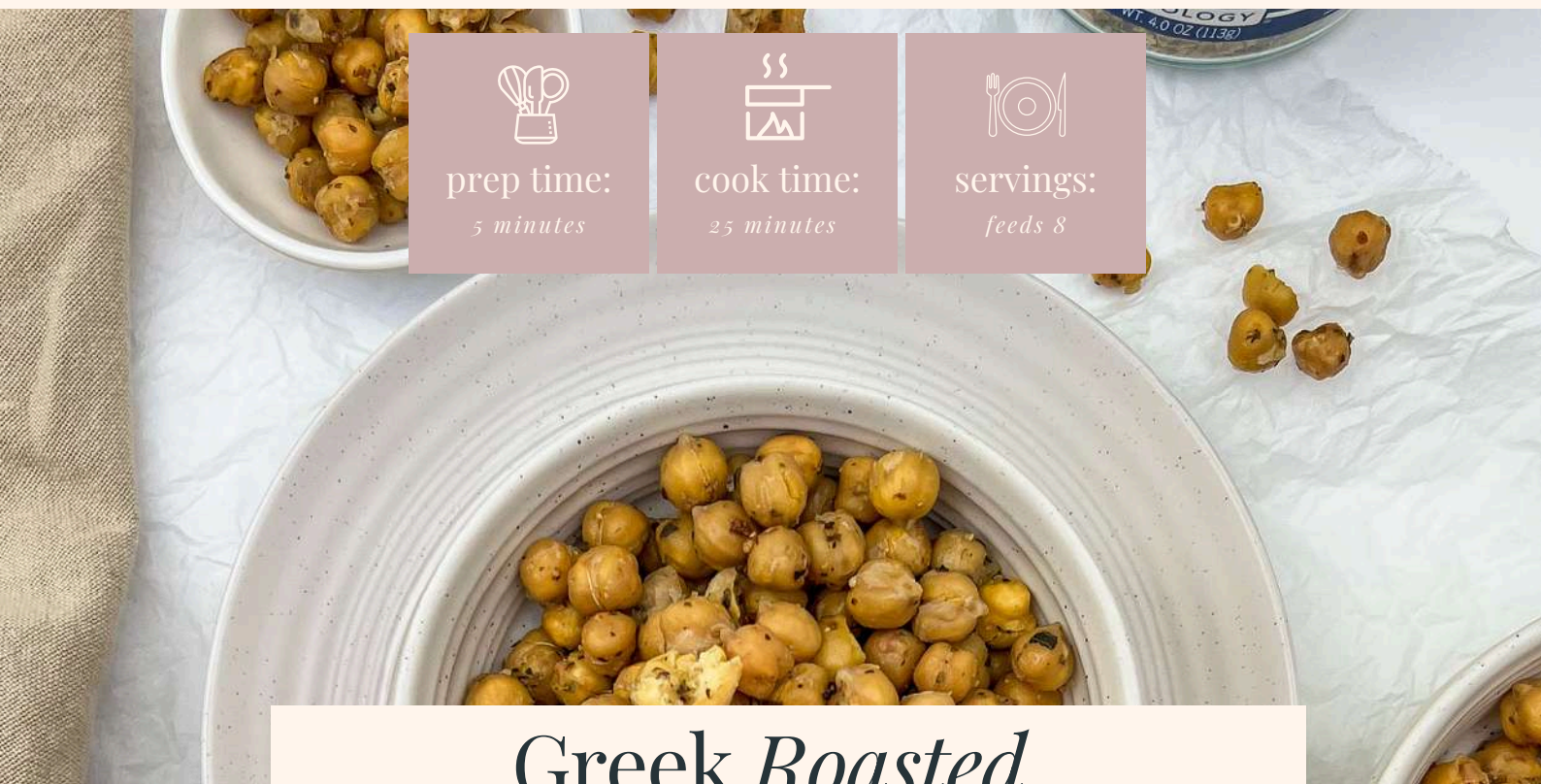
- **Balsamic Vinegar:** Acetic acid (found in vinegar) has been shown to delay gastric emptying. Due to its acetic acid content, balsamic vinegar may help improve blood sugar response, supporting better glycemic control after meals.

NUTRITION:

Amount per serving (1 bite)	
Calories	457
Fat	18g
Protein	17g
Total Carbs	59g
Net Carbs	45g
Sugar	7g
Fibre	14g

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
5 minutes



cook time:
25 minutes



servings:
feeds 8

Greek *Roasted* Chickpeas

PLANT COUNT: 1

WHAT YOU'LL NEED:

- 4 cups Chickpeas (Cooked, drained, rinsed)
- 2 tbsps Greek Seasoning
- 2 tbsps Garlic Olive Oil (Replace with regular olive oil or avocado oil if desired)

LET'S GET COOKING:

- 1 Preheat the oven to 375°F, and line a baking tray with parchment paper.
- 2 Add the chickpeas, seasoning and oil to the prepared baking tray. Stir to ensure the chickpeas are coated evenly with the oil and seasoning.
- 3 Place the tray into the oven and roast for 20-30 minutes, until the chickpeas start turning brown. Remove from the oven and cool before serving in your desired dish.

