

16 DELICIOUS & EASY

Raw Vegan Recipes

5-DAY MEAL PLAN

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5 BREAKFAST SMOOTHIE BOWL CHALLENGE

This 5-day meal plan gives you the option to eat completely raw, plant-based meals and snacks. With these recipes and those on our site, you will be surprised at how easy it is to add more raw food into your diet for greater energy and stronger immunity.

For the next five days, try these delicious, healthy smoothie bowls for breakfast. They are quick and easy to make and enough to share with family members. Before the challenge is over, you all may be hooked on these!

Adding the superfoods and greens also allows you to sneak in those healthy foods very easily. If you plan it correctly, you can get most of your nutrients for the day into this one meal.

The toppings really take these bowls to the next level! You can freeze leftovers, if there are any.

A high-speed blender is desirable, but not required. If you don't have one, use fresh fruit instead of frozen fruit, blend them up the night before, and freeze the mixture. You can scoop it up in the morning into a bowl and add the toppings.



BEACH PARADISE

Ingredients

Smoothie

- 2 frozen bananas
- 1 cup frozen peaches
- 1 cup frozen mangoes
- 1 cup frozen pineapple
- 1 cup coconut milk
- 1 scoop raw vegan protein powder
- 1 tbsp chia or flax seeds
- 1 tsp turmeric

Toppings (any or all)

- blueberries
- sliced bananas
- goji berries
- kiwi (or golden kiwi)
- cacao nibs
- hemp seeds
- strawberries
- coconut flakes

Directions

- Place the smoothie ingredients into a high-speed blender and use the tamper to force the frozen fruit into the blades.
- Blend until the mixture is a frozen-yogurt texture (if using a Vitamix, wait for that beautiful swirl at the end, when the motor grinds loudly).
- Pour into several bowls and decorate with any of the superfood and sliced-fruit toppings.
- *Alternative:* Blend fresh fruit into a smoothie, then freeze overnight. Scoop into bowl and top.



SNEAKY GREENS

Ingredients

Smoothie

- 2 frozen bananas
- 1 cup frozen peaches
- 1 cup frozen mangoes
- 1 cup spinach
- 1 cup almond milk
- 1 scoop raw vegan protein powder
- 1 tbsp supergreens powder
- 1 tbsp chia or flax seeds
- 1 tsp turmeric

Toppings (any or all)

- blueberries
- sliced bananas
- raspberries
- granola
- hemp seeds
- strawberries
- coconut flakes

Directions

- Place the smoothie ingredients into a high-speed blender and use the tamper to force the frozen fruit into the blades.
- Blend until the mixture is a frozen-yogurt texture (if using a Vitamix, wait for that beautiful swirl at the end, when the motor grinds loudly).
- Pour into several bowls and decorate with any of the superfood and sliced-fruit toppings.
- *Alternative:* Blend fresh fruit into a smoothie, then freeze overnight. Scoop into bowl and top.



PURPLE PASSION

Ingredients

Smoothie

- 2 frozen bananas
- 1.5 cups frozen blueberries
- 2 cups spinach
- 1 cup almond milk
- 1 scoop raw vegan protein powder
- 1 tbsp chia or flax seeds
- 1 tsp turmeric

Toppings (any or all)

- blueberries
- sliced bananas
- goji berries
- cacao nibs
- hemp seeds
- strawberries
- coconut flakes

Directions

- Place the smoothie ingredients into a high-speed blender and use the tamper to force the frozen fruit into the blades.
- Blend until the mixture is a frozen-yogurt texture (if using a Vitamix, wait for that beautiful swirl at the end, when the motor grinds loudly).
- Pour into several bowls and decorate with any of the superfood and sliced-fruit toppings.
- *Alternative:* Blend fresh fruit into a smoothie, then freeze overnight. Scoop into bowl and top.



