

HOLIDAY  
EDITION ❄️



*Fearless Foodie*  
COOKBOOK



*Quick Start Guide*



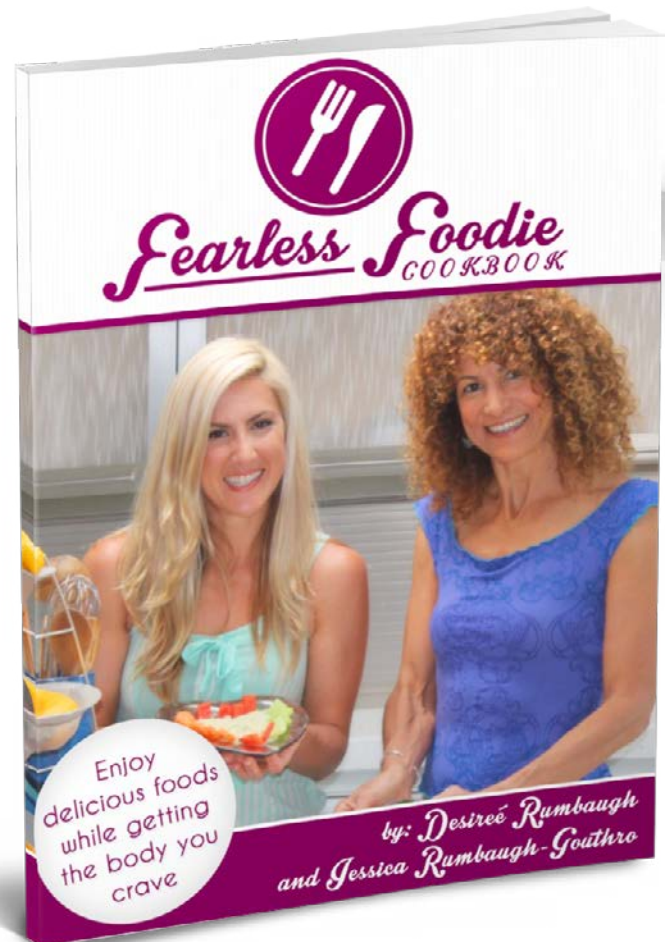
# Quick Start Guide

This Quick Start Guide will help you to know where to start and how to successfully begin introducing new foods or a new way of eating into your life. If you're already eating plant-based whole foods nutrition, you'll enjoy a new variety.

***You don't have to change your eating habits all at once!*** You can come back to this cookbook as a reference any time you want a healthy and delicious recipe OR you can choose to use the meal plan to go all in.

No matter where you are in your journey to healthy eating we're confident you'll use and enjoy the recipes offered in here. We selected only the best and most satisfying recipes to share with you.

Follow the steps on the following pages to get started:



# 1 *Fearless Foodies Love to Cook!*

We can't decide if our favorite place is the gym, yoga mat, or the kitchen! Don't love to cook? Is it too expensive? Too time consuming? Or are you the only one in the family who wants to eat this way?

While restaurant and take out food is fun & convenient, over time it's a considerable sacrifice for your health. Making your own food puts you in the driver's seat where your health is concerned.

Cooking at home is an investment in yourself and your family that pays back extraordinary dividends. Learning to love it is a process & that's why we have chosen very simple, user friendly, guaranteed success recipes that will be delicious and healthy. You need just enough variety to stay interested but not so much that you feel overwhelmed. We are confident that once you start experiencing the ease and health benefits of making your own food you will fall in love with cooking.

## *Useful steps in learning to love cooking:*

➔ Properly prepare. Invest in good cooking gear, knives, cutting boards, food processor, blender etc., tools that you'll be excited to use.

➔ Organize your kitchen. When you know where things are you'll have an easier time finding what you need.

➔ Start with what you already know you like. Making your favorite dishes first will give you confidence that you are a good cook.



## 2 *Take inventory of what foods you already have in your fridge and pantry.*

Use the Fearless Foodies Grocery List as a sort of checklist to make sure you have all of our recommended ingredients on hand to make these delicious and healthy meals.

If it seems overwhelming and like a big investment don't worry, you can pick up items as you go, you don't have to have every single item from the start and you don't have to purchase any items you don't want.



Simple is great, but the spices are typically what makes these flavors special so we recommend having a full spice cabinet.

Get used to going to the store at least once or twice per week to keep fresh produce on hand. Avoid over-buying produce to the point

where it sits in your fridge until it wilts and is no longer usable.

It should be normal, fun and enjoyable to go to the market! Try the farmers market as well to get the freshest and most delicious produce in season.

### 3 ***Make sure you have the right tools and containers.***

Some recipes require a baking sheet, dish or bowl, blender, food processor, pie plate, muffin tin, etc.. and you'll want to make sure you have all the right cookware and containers to make this easy. We also recommend investing in a great and long lasting set of glass storage containers so that you can keep and enjoy any leftovers.

