

Plant-Based Devotee

Wellness Guide by Kelly LeVeque



Inspired by Kelly's new book "Body Love Every Day"

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Live Happy. Live Healthy. Live NOW.

Plant-Based Devotee

For the girl devoted to eating a predominately plant-based diet, this plan helps balance each plate to keep blood sugar stable and hunger calm with a substantial bridge snack. She also knows rounding out her daily menu with other plant-based staples, from supplements to self-care, is crucial to living a fully plant-loving lifestyle.

If you are predominately plant-based, I would like to formally welcome you to the Body Love Family! This guide is a sample of how I support my vegetarian and vegan clients day-to-day.”

XOXO

Kelly LaVagel

Essential Wellness Tips

Google for Options

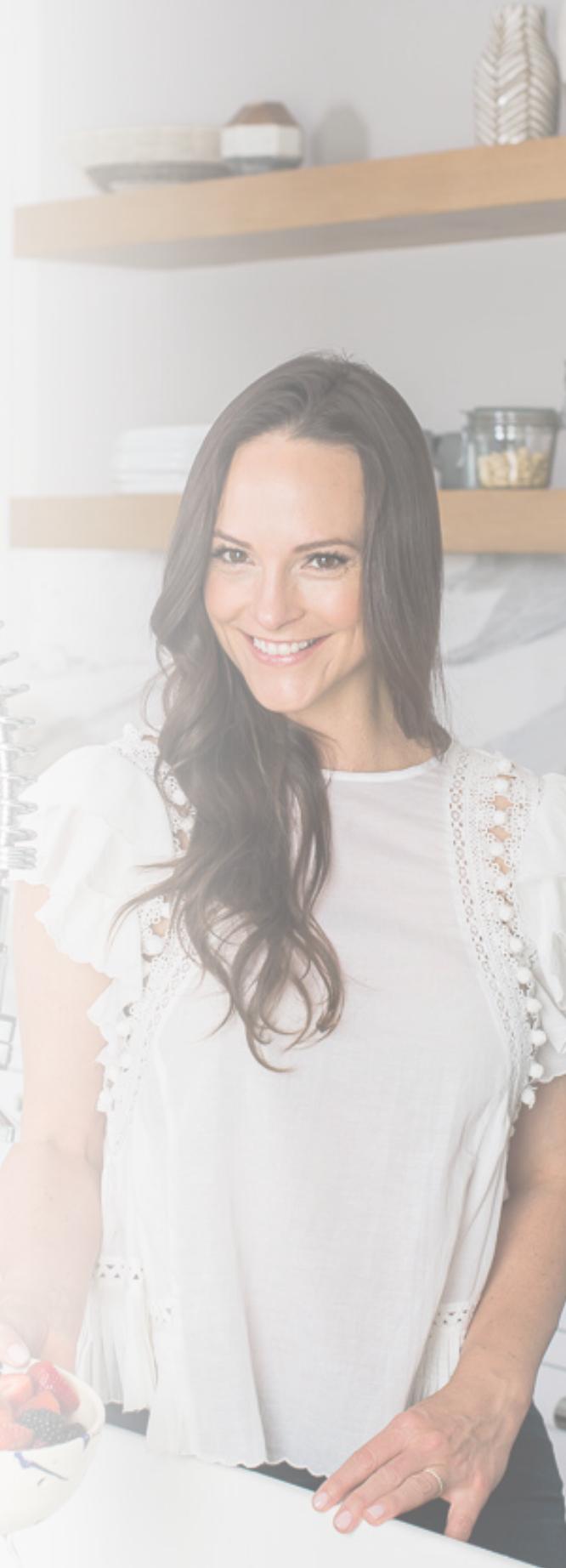
Take a look at your calendar and if you have plans to travel or eat out, spend a little time looking for vegan-based restaurants or those that offer a variety of plant-based menu items. Pull up the menus and make your choice ahead of time. This way you'll feel good knowing there are a variety of choices to keep you on track with your plant-focused lifestyle.

Join a Challenge!

I host a few 21 day #fab4smoothie challenges each year in the Spar app. If you are looking for a little motivation, download the app and join me, or any of the other community-based challenges. Any smoothie can be made plant-friendly with plant-based protein sources such as vegan protein powders, and even chia, flax and hemp seeds!