CHOCOLATE PB MONKEY

Ingredients

Smoothie

- 4 frozen bananas
- 1 cup almond milk
- 4 tsp raw cacao powder
- 2 tbsp peanut butter
- 1 shot espresso
- 1 scoop raw vegan protein powder
- 1 tbsp chia or flax seeds
- 1 tsp turmeric
- pinch cinnamon

Toppings (any or all)

- sliced bananas
- cacao nibs
- hemp seeds
- strawberries
- coconut flakes

Directions

- Place the smoothie ingredients into a high-speed blender and use the tamper to force the frozen fruit into the blades.
- Blend until the mixture is a frozen-yogurt texture (if using a Vitamix, wait for that beautiful swirl at the end, when the motor grinds loudly).
- Pour into several bowls and decorate with any of the superfood and sliced-fruit toppings.
- *Alternative:* Blend fresh fruit into a smoothie, then freeze overnight. Scoop into bowl and top.



PINK TART KISSES

Ingredients

Smoothie

- 2 frozen bananas
- 2 cups frozen raspberries
- 1 cup frozen mangoes
- 1 cup coconut milk
- 1 scoop raw vegan protein powder
- 1 tbsp chia or flax seeds
- 1 tsp turmeric

Toppings (any or all)

- sliced mango
- sliced bananas
- pomegranates
- kiwi (or golden kiwi)
- hemp seeds
- coconut flakes

Directions

- Place the smoothie ingredients into a high-speed blender and use the tamper to force the frozen fruit into the blades.
- Blend until the mixture is a frozen-yogurt texture (if using a Vitamix, wait for that beautiful swirl at the end, when the motor grinds loudly).
- Pour into several bowls and decorate with any of the superfood and sliced-fruit toppings.
- *Alternative:* Blend fresh fruit into a smoothie, then freeze overnight. Scoop into bowl and top.



10 EASY LUNCH AND DINNER RECIPES

For the next five days, try these delicious, healthy meals that can be used for lunch or dinner. Some may be more convenient for packing up and taking to work, while others make more sense to prepare in the evening.

No dehydrator is required. One recipe can be "baked" at the lowest temperature of your oven if you don't have one.

SUGGESTED SNACKS

In between meals, feel free to eat any of these snacks:

- Raw fruit
- Raw nuts or seeds
- Raw fruit and nut bar, like Lara Bars
- Carrot sticks or celery with raw nut butter
- Banana with raw nut butter
- Raw seed crackers
- Green smoothies



SALAD IN A JAR

Ingredients

Dressing

- 1/2 cup balsamic vinegar
- 1/4 cup extra-virgin cold-pressed olive oil
- 1 tsp Dijon mustard
- 1 tsp powdered garlic
- sea salt and pepper to taste
- 1/2 tsp Italian herbs

Salad (any or all)

- carrots
- cucumbers
- celery
- red, yellow, or orange bell peppers
- tomatoes
- black olives
- dark, leafy greens

Directions

- Pour one serving of the dressing into the bottom of a 1 quart mason jar.
- Add harder vegetables into the dressing that won't break down, such as carrots, celery, or peppers.
- Keep adding vegetables with the most tender on top, such as tomatoes and cucumbers.
- Top the jar off with as many greens that will fit.
- Seal and store in the fridge up to 5 days.
- When ready to eat, dump the contents of the jar upside down into a bowl.



ZOODLES WITH RAW MARINARA

Ingredients

- 4 medium zucchini
- 4 medium vine-ripe tomatoes
- 2 cups cherry tomatoes
- 1 cup sundried tomatoes (preferably not in oil, if available)
- 2 green onions
- 1 tbsp fresh lemon juice or lemon pepper to taste
- 1 tsp thyme
- 1 tsp chopped parsley
- 1 tsp Himalayan pink salt or sea salt to taste
- 1/2 tsp oregano
- 1 small garlic clove or garlic powder to taste
- *Optional:* 1 soaked Medjool date (for sweeter sauce)

Directions

- Use a spiralizer or mandolin to make noodles out of the raw zucchini or simply julienne.
- Sprinkle a bit of sea salt on the noodles and let sit for about 5 minutes, while making the sauce. This will help soften the noodles.
- Puree the remaining ingredients in a food processor or blender until they form a nice sauce.
- Rinse the noodles, drain well, and plate them.
- Pour the raw marinara sauce on top of the noodles and serve.



