

The Yoga Diet Challenge: Love Food

WEEK TWO INSPIRATIONS

Week One was the start of our journey: simply including a greater abundance of whole, fresh, plant foods into our meals. **Our journey continues** as we aim to swap in just **one meal** a day that is **100% whole, plant-based**. Breakfast is usually the easiest meal of the day to start with.

Below are some **daily breakfast recipes** to help keep you inspired. Don't feel like you have to stick to these meals exactly. Get creative! Have fun! Keep it light!

To be included in the raffle for a FREE month of Ali's interval yoga membership:

1. Post an ORIGINAL recipe (**must** include ingredients, procedure, & picture)
2. Hashtag [#yogadietchallenge](#) on your recipe post!
3. **BONUS! We will now be pulling 5 winners total!** If you post on Instagram and tag [@alikamenovatv](#) and hashtag [#yogadietchallengeAK](#) and [#beautifulyogisAK](#) you will receive extra weighting in the raffle pull!

DAY ONE:

Happy Digestion Smoothie

Ingredients

- 1 heaping cup frozen or fresh pineapple chunks
- 2 ripe bananas, frozen
- 1 cup coconut water (or just water)
- 1/4 cup packed fresh parsley
- 1 handful spinach
- 1 tbsp chia seeds
- 1 teaspoon packed freshly grated ginger

Procedure

Add liquid ingredients to blender first, followed by solid ingredients. Blend until smooth.

Inspired Source: [Oh She Glows - Original Recipe](#)



Photo Credit: Oh She Glows

DAY TWO:

Chocolate Smoothie With a Twist

Ingredients

- 1 cup coconut water
- 1 small pink lady apple
- 2 medjool dates, pitted
- 3 frozen bananas
- 1 heaping tablespoon carob (or cacao)

Procedure

Add liquid ingredients to blender first, followed by solid ingredients. Blend until smooth.

Source: [Megan Elizabeth - Original Recipe](#)



Photo Credit: Dishing Up The Dirt

DAY THREE:

Strawberry Chia Parfait

Ingredients - Chia Pudding

- 2 tablespoons whole chia seeds
- 2 dl (0.8 cups) hazelnut milk (or nut milk of choice)
- Pinch of vanilla
- Stevia drops for added sweetness (optional)

Procedure

Add all ingredients together. Stir. Let sit for a minute. Stir again. Refrigerate overnight or at least a couple of hours.

Ingredients - Strawberry Smoothie

- 1 handful frozen strawberries
- 1 teaspoon acai
- 2 ripe bananas

Procedure

Mix until smooth. Layer with chia pudding. Top with berries, and enjoy!

Source: [Love Live Raw](#)



Photo Credit: Love Live Raw

DAY FOUR:

Raw Banana Raisin Oatmeal

Ingredients

- 2-3 apples
- 2-3 bananas
- 4-5 dates, pitted
- 1/2 cup raisins
- Cinnamon, to taste
- 1-3 teaspoons ground cinnamon (optional)
- Nut milk of choice, to taste
- Almonds, chopped (optional)

Procedure

Pulse the apples, bananas, dates, and cinnamon in food processor for chunky consistency.

Add mixture into bowl, pour in a few splashes of nut milk, and top with raisins and sprinkle of chopped almonds.

Source: [Rawvana English](#)



Photo Credit: Rawvana

DAY FIVE:

Green Smoothie Bowl

Ingredients

- 1 ripe banana, sliced and frozen
- 1/2 avocado
- 1/2 cup blueberries, frozen
- 1/3 cup almond milk (or nut milk of choice)
- 1-2 handfuls spinach
- 1-2 handfuls kale
- 1 teaspoon Spirulina (optional)

Topping Ideas

Granola
Goji berries



Photo Credit: Naturally Sassy

Cacao nibs
Bee pollen
Drizzled Almond Butter
Drizzled Tahini
Sliced banana
Frozen Fruit
Chia Seeds
Mixed seeds

Procedure

Simply blend all ingredients for the smoothie in your blender until smooth. Pour into a bowl, add your favourite toppings and enjoy!

Source: [Naturally Sassy](#)

DAY SIX:

Milk Chocolate Chia Parfait

Ingredients

- 2 1/2 tablespoons whole chia seeds
- 1 cup cashew, hemp, or other nut milk of choice
- 1-2 tablespoons maple syrup
- 2 tablespoon raw cacao
- Granola, berries, ripe banana (to desired proportions)
- Pinch of vanilla

Procedure

Add all ingredients together in a bowl. Stir. Let sit for a minute. Stir again. Refrigerate overnight or at least a couple of hours.

Take bowl out of refrigerator. Layer with granola, berries, and sliced bananas in a tall glass.

If the chia is too thick, just add a splash more nut milk until desired consistency is met.

Source: [Love Live Raw](#)



Photo Credit: Vegan Culinary Crusade

DAY SEVEN:

Strawberry Buckwheat Porridge (Serves ~ 4)

Ingredients

- 2 1/2 cups buckwheat groats, soaked overnight & rinsed well
- 2 cups fresh strawberries, quartered + extra for garnish
- 10 - 12 dates
- 1.5 heaping teaspoons freshly ground vanilla bean
- 1.5 teaspoons unrefined salt (optional)
- 1 cup coconut water or water (+ more for desired thickness)
- Shredded coconut, to garnish

Procedure

Add buckwheat into high speed blender (you can also use a regular blender, it just may take a little more time). Add water and blend until smooth.

Add strawberries, dates, vanilla, salt to blender. Blend again until evenly mixed. Pour into bowl and garnish with coconut and fresh strawberries.

Source: [Dara Dubinet](#)



Photo Credit: Dara Dubinet

Additional Recipe Resources

Avocado Orange Dressing

Dip & Spread recipes

Dressings, Sauces, and Condiment recipes

Curried Brussel Sprout Salad

Creamy Blueberry Mustard Salad

Forbidden Rice & Mango Salad

Lemon Quinoa Cilantro Chickpea Salad

Chickpea Kale Salad in Sesame Orange Dressing

Kale Salad with Chili Lime Roasted Butternut Squash

Zucchini Lasagna

Eggplant Rollatini

Falafel in Collard Green Wrap

Stuffed Sweet Potatoes

Miso Buckwheat with Blackbeans, Courgette & Lime

Butternut Squash Apple Burgers



Photo Credit: The Diva Dish