

The Yoga Diet Challenge: Love Food

WEEK THREE INSPIRATIONS

Can you believe that we're already on week three of our challenge?! Our journey continues as we now aim to swap in, not just one, but **TWO 100% whole food, plant-based meals a day.**

Below are some **daily breakfast & lunch recipes.** Don't feel like you have to stick to these meals exactly. Everyone has been posting such beautiful creations. Keep going strong!

For a chance to win 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!** If you post on Instagram and tag [@alikamenovatv](#) and hashtag [#yogadietchallengeAK](#) and [#beautifulyogisAK](#) you will receive extra weighting in the raffle pull!

DAY ONE **Breakfast:**

Chai Almond Smoothie (serves 1)

Ingredients

- 6 pitted dates
- 1 1/2 cups unsweetened nut milk
- 2 teaspoons unsweetened cacao powder (or carob)
- 1 1/2 teaspoons fresh ginger, grated
- 1/2 teaspoon cinnamon
- 1/4-1/2 teaspoon cardamom
- 1/4-1/2 teaspoon nutmeg
- 1/8 teaspoon pure vanilla extract

Procedure



Photo Credit: Whole Foods Market

Place dates and nut milk in a medium bowl or liquid measuring cup. Refrigerate for 2 hours.

Combine dates, nut milk, cacao powder, ginger, cinnamon, cardamom, nutmeg and vanilla in a blender and blend until smooth. Pour into a tall glass.

Inspired Source: [Whole Foods Market](#)

DAY ONE *Lunch:*

Late Summer Salad (serves 4)

Ingredients

- Greens of choice (e.g. kale, spinach, romaine)
- 1 cup cucumber, chopped into small cubes
- 1 cup chickpeas
- 1 cup cherry tomatoes, cut in half
- 1 cup cooked corn, kernels cut from the cob
- 1 clove garlic, grated
- 1 tbsp chia seeds
- 2 tablespoon lime juice
- 1/4 teaspoon salt
- 1/4 teaspoon cumin
- 1/4 teaspoon smoked paprika



Photo Credit: [Vegan Culinary Crusade](#)

Procedure

Mix all of the ingredients together in a big bowl. Serve on top of greens, like kale, spinach, or romaine.

Source: [Vegan Culinary Crusade](#)

DAY TWO *Breakfast:*

Energizing Vanilla Matcha Smoothie Bowl (serves 1)

(continues on following page)

Ingredients - For the Smoothie

- 3 medium spotty bananas
- 1 scoop vegan vanilla protein powder (optional)
- 1/4 - 1/2 cup raw hemp or coconut milk (add less for thicker consistency)
- 1 teaspoon pure vanilla extract
- 1 tablespoon matcha powder
- Stevia, to taste

Ingredients - For the Topping

- Fresh organic blueberries, to taste
- Fresh organic strawberries, to taste
- Granulated bee pollen, to taste (optional)
- Raw cacao nibs, 1 tablespoon or to taste
- Chia seeds, 1 tablespoon or to taste
- Ground flaxseed, 1 tablespoon or to taste
- Hemp seeds, 1 tablespoon or to taste



Photo Credit: Fragrant Vanilla

Procedure

Combine all smoothie ingredients in a blender and blend until smooth. Pour into a bowl and top with desired toppings. Enjoy!

Source: [Fragrant Vanilla](#)

DAY TWO *Lunch:*

Indian Cauliflower & Sweet Potato Superfood Korma (serves 4-6)

Ingredients - For the Veggies & Quinoa

- 2 small heads cauliflower, de-stemmed, chopped into small florets
- 3 medium sweet potatoes, peeled, diced
- 1 1/2 cups carrot, diced
- 1 cup red onion, diced
- 3/4 cup golden berries
- 1 cup dry tri-color or white quinoa, rinsed
- 2 cups filtered water



Photo Credit: Jason Wrobel

Ingredients - For the Korma Sauce

- 1/2 cup unsweetened coconut milk
- 1/4 cup curry powder
- 1 tablespoon chili powder
- 3/4 cup raw hemp seeds
- 1 teaspoon turmeric powder
- 1 teaspoon ground cumin seed
- 1 teaspoon garlic powder
- 3 medium to large heirloom or Roma tomatoes, chopped
- Stevia powder or liquid, to taste
- 1/2 cup extra-fine shredded coconut, for topping

Procedure

Cook the quinoa with filtered water for 15 minutes on low heat, covered, until all the water is absorbed and the quinoa is light and tender. Gently fluff with a fork and cover. Set aside.