CUCUMBER CILANTRO GAZPACHO

Ingredients

- 4 cups chopped cucumber
- 2 cups chopped cilantro (save a sprig for garnish)
- 2 cups purified water
- 1 cup chopped celery
- 1/4 cup lemon juice
- 2 tbsp fresh dill
- 1 tsp sea salt
- pepper to taste
- 1/2 tsp dried thyme (or use fresh, then save a sprig for garnish)
- 1 avocado
- 2 tomatoes, diced (save a few for garnish)
- 1 cup diced onion

Directions

- Blend the cucumber, cilantro, water, celery, lemon juice, dill, sea salt, pepper, and thyme until smooth.
- Add the avocado and blend again until creamy.
- Pour into large bowl and stir in the diced tomatoes and onions.
- Chill in the fridge for at least an hour.
- When ready to serve, pour into bowls and garnish with cilantro, thyme, and tomatoes.
- This will keep for 2 days in the fridge.



ZOODLE-STUFFED PEPPERS

Ingredients

- 4 medium zucchini
- 6-8 colored bell peppers
- 4 medium vine-ripe tomatoes
- 2 cups cherry tomatoes
- 1 cup sundried tomatoes (preferably not in oil, if available)
- 2 green onions
- 1 tbsp fresh lemon juice
- 1 tsp thyme
- 1 tsp chopped parsley
- 1 tsp Himalayan pink salt or sea salt to taste
- 1/2 tsp oregano
- 1 small garlic clove or garlic powder to taste
- Optional: 1 soaked Medjool date

Directions

- Use a spiralizer to make noodles out of the raw zucchini.
- Sprinkle a bit of sea salt on the noodles and let sit for about 5 minutes, while making the sauce. This will help soften the noodles.
- Puree the remaining ingredients in a food processor or blender until they form a nice sauce.
- Rinse the noodles, drain well, and plate them.
- Pour the raw marinara sauce on top of the noodles, stir, and put into each pepper.



TOMATO BASIL SOUP

Ingredients

- 6 cups seeded and chopped tomatoes
- 1.5 cups almond milk
- 4 tsp dried basil (or 1/4 cup fresh basil)
- 2 tsp dried oregano (or 2 tbsp fresh oregano)
- 2 Medjool dates
- 1.5 tsp sea salt
- pepper to taste
- 1/2 tsp crushed garlic
- 2 tbsp extra-virgin, cold-pressed olive oil

Directions

- Blend the tomatoes, almond milk, basil, oregano, dates, salt, pepper, and garlic until smooth.
- While the blender is running, slowly add the olive oil.
- Blend until the soup is warm (not cooked), if you wish.
- Pour into serving bowls.
- Leftovers will keep in the fridge for 2 days.



PAD THAI

Ingredients

- Salad
- 2 zucchini
- 2 carrots
- 1/2 cup cilantro
- 1 cup mung bean sprouts
- 2-3 green onions
- Dressing
- 1 cup peanut butter
- 6 Medjool dates
- 1 orange juiced
- 1 lemon juiced
- 1 lime juiced
- 1/2 inch fresh ginger (or 1/2 tsp powdered ginger)
- 2 cloves garlic (or 1 tsp powdered garlic)
- 1/4 -1/2 tsp red pepper flakes

Directions

- You can make or purchase raw peanut butter or just use dry-roasted plain peanut butter if you are not concerned about having the entire dish raw.
- Use a spiralizer or mandolin to make noodles out of the zucchini.
- Julienne the carrots as thin as you like.
- Stir the salad ingredients in a large bowl.
- Blend the dressing ingredients and add to the salad, stirring well.
- Garnish with cilantro, green onions, and lime as you plate the dish.