PRO TIPS:

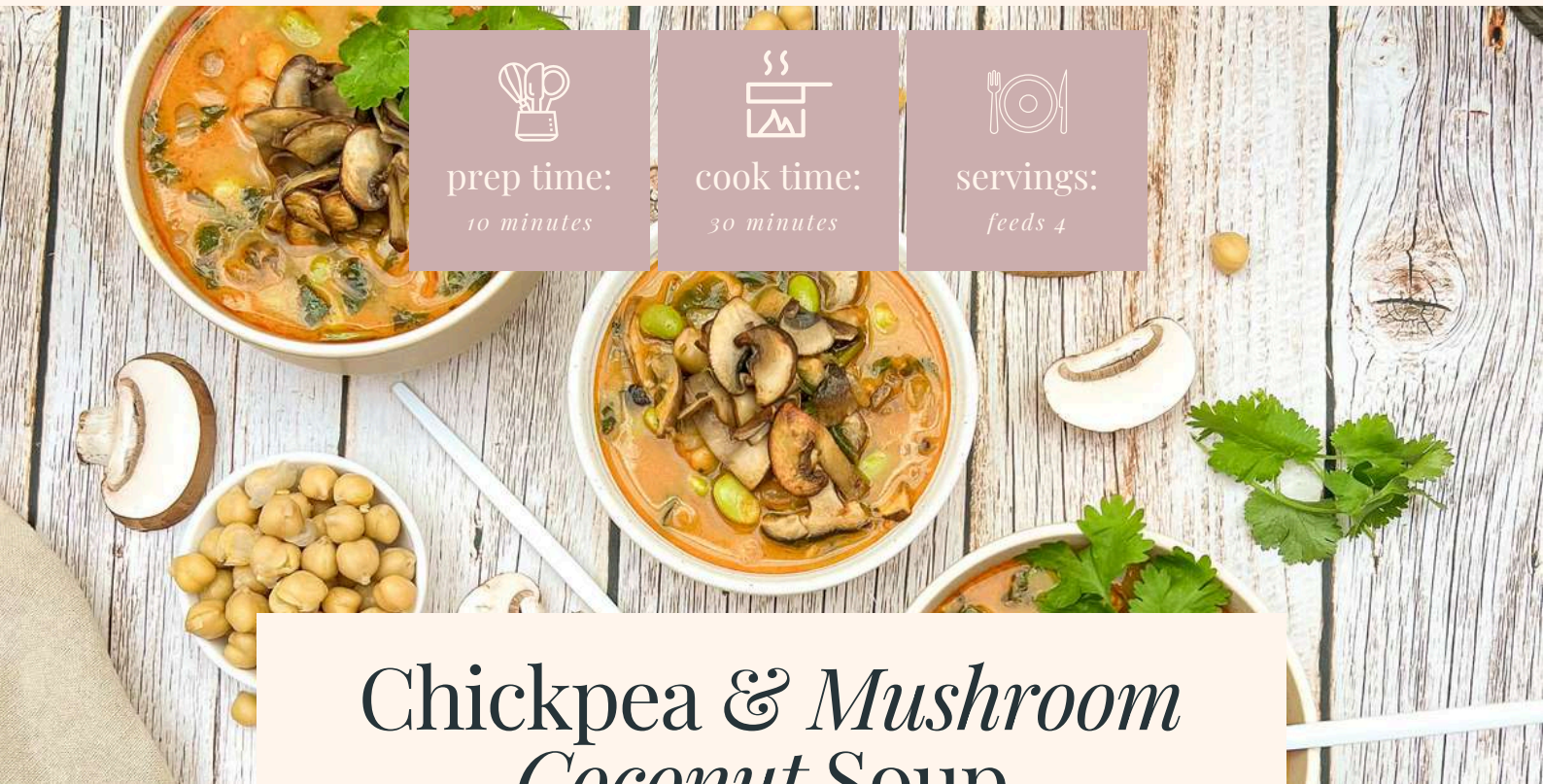
- Chickpeas: Rich in protein, fibre, essential nutrients like magnesium and B vitamins, and can help support hormone health by stabilising blood sugar levels.
- Serving Size: 1/2 cup per serving.