Chop the cauliflower into small florets. Add the golden berries, diced sweet potatoes, carrot and onion and mix in a large bowl. Put all remaining sauce ingredients in a high-speed blender and blend until well combined and very smooth. Feel free to add more water (or some additional coconut milk) if required to thin the sauce.

Pour the korma sauce over the veggie mixture and stir well to combine. Cook on medium heat in a large saucepan for 20-25 minutes on medium-low heat, until the veggies are slightly tender. Top with finely shredded coconut, raw hemp seeds and golden berries to taste.

Serve over a bed of cooked quinoa. Store any remaining korma separate from the quinoa. This dish keeps for up to 4 days in a covered container in the refrigerator.

Source: [Renegade Health - Jason Wrobel](#)

DAY THREE *Breakfast:*

Craving Buster Smoothie (serves 2)

Ingredients

- 4-7 speckled bananas
- 2 cups raw coconut water
- 1-2 cups fresh strawberries



Photo Credit: Fully Raw Kristina

- 1 cup raspberries
- 5 dates, pitted
- 1 teaspoon of cinnamon

Procedure

Add all ingredients to your blender. Blend until smooth.

Source: [Fully Raw Kristina](#)

DAY THREE *Lunch:*

Garden Kale Salad (serves 1)

Ingredients - For the Salad

- 1 large organic tomato
- 4-5 cups organic lacinato (dino) kale
- 1 organic red bell pepper
- 1/2 cup cooked chickpeas (or small handful of nuts)
- 1 serving tempeh (optional)
- 1 handful raisins

Ingredients - For the Dressing

- 1 tablespoon miso
- 1 tablespoon mustard
- 2 dates, pitted
- Handful of raw walnuts
- 3 peeled garlic cloves
- 1 tablespoon tamari
- Water, as needed

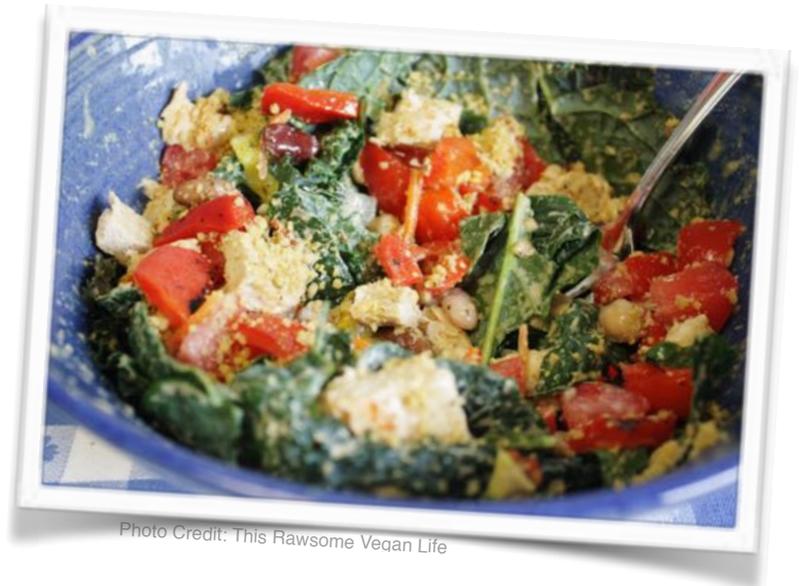
Procedure

Chop all of the veggies, including the kale. Set aside.

Blend all dressing ingredients in a blender until smooth. Then massage the dressing into the kale and let it rest for a 5-10 minutes, getting soft.

Put the remaining tomato, pepper, raisins, chickpeas/nuts, and optional tempeh on top. Enjoy!