TACO SALAD

Ingredients

Walnut Meat

- 1 cup walnuts
- 1/2 cup sundried tomatoes
- 1/2 tsp cumin
- 1/4 tsp garlic powder
- 1/4 tsp sea salt
- pinch chili powder
- pinch cayenne pepper

Guacamole

- 1 avocado
- 2 tsp lemon juice
- salt and pepper to taste

Pico de Gallo

- 5 Roma tomatoes, diced
- 1 cucumber, diced
- 1 onion, diced
- 1 tbsp lemon juice
- 1/4 cup cilantro
- salt and pepper to taste

Directions

Salad

- 4 cups dark, leafy greens
- 1/2 cup black olives
- 1 bell pepper, diced

Steps

- Soak the walnuts and sundried tomatoes for 30 minutes.
- Place the walnut meat ingredients in a food processor and pulse until a taco meat consistency.
- Mash the avocado with juice and spices into a dip.
- Mix the Pico de Gallo ingredients in a bowl.
- Put the salad ingredients onto a plate and add toppings.



FALAFEL BALLS

Ingredients

- 2 cups carrots, diced
- 1 cup raw sunflower seeds
- 1 cup fresh parsley, chopped
- 1/4 cup sprouted flaxseed meal
- 2 tbsp red onion, minced
- 1/2 tsp ground cumin
- 1/2 tsp curry powder
- salt and pepper to taste

Directions

- Soak the sunflower seeds for an hour.
- Mix the carrots in a food processor until finely pureed.
- Add the remaining ingredients and pulse until combined.
- Pinch out a small amount and roll with your hands into a ball.
- If you have a dehydrator, arrange them onto non-stick sheets.
- If not, arrange them onto a cookie sheet.
- Dehydrate or "bake" at no more than 115°F for 2 hours or until done.



COLLARD PESTO WRAPS

Ingredients

- 4-6 large collard leaves

Pesto Spread

- 1 cup basil
- 1/2 cup pine nuts
- 1/4 cup extra-virgin, cold-pressed olive oil
- 1 clove garlic
- 1 tsp lemon juice
- 1/4 tsp sea salt

Filling

- 2 tomatoes, sliced
- 2 avocados, sliced
- 2 cups broccoli sprouts
- 1 bell pepper, julienned
- 1/4 small red onion, sliced

Directions

- Place all the pesto ingredients into a food processor and mix until smooth.
- Cut off the collard leave stems and fillet the remaining thick part of the stems, so that each leaf is pliable.
- Spread the pesto on the bottom center of the leaf.
- Place the filling on top of the pesto spread.
- Fold in the sides of the leaf on top of the filling, then roll the leaf carefully into a tight wrap.



RED PEPPER SOUP

Ingredients

- 2 cups chopped red bell peppers (save 1/4 cup bell peppers for garnish)
- 3/4 cup purified water
- 1/3 cup raw cashews, almonds, or macadamias
- salt and pepper to taste

Directions

- Blend all ingredients until smooth.
- Chill for at least an hour.
- Pour into bowls and garnish with extra red bell pepper.



BONUS DESSERT: DONUT HOLES

Ingredients

Dough

- 2/3 cup rolled oats
- 2/3 cup macadamia nuts, preferably soaked for 30-60 minutes for texture
- 2/3 cup Medjool dates
- 1/8 teaspoon Himalayan salt or sea salt
- 1/2 teaspoon vanilla extract

Glaze

- 2 tablespoons coconut oil
- 2 tablespoons maple syrup (or 2 drops liquid stevia)
- 1/8 teaspoon vanilla extract

Directions

Dough

- Mix ingredients in a food processor or high-speed blender until you have a thick, moist dough.
- Add dates, coconut oil, or water if the texture is too crumbly.
- Roll into balls and firm in freezer for 20 minutes.

Glaze

- Set the raw coconut oil onto warm eye in metal pot until slowly melted.
- Pour in the syrup and vanilla and whisk with the oil until sauce like.
- Dip the cold donut holes into the glaze and freeze.