NUTRITION:

Amount per serving (1 bite)	
Calories	164
Fat	6g
Protein	7g
Total Carbs	22g
Net Carbs	16g
Sugar	4g
Fibre	6g

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
10 minutes



cook time:
30 minutes



servings:
feeds 4

Chickpea & Mushroom Coconut Soup

PLANT COUNT: 10

WHAT YOU'LL NEED:

- 1 tbsp Avocado Oil
- 1 Yellow Onion (Diced)
- 4 cups Mushrooms (Cremini & Oyster mix)
- 1/4 cup Thai Red Curry Paste
- 2 cups Chickpeas (Cooked, drained and rinsed)
- 2 Garlic (Cloves, minced)
- 1 tbsp Ginger (Minced)
- 1 cup Canned Coconut Milk
- 3 cups Vegetable Broth, Low Sodium
- 2 cups Frozen Edamame
- 2 cups Baby Spinach (Roughly chopped)
- 2 Limes (Juiced)
- 1/2 cup Fresh Cilantro (Chopped)
- Sea Salt & Black Pepper (To taste)

LET'S GET COOKING:

- 1 Over medium heat, add the avocado oil and diced onion to a large pan and cook for 4-5 minutes until translucent. Stir in the mushrooms and cook until they start to brown - about 8-10 minutes.
- 2 Add red curry paste, chickpeas, minced garlic, and fresh ginger. Cook for 5 minutes, then stir in the coconut milk, vegetable broth and edamame. Bring to a boil, then reduce the heat to simmer for 8-10 minutes.
- 3 Remove from the heat and stir in the spinach, lime juice and chopped cilantro. Let the soup rest to allow the spinach to wilt enough before serving. Season with salt and pepper - Enjoy.

PLANT COUNT:

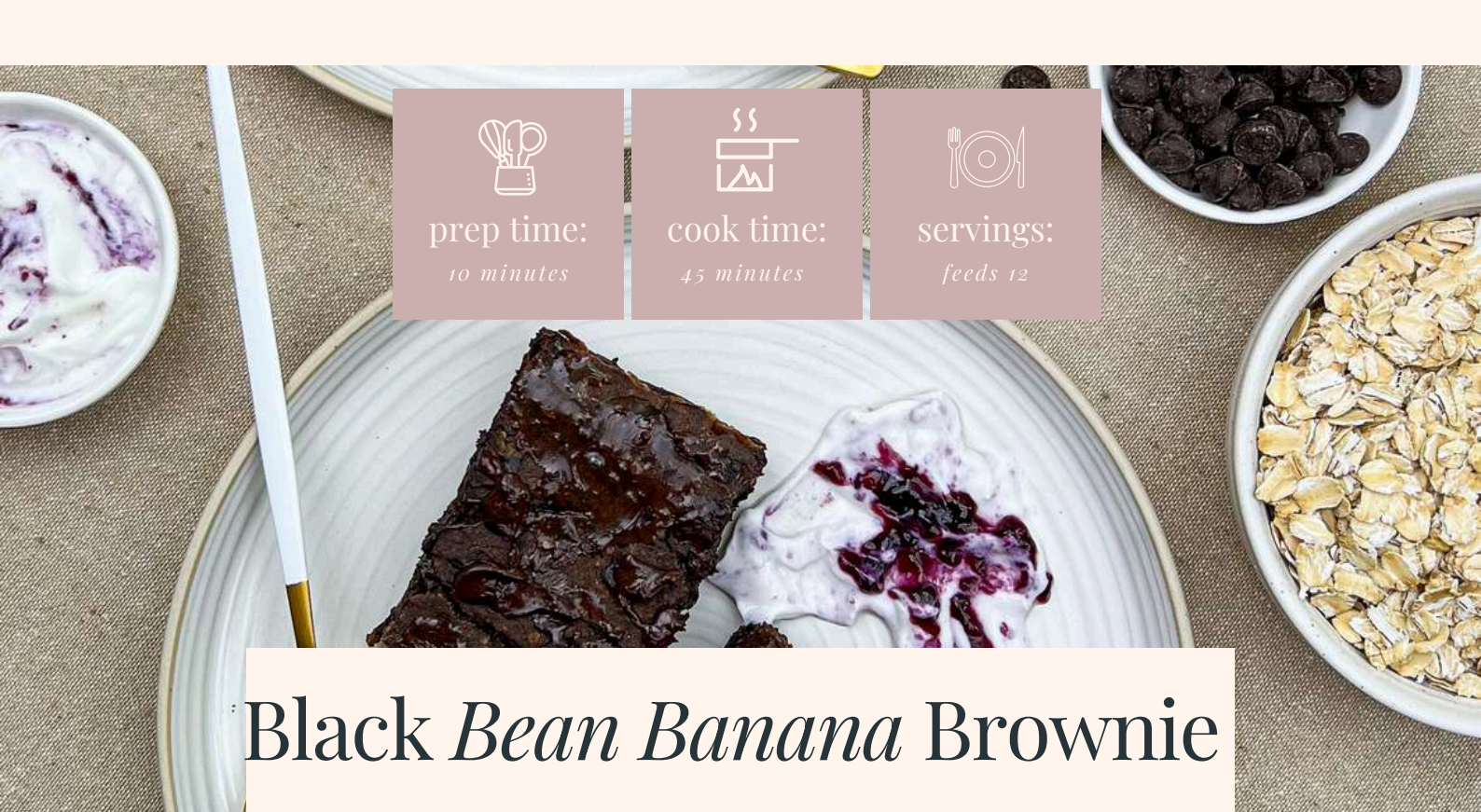
- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- Edamame Benefits: Edamame are an excellent source of plant based protein. They contain fibre, vitamins, and minerals, and are a rich source of isoflavones, which have been linked to various health benefits, including improved heart health, bone health, and potential hormone health.