Source: [This Rawsome Vegan Life](#)



DAY FOUR *Breakfast:*

Bye Bye Blues Super-Smoothie (serves 1)

Ingredients

- 2 ripe (speckled) organic bananas
- 1 1/2 - 2 cups flax milk (or other nut milk)
- Handful organic blueberries
- 1 teaspoon freshly ground chia seeds
- 1 teaspoon spirulina powder
- 1 teaspoon vegan protein powder (optional)

Procedure

In a blender, mix all ingredients and serve.

Source: Pure Ella



Photo Credit: Pure Ella

DAY FOUR *Lunch:*

Tropical Papaya Boats (serves 1 generously)

Ingredients

- 1 ripe papaya or cantaloupe, halved and seeded
- 1 cup homemade banana ice cream (recipe below) or dairy-free yogurt
- 1 kiwi, peeled and chopped
- 1/2 cup cherries, pitted and halved
- 1/4 cup blueberries
- 2-3 tablespoons slivered almonds
- 1 tablespoon chia seeds
- 1/2 tablespoon hemp seeds
- Granola (optional)

Procedure



Photo Credit: Minimalist Baker

To make banana ice cream (instead of using dairy-free yogurt), add 2 ripe, previously sliced and frozen bananas to a blender or food processor and blend on low until ice cream consistency is reached. Scrape down sides as needed, and add a splash of nut milk if it has trouble blending.

To assemble papaya (or cantaloupe) boats, simply fill the hollow centers with desired amount of banana ice cream or dairy-free yogurt, fruit, nuts, and seeds.

Enjoy immediately. Best when fresh.

Source: *Minimalist Baker*

DAY FIVE *Breakfast:*

Happy Parsley Green Smoothie (serves 1)

Ingredients

- 1/2 bunch parsley, stems cut
- 2 small pears, cored
- 1 Thai coconut, meat and water
- 3/4 cup mango, peeled

Procedure

Start by adding liquid ingredients to your blender, followed by soft fruit. Add greens to your blender last. Blend on high for 30 seconds or until smoothie is creamy.

Source: *Incredible Smoothies*



Photo Credit: Incredible Smoothies

(recipes continue on following page)

DAY FIVE *Lunch:*

Carrot Peanut Soup

Ingredients

- 1/2 cup chopped red or white onion
- 3 cloves of garlic, chopped
- 1 inch ginger minced
- 1/2 cup chopped carrots
- 1/3 to 1/2 cup raw peanuts or peanut butter or almond butter
- 1/2 cup chopped tomato
- 1 cup coconut milk
- 1/2 cup water or veggie broth
- 1/4 teaspoon or more unrefined salt
- 1 tsp or more sriracha or hot sauce, to taste
- 1 to 2 tablespoon maple syrup
- 2 tsp sesame oil (optional)
- Add a tsp of apple cider vinegar for a tangier flavor (optional)
- Add a tsp of soy sauce (optional)



Photo Credit: Vegan Richa

Procedure

Heat a splash of filtered water in a skillet, add onions, garlic and ginger. Cook until translucent. 5 minutes.

Add peanuts and cook for 2 minutes or until lightly golden. (If using peanut butter or other nut butter, add with the tomatoes in the next step). Add carrots and cook for a minute. Add tomatoes and cook for 4 minutes. Add coconut milk, water, salt, sriracha, maple, and optional sesame oil. Bring to a boil and cook for 10 minutes.

Cool slightly and blend until smooth. Taste and adjust spice, sweet and salt if needed. Reheat if needed. Garnish with peanuts, scallion, sriracha and serve hot.

Source: [Vegan Richa](#)

DAY SIX *Breakfast:*

Sunrise Oatmeal (serves 1)

Ingredients - For the Oatmeal

- 1/2 - 1 cup of oatmeal, cooked as desired
- 1 pear
- Blueberries, to taste
- A spoonful of chocolate date sauce (recipe below)
- Hemp seeds, to taste
- Cacao nibs, to taste
- Peanut butter, to taste

Ingredients - For the Chocolate Date Sauce

- 1 cup dates, pitted
- 1/4 cup filtered water
- 2 tablespoons raw cacao

Procedure

For oatmeal: Combine all ingredients in a medium-large bowl any way you'd like. Serve topped with chocolate date sauce.