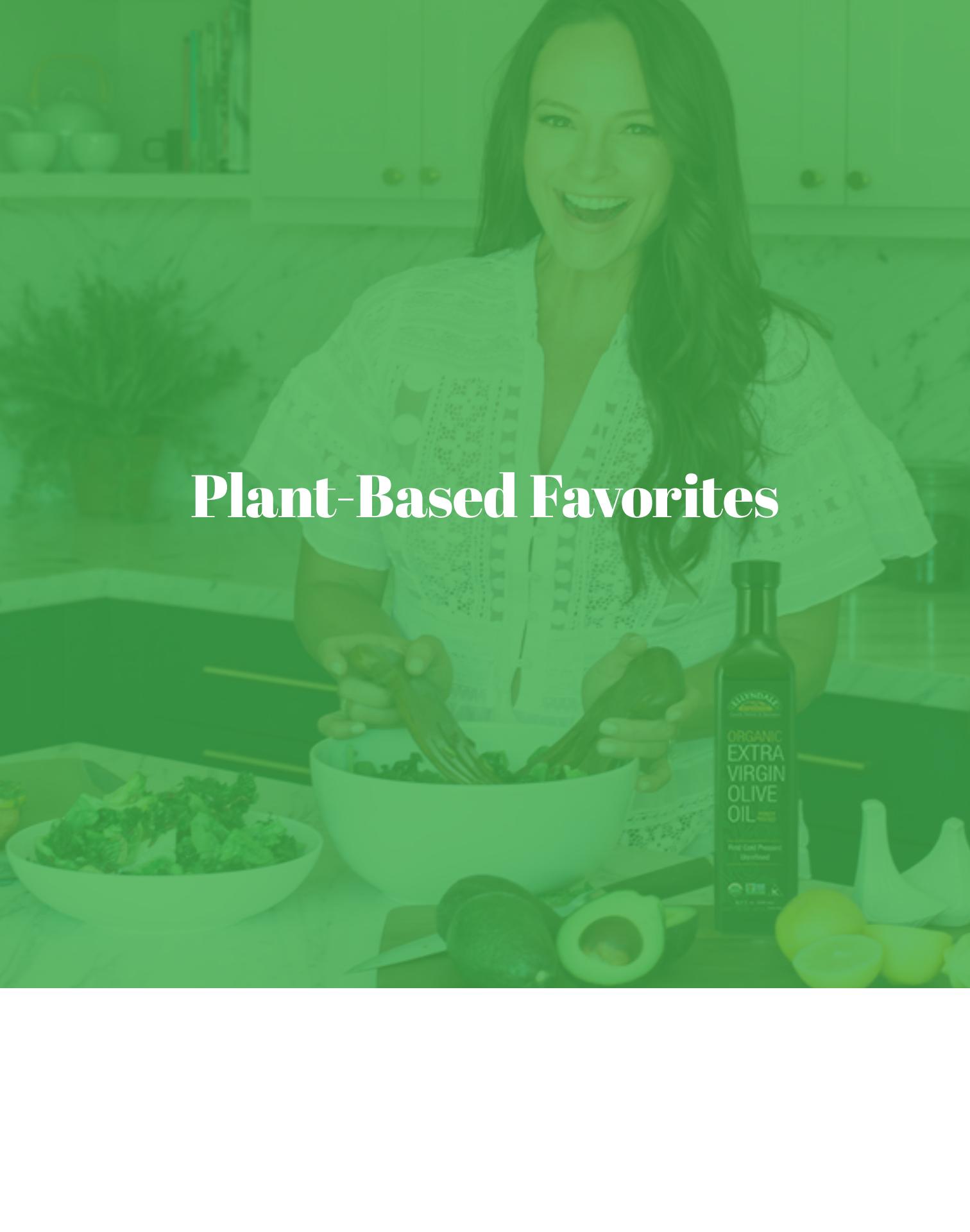
Breathe and Soak

Treat your body to some plant-based self-care by making your own spa day at home. Add a few drops of your favorite essential oil and magnesium flakes to a warm bath, cleanse and exfoliate your face with a charcoal detox mask, and nourish your skin with a comforting massage oil.





Almond oil is a natural oil derived from pressed almonds that's perfect for nourishing any skin type."

A woman with long dark hair is smiling at the camera while standing in a kitchen. She is wearing a light-colored, patterned top. In front of her is a kitchen counter where she is preparing a salad. There is a large white bowl filled with green leafy vegetables, a smaller bowl of shredded cheese, a halved avocado, a lime, and a bottle of olive oil. She is holding a fork and a lime, and appears to be squeezing the lime juice onto the salad.