Some of our Favorite Kitchen tools are:

- ✓ Food Processor
- ✓ Sharp Knives
- ✓ Good Blender
- ✓ Cutting Boards
- ✓ Measuring Cups and Spoons
- ✓ Bowls of all sizes
- ✓ Pie Plate
- ✓ Muffin Tin (we like a mini muffin pan made of silicone)
- ✓ Serving plates
- ✓ Cups & Mugs
- ✓ Saute pan
- ✓ Pot
- ✓ Grater
- ✓ Spatula
- ✓ Wooden Spoon
- ✓ Oven Mitts
- ✓ Kitchen Towels
- ✓ Peeler

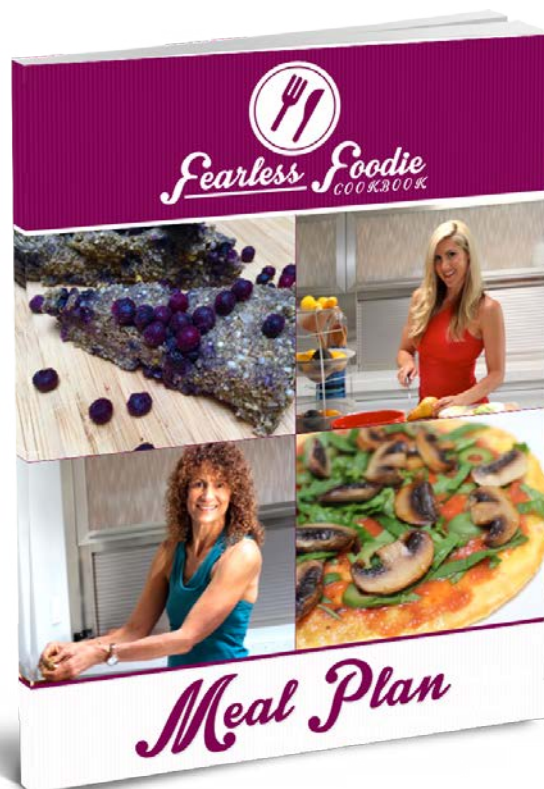






## 4 *Make a List of Meals you think you will enjoy.*

If you've purchased the Meal Plan you can use this as your guide, or you can hand-select your favorite meals from each category to create your own meal plan. Make a list of every recipe you want to try and make sure you have the right ingredients for whichever ones you want to make first.



## 5 *From the List of Meals make an itemized grocery list.*

Going shopping with a list makes buying groceries easier and more fun! We like to write down the items we need and then scratch them off as we go down the aisle. This also ensures that we won't forget any of the necessary ingredients.

**6** *Select a recipe.* We've included Calorie counts and Macronutrient information on all recipes for your convenience so you can select a recipe by type, by craving, or by nutritional content.

We've also made the navigation simple by categorizing recipes and including clickable links!

We find that using our tablet or smartphone in the kitchen is the best way to access recipes. Keep the computer out of the kitchen, we'd hate for you to get honey or olive oil all over your keyboard! These pages are also printable if you prefer having a hard copy, but for us digital is the way to go.

**In the Categories page**

*Categories*

12 Day Starters  
 12 Liquid Nutrition  
 12 Treats

Click on the category name and it will take you to that menu.

**In each Category Menu**

*Day Starters*

Blueberry Quinoa Slice    Overnight Oats    Carrot Spice Muffins

Click on recipe's picture and it will take you the full page recipe.

**In each Recipe page**

Quinoa Blueberry Breakfast Bars



- (Makes 12-15 servings)*
- Ingredients:**
- 2 C quinoa flakes
  - ½ C brown rice or buckwheat flour
  - ½ C shredded coconut
  - 2 t cinnamon
  - 1 t baking powder
  - ½ t sea salt
  - 3 eggs
  - ½ C coconut oil
  - ½ C maple syrup
  - Finely grated zest of one lemon
  - 1 C blueberries, fresh or frozen

- Directions:**
1. Preheat Oven to 350° F
  2. Mix dry ingredients together in a bowl.
  3. Melt the coconut oil over low heat and add maple syrup.
  4. Stir all ingredients together.
  5. Bake in muffin tins or in a cake pan lined with parchment paper for 30 minutes.

Husbands like! Not too sweet but sweet enough to satisfy a craving. A really good breakfast option to switch it up and fast because you make it ahead of time in a large batch and it can last a whole week!



Click on the side title of each section and it will take you to the menu of that category

# 7

## *Let's Get Cookin'!*

It's time to put together some seriously delicious food and find the Fearless Foodie in you!



Take it one step at a time, relax and enjoy the process.

We hope this quick start guide was helpful to you & that you will thoroughly enjoy our favorite recipes.

From our home to yours, with much love,  
***Bon appetit!***

*- Desiree & Jessica*