NUTRITION:

Amount per serving (1 bite)	
Calories	438
Fat	21g
Protein	22g
Total Carbs	45g
Net Carbs	32g
Sugar	13g
Fibre	13g





prep time:
10 minutes



cook time:
45 minutes



servings:
feeds 12

Black *Bean Banana* Brownie

PLANT COUNT: 4

WHAT YOU'LL NEED:

- 1 1/2 cups Black Beans
 - 1/2 cup Oats
 - 2 tbsp Cacao Powder
 - 3 Bananas (Very ripe, mashed)
- 1/4 cup Avocado Oil
 - 2 tsps Vanilla Extract
 - 1/2 tsp Baking Powder
 - 1/2 cup Vegan Dark Chocolate Chips

LET'S GET COOKING:

- 1

Preheat the oven to 350 °F. Prepare a baking dish by lining it with parchment paper.
- 2

Place the oats into a food processor and pulse into a semi-fine flour texture. Then, add the rest of the ingredients (except the chocolate chips). Blend into a smooth batter. There may be little bits of black beans, and that's fine :)
- 3

Stir in the dark chocolate chips and pour the chocolate mixture into the prepared baking dish. Bake in the oven for 15 - 18 minutes or until the middle is cooked.
- 4

Serve with coconut yoghurt or coconut whipped cream.

PRO TIPS:

- **Parchment Paper:** Wet the parchment paper and squeeze out any excess water to mould it more easily into the dish.
- **Coconut Yoghurt:** Choose unsweetened coconut yoghurt to avoid "added" sugars.

NUTRITION:

Amount per serving	
Calories	176
Fat	9g
Protein	4g
Total Carbs	20g
Net Carbs	17g
Sugar	8g
Fibre	3g

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
10 minutes



cook time:
30 minutes



servings:
feeds 20

Chocolate *Date* Protein Bites

PLANT COUNT: 5

WHAT YOU'LL NEED:

- 5 Medjool Dates (Stone removed)
- 1/4 cup Hot Water
- 1 cup Oats
- 1/3 cup Almond Butter
- 2 tbsps Cacao Powder
- 1/2 cup Vegan Dark Chocolate Chips
- 1 serving Vegan Chocolate Protein Powder
- 1/4 cup Unsweetened Coconut Kefir
- 1/4 cup Hemp Seeds

LET'S GET COOKING:

- 1 Tear the dates in half and remove the stone. Place the dates and hot water in a small bowl to soak and soften for 20-30 minutes, or until most of the water has been absorbed. Stir frequently.
- 2 Blend the oats in a food processor until they reach a fine breadcrumb consistency. Then add the dates (with water), almond butter, cacao powder, chocolate chips, chocolate protein powder and kefir.
- 3 Blend into a creamy dough. Remove from the food processor and place onto parchment paper to knead slightly. This ensures everything is mixed well together, and you won't have any "dry" pieces that didn't blend well in the food processor.
- 4 Using a mini ice cream scoop or heaped tablespoon, measure out equal-sized protein balls and then, with slightly wet hands, roll them into balls and cover them with the hemp seeds.
- 5 Drizzle with the melted chocolate (in the tips section) if desired. Store the bites in a sealed glass container in the fridge.

PRO TIPS:

- Here's how to make a delicious chocolate drizzle: Combine two tablespoons of vegan dark chocolate chips with 1/4 tsp of coconut oil in a small bowl. Microwave the bowl in 15-second intervals until the chocolate and oil are melted. Drizzle over the protein bites.
- Serving Size: Use 1-2 bites per serving

NUTRITION:

Amount per serving (1 bite)	
Calories	111
Fat	6g
Protein	4g
Total Carbs	12g
Net Carbs	10g
Sugar	7g
Fibre	2g

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
15 minutes



cook time:
60 minutes



servings:
feeds 4

Black Bean & Sweet Potato Bake

PLANT COUNT: 5

WHAT YOU'LL NEED:

- 4 cups Sweet Potato (Diced)
- 2 cups Black Beans (Cooked, drained, rinsed)
- 1 cup Quinoa (Uncooked, rinsed)
- 1 cup Frozen Edamame
- 2 tsp Cajun Seasoning (Increase for more spice)
- 1 tbsp Nutritional Yeast
- Sea Salt & Black Pepper (To taste)
- 2 cups Vegetable Stock/Broth
- 1/2 cup Vegan Cheese Shreds

PRO TIPS:

LET'S GET COOKING:

- 1 Preheat the oven to 375°F. In a large bowl, combine the sweet potato, black beans, quinoa, and edamame with the cajun seasoning, nutritional yeast, salt and pepper. Stir well to coat everything with the spices.
 - 2 Transfer the ingredients to a baking dish, approximately 9 x 13 inches. Pour the vegetable stock over and stir to mix well.
 - 3 Cover with aluminium foil, and bake in the oven for 30 minutes. Carefully remove from the oven, stir well, then bake for a further 20 minutes, covered.
 - 4 Remove from the oven, discard the foil and top with the shredded vegan cheese. Place under the grill for 10-15 minutes, until the cheese bubbles before serving.
- No Soy: Omit the edamame altogether. This will adjust the protein content to 16 grams per serving.
 - Homemade Cajun Seasoning: 1 tbsp paprika, 1 tbsp oregano, 1 tbsp garlic powder, 1/2 tsp onion powder, 1/2 tsp cayenne (optional), salt & pepper. Use 2 tbsp per serving.
 - Baking Dish: You have the option to use two 10 x 7-inch baking dishes if you'd like to have leftovers to store in the fridge or freezer.

NUTRITION:

Amount per serving	
Calories	484
Fat	10g
Protein	24g
Total Carbs	79g
Net Carbs	62g
Sugar	7g
Fibre	17g

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
10 minutes



cook time:
30 minutes



servings:
feeds 6

Creamy Tofu Pasta

PLANT COUNT: 7

WHAT YOU'LL NEED:

- 3 cups Chickpea Pasta (255 grams - DRY)
- 6 cups Water
- 1 1/2 tbsps Avocado Oil
- 3/4 cup Shallot (Diced)
- 6 Garlic (Cloves, peeled, crushed)
- 383 grams Soft Tofu (One packet)
- 3 tbsps Nutritional Yeast
- 2 1/4 cups Soy Milk (Replace with milk of your choice)
- 6 cups Cremini Mushrooms (Sliced)
- 3 cups Baby Spinach (Roughly chopped)
- 1/3 cup Vegan Parmesan Cheese (For topping - Optional)

LET'S GET COOKING:

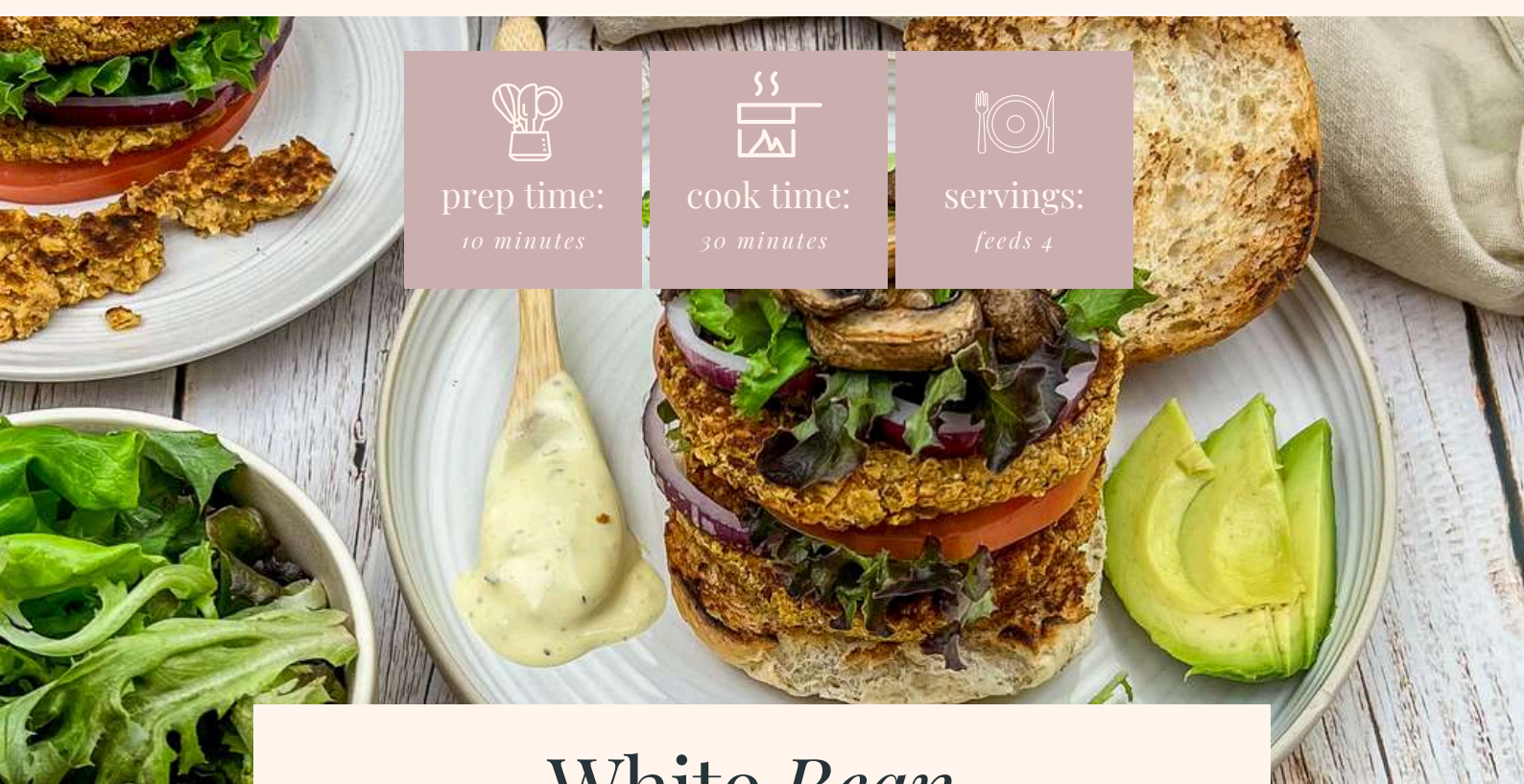
- 1 Place the pasta and water into a large saucepan, and bring to a boil over medium heat. Once boiling, stir well, turn off the heat and cover to continue cooking. Once cooked al dente, drain and rinse with cold water - [this will prevent it from further cooking and going 'mushy'](#). Set aside.
- 2 Add the avocado oil and chopped shallots to the pasta pan and cook over medium heat for 5-6 minutes, or until softened. Stir in the crushed garlic cloves and cook for a further 2-3 minutes.
- 3 While the shallots and garlic are cooking, open the tofu and drain any excess liquid. You don't need to press the tofu for this recipe. Place it into a blender and pulse until smooth. Add the nutritional yeast, milk, onions and garlic to the blender cup. Blend again, then set aside.
- 4 Add the sliced mushrooms to the same pan and, over medium heat, let them sweat for 5-10 minutes. Stir well and then cook until brown - about 15 minutes.
- 5 Add the tofu creamy sauce to the mushroom pan and bring to a simmer. Stir in the cooked pasta and roughly chopped spinach, then turn the heat to low medium. Simmer for 5-6 minutes or until the pasta is heated.
- 6 Divide into bowls, top with vegan parmesan cheese (if using) and enjoy.