Plant-Based Favorites

Organic Extra Virgin Olive Oil

Pure Cold Pressed Unrefined
KELVENDALE ORGANIC OILS



Breakfast

Dark Chocolate Avocado Mousse

Ingredients

2 large or 3 small very ripe avocados
1 serving of [organic creamy chocolate pea protein](#)
2 tablespoons [organic raw cacao powder](#)
2 tablespoons [organic milled chia seeds](#)
1/2 cup unsweetened almond milk
1-2 drops [organic liquid monk fruit](#)
1/4 teaspoon ground cinnamon
Sprinkle of sea salt

Prep

1. In a food processor or blender, combine the avocados, chocolate protein, cacao powder, milled chia seeds, almond milk, cinnamon and a pinch of salt.
 2. Refrigerate for at least one hour.
 3. Serve in a small bowl with your desired toppings, such as seeds, berries or nuts.
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 1 serving



Lunch

Avocado Egg Salad

Ingredients

7 tablespoons [organic olive oil](#)
3 hard-boiled eggs
½ avocado
1 tablespoon [avocado oil](#)
1 tablespoon red onion, chopped
1 tablespoon chives
1 tablespoon parsley
Sprinkling of [organic toasted hemp seeds](#)

Prep

1. In a medium bowl, fork mash avocado, avocado oil and hard-boiled eggs.
 2. Stir in onion and herbs.
 3. Serve over a bed of greens and sprinkle with hemp seeds.
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1 serving



Bridge Snack

Kale Lemon Pear Smoothie

Ingredients

- 1 serving of [organic creamy chocolate pea protein](#)
- $\frac{1}{4}$ avocado
- 2 tablespoons [organic black chia seeds](#)
- Handful of kale
- $\frac{1}{2}$ lemon, juiced
- $\frac{1}{2}$ pear

Prep

1. Blend in a high-speed blender with or without ice. Pour into a glass and enjoy!



1 serving

Dinner



Dinner

Lettuce Wrapped Roasted Black Bean Veggie Burgers



Ingredients

1 tablespoon [avocado oil](#)
1 tablespoon chili powder
1 tablespoon ground cumin
1½ teaspoons smoked paprika
3 garlic cloves, minced
8 ounces shiitake mushrooms
1 carrot, roughly chopped
1 green pepper, roughly chopped
1/2 yellow onion, finely diced