For chocolate date sauce: Blend all ingredients together in blender. This recipe will make about 3-4 servings. Stores up to 7 days in the refrigerator.

Source: Create 'N' Plate

DAY SIX *Lunch:*

Cleansing Detox Soup

Ingredients

- 1/4 cup filtered water (or vegetable broth)
- 1/2 red onion, diced
- 2 garlic cloves, minced
- 3 celery stalks, diced
- 3 medium carrots, diced
- 1 small head of broccoli, florets
- 1 cup chopped tomatoes



Photo Credit: Create 'n' Plate



Photo Credit: The Glowing Fridge

- 1 tablespoon fresh ginger, peeled and minced
- 1 teaspoon turmeric (can use powdered)
- 1/4 teaspoon cinnamon
- 1/8 teaspoon cayenne pepper, or to taste (optional)
- Fine-grain sea salt and black pepper, to taste
- 6 cups water (or 4 cups vegetable broth + 2 cups water)
- 2 cups kale, de-stemmed and torn in pieces
- 1 cup purple cabbage, chopped
- Juice from 1/2 of a small lemon (or a whole lemon, depending on how much lemon flavor you prefer)

Procedure

In a large pot, add the water and turn on the heat to medium-high. After it's hot, add the onion and garlic. Sauté for 2 minutes, stirring occasionally. Add the celery, carrots, broccoli, tomatoes and fresh ginger. Stir and cook for 3 minutes, adding in extra water or broth as needed (another 1/4 cup). Stir in the turmeric, cinnamon, and cayenne pepper plus salt and pepper to taste.

Add in the water or vegetable broth and bring to a boil. Reduce heat and simmer for 10-15 minutes or until vegetables are soft. Add in the kale, cabbage and lemon juice near the last 2-3 minutes of simmering.

Enjoy! Leftovers stay well in the fridge for up to 3 days.

Source: [The Glowing Fridge](#)

DAY SEVEN *Breakfast:*

Energizing Sunflower Seed, Cinnamon & Maca Smoothie (serves 1)

Ingredients

- 2 speckled bananas, peeled and frozen
- 3/4 - 1 cup nut milk of choice
- 2 tablespoon raw sunflower seeds
- 2 medjool dates, pitted
- 1 tablespoon maca powder
- 1/4 teaspoon cinnamon

Procedure

Add all ingredients to the blender and blend until smooth. Enjoy!



Photo Credit: Blissful Basil

Source: *Blissful Basil*

DAY SEVEN *Lunch:*

Kale Glow Bowl with Pumpkin Dressing (serves 1)

Ingredients - For the Bowl

- 2-3 cups kale, de-stemmed
- Juice from 1/2 of a lemon
- 1 cup cauliflower florets
- 1 cup shredded purple cabbage
- 7 grape tomatoes, cut in half
- 1-2 large carrots, chopped
- 1/4 cup red onion, finely chopped
- 1/2 cup cooked brown rice or quinoa
- 2 tablespoons pumpkin/pepita seeds

Ingredients - For the Pumpkin Dressing

- 1/4 cup puréed pumpkin (not the pie filling)
- 3 tablespoons raw apple cider vinegar
- 3 tablespoons water
- 1 tablespoon pure maple syrup
- 1 tablespoon dijon mustard
- 1 clove garlic, minced
- Pinch of sea salt
- Pinch of black pepper

Procedure

In a large bowl, combine kale and fresh lemon juice, making sure all the leaves are covered. Set aside for 5 minutes to allow the lemon juice to soften the kale.

Prepare the dressing. In a small bowl, combine all the dressing ingredients and whisk until well combined.

Start to assemble your glow bowl. Add the cauliflower, cabbage, tomatoes, carrots, red onion, brown rice/quinoa and pumpkin seeds.

Pour desired amount of pumpkin dressing over salad and mix well. Enjoy!

Source: *The Glowing Fridge*



Photo Credit: The Glowing Fridge