PRO TIPS:

- Tofu Benefits: A rich source of plant-based isoflavones, which can offer potential benefits in supporting hormone health.
- Vegan Parmesan: Replace it with regular parmesan for a vegetarian option.
- Nutritional Yeast: Offers a savoury, cheese-like flavour and is a great source of B vitamins, in particular B12. It's popular among vegan diets because it also contains all nine essential amino acids, making it a complete protein.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
10 minutes



cook time:
30 minutes



servings:
feeds 4

White Bean Burgers

PLANT COUNT: 5

WHAT YOU'LL NEED:

- 1/4 cup Shallot (Finely chopped)
- 2 tbsp Avocado Oil (Divided)
- 2 cups White Navy Beans (Cooked, drained and rinsed - One 540ml can)
- 1 tsp Garlic Powder
- 1 tsp Cajun Seasoning
- 3/4 cup Quinoa (Cooked)
- 1/4 cup Ground Flax Seed
- 1/3 cup Nutritional Yeast
- 1/3 cup Marinara Sauce

LET'S GET COOKING:

- 1 Add chopped shallot and 1-2 tsp of the avocado oil in a medium/large frying pan and sauté over medium heat for 5 minutes or until soft.
- 2 Add the white beans to a medium-sized bowl, and roughly mash them using a fork (or potato masher) - this is a bit of an arm workout! It's okay to have a few chunky beans for texture.
- 3 Add the cooked shallots, garlic powder, cajun seasoning, cooked quinoa, flax seed, nutritional yeast and marinara sauce to the bowl—season with salt and black pepper. Mix well to combine all ingredients.
- 4 Heat some avocado oil in the frying pan over medium heat to prepare the white bean burgers. Next, using a 1/3 cup to measure individually, shape each burger patty with your hands, considering the mixture may be slightly sticky. Once shaped, place the patties into the pan and use the back of a spatula to flatten them. This will help with cooking.
- 5 Cook for 8-10 minutes on each side over medium heat. Be careful when flipping them. Repeat with avocado oil drizzle and the remaining mixture to cook the burgers. Using 1/3 cup to measure should make eight burgers.
- 6 Serve with the Mixed Balsamic Salad -Recipe separate.