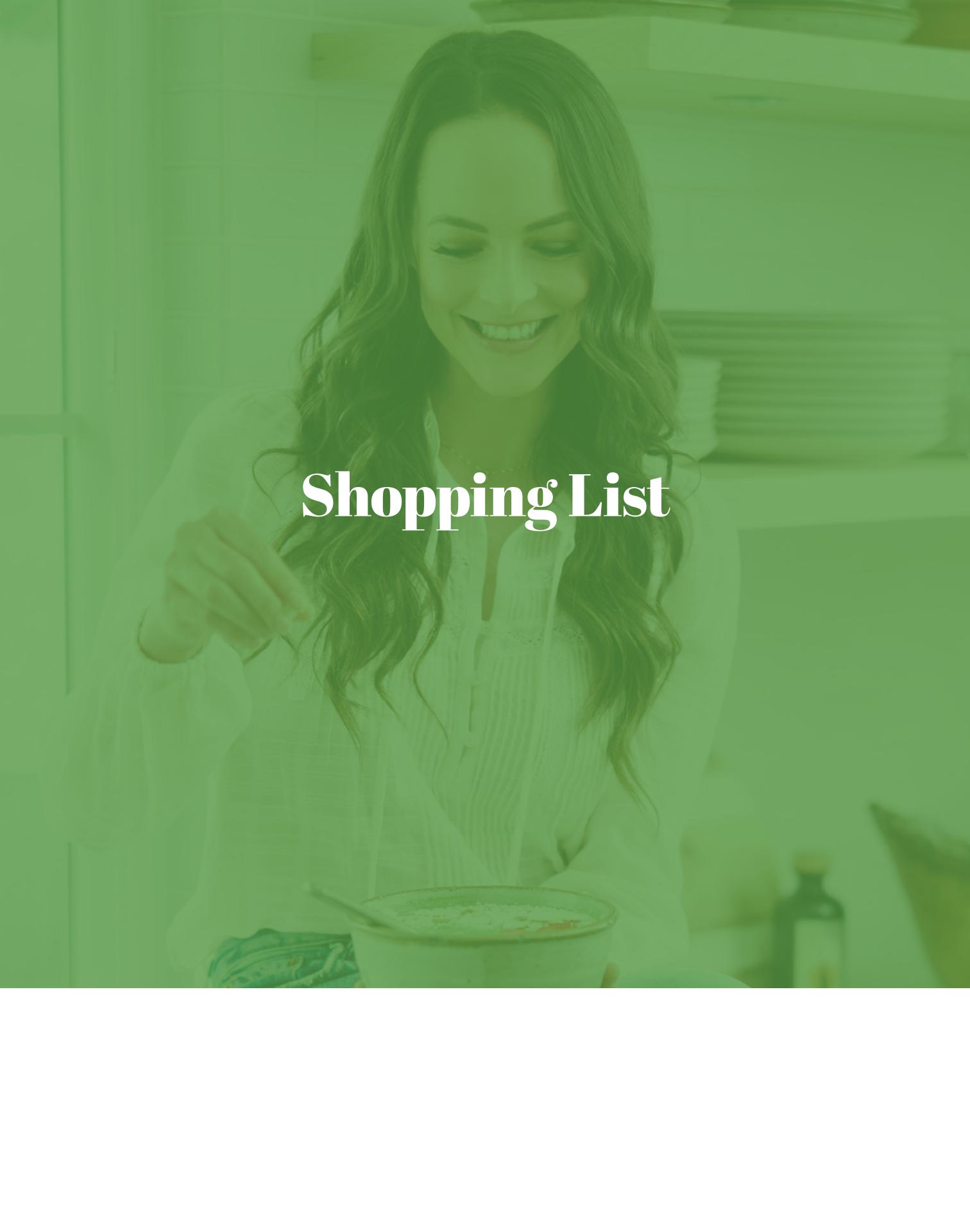
2 cups canned or cooked black beans, drained and rinsed
2 tablespoons unsweetened organic ketchup
½ cup [organic walnuts](#)
¼ cup [organic flax meal](#)
2 cups packed spinach
2 eggs
8 romaine, butter, or red-leaf lettuce leaf cups

Prep

1. Preheat the oven to 400°F.
2. In a large bowl, whisk the avocado oil, chili powder, cumin, smoked paprika and garlic. Add the mushrooms, carrot, green pepper and onion and toss to coat. Spread the seasoned vegetables on a baking sheet and roast for 15 minutes to caramelize them and remove some of the water.
3. Meanwhile, spread the beans on a separate baking sheet and roast them along with the vegetables for 10 minutes, until they're dried out a bit (some will split open).
4. In a food processor, pulse the roasted vegetables with the ketchup, walnuts, flax meal and spinach. Take care not to overprocess; you want the veggies in tiny chunks about the size of bread crumbs.
5. In a large bowl, combine the roasted beans, eggs and vegetable-nut mix and hand-mix gently but thoroughly. Form the mixture into 4 patties.
6. Pan-fry the patties in a large skillet over medium heat for 4 minutes per side, until warm and set.
7. Wrap the burgers in lettuce and add your choice of toppings.



4 servings

A woman with long, wavy brown hair is smiling warmly at the camera. She is wearing a light-colored, button-down shirt. In front of her is a white bowl filled with cereal and milk. She is holding a spoon and has just taken a bite, with a small amount of cereal on her chin. The background is a bright, modern kitchen.

Shopping List

NOW Shopping Checklist



Breakfast

[NOW® Sports Organic Creamy Chocolate Pea Protein](#)

[NOW Real Food® Organic Raw Cacao Powder](#)

[NOW Real Food® Organic Milled Chia Seeds](#)

[NOW Real Food® Organic Liquid Monk Fruit](#)



Lunch

[Ellyndale® Organic Olive Oil](#)

[NOW Real Food® Organic Toasted Hemp Seeds](#)



Bridge Snack

[NOW® Sports Organic Creamy Chocolate Pea Protein](#)

[NOW Real Food® Organic Black Chia Seeds](#)



Dinner

[Ellyndale® Avocado Oil](#)

[NOW Real Food® Organic Flax Meal](#)

[NOW Real Food® Organic Walnuts](#)