PRO TIPS:

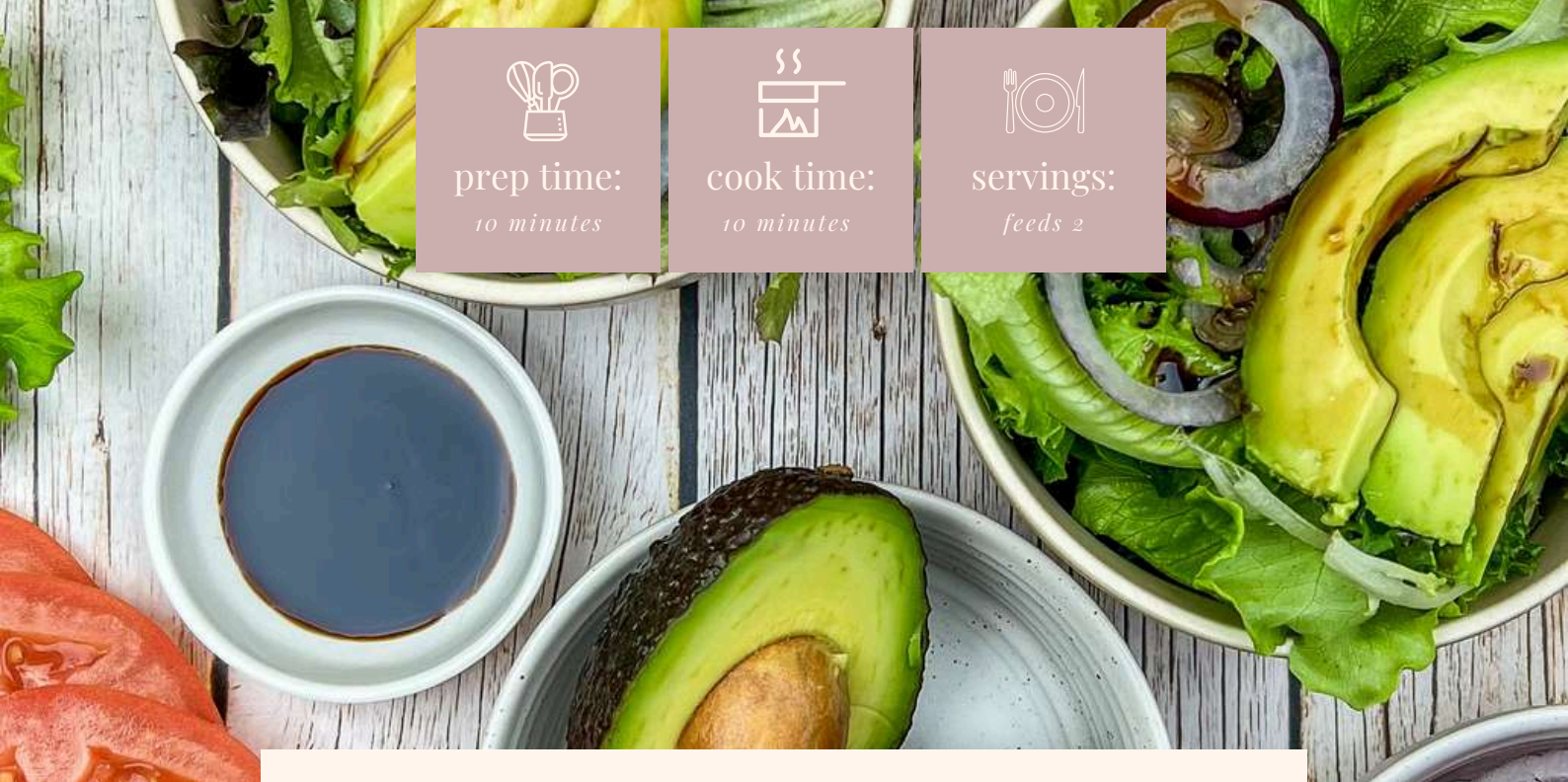
- Flipping The Burgers: Leave space in the frying pan to help when flipping the burgers. They are a little tricky due to keeping the mixture moist.

NUTRITION:

Amount per serving	
Calories	407
Fat	12g
Protein	21g
Total Carbs	53g
Net Carbs	36g
Sugar	2g
Fibre	17g

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



Mixed *Balsamic* Salad

PLANT COUNT:4

WHAT YOU'LL NEED:

- 4 cups Mixed Greens (Washed)
- 1/2 Avocado (Sliced)
- 1 Tomato (Large, sliced)
- 2 tbsp Balsamic Vinegar
- 1/3 cup Red Onion (Sliced)

LET'S GET COOKING:

- 1 Add the salad ingredients to two bowls. Drizzle with the balsamic vinegar and enjoy.

PRO TIPS:

- No Red Onion: Replace with sliced green/spring onion.

NUTRITION:

Amount per serving	
Calories	128
Fat	7g
Protein	3g
Total Carbs	13g
Net Carbs	8g
Sugar	4g
Fibre	5g

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.



prep time:
10 minutes



cook time:
30 minutes



servings:
feeds 4

Vegan Satay Tofu Tacos

PLANT COUNT: 8

WHAT YOU'LL NEED:

- 1/4 cup All Natural Peanut Butter
- 1/2 cup Canned Coconut Milk
- 1 tbsp Tamari (Or soy sauce)
- 2 Garlic (Cloves, minced)
- 1 tsp Ginger
- 1 tbsp Cornstarch (Or arrowroot)
- 16 oz Firm Tofu (450 grams, cubed)
- 1 tbsp Avocado Oil
- 8 Hard Taco Shells
- 2 cups Coleslaw Mix
- 1 Red Bell Pepper (Sliced)
- 2 tbsps Cilantro (Fresh, finely chopped for topping - Optional)

LET'S GET COOKING:

- 1 Make the marinade - whisk together peanut butter, coconut milk, tamari, garlic, and ginger until smooth—reserve 1/4 cup as salad dressing.
- 2 Press the tofu to expel excess water, and cut it into small cubes using a sharp knife. Add the cornstarch (or arrowroot powder) to a bowl and toss the tofu cubes. Stir them to coat with the cornstarch.
- 3 Over medium heat, add the avocado oil to a frying pan and place the tofu into the pan. Cook for 5-6 minutes until the tofu turns golden brown. Shake the pan frequently (or stir) to ensure each side is crispy.
- 4 Turn the heat to low-medium and pour in the satay sauce marinade. Stir to coat all the tofu pieces and let this simmer for about 8-10 minutes, stirring occasionally to ensure all the pieces are caramelised with the sauce.
- 5 Warm the taco shells according to the package instructions. Place some coleslaw mix and a few slices of bell pepper in each taco shell, and drizzle with the [saved salad dressing satay sauce](#). Top with the satay tofu cubes, and garnish with chopped cilantro as desired. Enjoy.

PLANT COUNT:

- Aim for 30 different plant-based foods each week for gut nourishment and diversity.

PRO TIPS:

- Leftovers: Store the tofu separately from the salad ingredients in a glass storage in the fridge.

NUTRITION:

Amount per serving	
Calories	428
Fat	26g
Protein	19g
Total Carbs	30g
Net Carbs	24g
Sugar	6g
Fibre	6g

A little bit about me...

Our bodies are our greatest teachers and allies, we need to be compassionate with them, what we eat, what we think, how we move and who we surround ourselves with all play a part.

Through the light of awareness, we all have the power to heal by releasing trauma & reconnecting to our inner voice, living in our true potential as vibrant thriving beings.

I am a board-certified Integrative Health Practitioner with the Institute of Integrative Medicine, a Pulsed electromagnetic field practitioner, an EFT practitioner certified by the CTA (Complementary Therapist Accredited Association) and a Reiki Master.

So let's get started on creating the healthy, happy life you deserve!

When you heal yourself, you heal the world





Hey, I'm Marsha



@marshaking



@thrivewithmarsha



www.thrivewithmarsha.com

LET'S CONNECT

I believe that true health is about more than just the number on the scale or the amount of veggies you eat. It's about creating a vibrant, joyful life that nourishes your body, mind, and spirit.

Think of it like a delicious recipe: you bring the ingredients (your goals and challenges), and I'll help you mix them together in just the right way to create a masterpiece (a healthier, happier you!).

So let's get started on creating the healthy, happy life you deserve!

Love,
Marsha xx

INNER PEACE

12 week Master Class



I HAVE CREATED THIS JOURNEY TO GUIDE YOU THROUGH A RANGE OF HOLISTIC PRACTICES DESIGNED TO HELP HEAL YOUR PHYSICAL SYMPTOMS BY GETTING TO THE REAL ROOT CAUSE OF WHAT'S GOING ON FOR YOU EMOTIONALLY, WHILST AT THE SAME TIME SUPPORTING THE BODY WITH HEALING FOODS.

HERE I OFFER YOU STRATEGIES, SUPPORT, AND GUIDANCE TO ASSIST YOU ON YOUR PATH TO BECOMING MORE ALIGNED BY RELEASING OLD PATTERNS AND LIMITING BELIEFS, WHILST COMBINING THIS WITH NUTRITIONAL THERAPY SPECIFICALLY DESIGNED TO HEAL THE GUT AND SUPPORT THE NERVOUS SYSTEM.

marsha@thrivewithmarsha.com

WWW.THRIVWITHMARSHA.COM

READY TO FEEL YOUR ABSOLUTE BEST?

Investing in your health isn't just about just changing habits; it's about gifting yourself valuable 'you-time' to rejuvenate, recalibrate, and nurture your well-being.

As your dedicated wellness ally, I'm here to guide you on your journey to thriving. Together, we'll streamline your goals, bring clarity to your path, and uplift your overall health with personalised support and transformative practices.

Let's thrive together!

A pink mug of coffee sits on a wooden tray. Next to it is a pink flower and a wooden cutting board with fruit. The background is a soft, out-of-focus white.

LET'S CHAT

In this complimentary, no-commitment session, we'll discuss your health objectives, your wellness aspirations, and explore how we can work together to ignite your health journey. Let's shift your daily life from overwhelm to vibrant well-being.

BOOK A CALL