



GIVE YOUR GUT A BREAK WITH  
GIVE YOUR GUT A BREAK WITH  
**MEATLESS  
MONDAY**

Include 3 meals, 1 potion, 1  
dessert, and the grocery list

**VANESSA RIVERO**

---

# What it means to me



Looking back, Meatless Monday the first time I experimented with a Vegetarian diet. I started it because I suffered from intestinal inflammation, bloating, fatigue, brain fog, and lethargy. I would feel sick after eating animal products. I realized my body was needing a break. My Meatless Mondays used to look like a lot of pasta, rice, and very little veggies, but they slowly evolved to wonderful, easy, and affordable meals I could enjoy every day. I liked it so much I started the transition to Vegetarianism shortly after learning a few more recipes and getting confidence in the kitchen.

The ugly truth is that we're eating too much meat. Animal products are heavy and hard to digest. Meat is particularly heavy and difficult for our bodies because it's the heaviest of all. Have you ever felt extremely lazy and sleeping after eating a piece of meat? That's your body telling you the meal cannot be digested. Today's researches have been showing a strong connection between the consumption of animal products and different diseases such as heart disease, obesity, high cholesterol, leaky gut, digestive issues, and even some types of cancers.

I personally don't think the problem is animal products themselves, but the way they're being fed, raised, and the ridiculous amount of meat and other animal products we're eating every day. Stopping animal consumption at least once a week can help your body reset, lower inflammation, process undigested food, and get the nutrients and minerals we would normally get from the veggies but try to replace with animal products. I hope you find this guide helpful, delicious, and easy. Give yourself some love by giving your body the right fuel.

Find me on IG @iamvanessa.rivero

Email me anytime at iamvanessa.ayurveda@gmail.com

*Namaste*

---

---

# Breakfast is served

Breakfast is the most important because it is the first meal that enters your body after hours of resting and fasting. A good breakfast that is full of colorful fruits and veggies will help you feel inspired and energized, control your cravings, avoid overeating throughout the day and even lose weight as an extra perk. Adding Veggies to my favorite meals have been an amazing way to incorporate more colorful foods in my diet. This recipe is great for kids or people who are not into veggies. I promise you won't taste the sweet potato.

## Sweet Potato Pancakes



**Serves 2**

- 1 medium size and previously cooked sweet potato
- 2 Cups of Whole Wheat Flour
- 1 1/2 Tsp of Cinnamon
- 1/2 Tsp Salt
- 2 Tablespoon Coconut Sugar (add more as needed)
- 1 Cup of Coconut milk
- 2 Flaxseed Vegan Eggs
- 1 Tsp Vanilla extract
- 2 Tbsp of Coconut oil



- 1** In a food processor or blender, blend 2 Tablespoon of Flax seeds. Mix it in a small bowl with 6 Tablespoon of water and let it rest for 10 minutes.
- 2** In a medium size bowl, combine flour, cinnamon, salt, and sugar. Mix well.
- 3** In a large bowl, smash the sweet potato until it becomes a puree, mix with the milk, coconut oil, vanilla extract and vegan eggs.
- 4** Transfer the dry ingredients with the wet ingredients and mix well.
- 5** Spoon around 2 Tbsp of batter into a medium nonstick skillet and cook for around 2 minutes each side.

---

# Lunch Time

According to Ayurveda and many other dietary trends, lunch should be the heaviest meal of the day because our digestion is the strongest between 11am and 1pm. Adding a handfull of colorful veggies with different textures not only makes our meals look beautiful but it also invite us to eat the meal and feel happy. Make lunch as colorful and fun as you can and it will even taste better.

## Taco Bowl



**Serves 2**

- 1 cup of cooked Garbanzo beans (canned is fine)
- 1 cup of Black beans (canned is fine)
- 1 cup of cooked Quinoa
- 1/4 cup red onion previously cut in cubes
- 1 cup previously cut Cilantro
- The juice of 1 lemon
- 1 Tbsp of sour cream
- Salt & Pepper to taste
- 1/2 Tsp Cumin
- 1/2 cup of previously cut Bell Pepper
- 1 Avocado previously cut in cubes



- 1** In a large bowl combine all ingredients except the sour cream and mix well.
- 2** Let it rest at room temperature or in the fridge for around 10 minutes to let everything sit.
- 3** Eat by itself or with a Tortilla to take it to the next level.
- 4** Add the sour before serving.

---

# Tea Time

Around 4:30pm every day, I get the urge of drinking and eating something sweet, nourishing, and comfy. I call this my tea time and it's a beautiful break I get to enjoy daily. You'll most likely crave something sweet around this time of the day too and it's normal. This is your body feeling weird because you haven't eaten animal products all day. You deserve a healthy dessert so go ahead and eat it.

## Edible Cookie Dough



### Makes 2 Cups

- 1 1/2 cups of cooked Garbanzo beans
- 1/2 cup of nut or seed butter
- 2 Tbsp of plant based milk
- 2 Tbsp cup of Coconut sugar ( add more as needed)
- 1 Tsp Cinnamon
- 1/4 Tsp Salt
- 1 Tsp Vanilla extract
- 1/4 cup of chocolate chips



Picture by Thane Keller



- 1** In a food processor, or blender, combine all ingredients except the chocolate chips. Process until well combined. We're looking for a cookie dough consistency. Add more milk if needed to blend.
- 2** Transfer to a medium bowl and add the chocolate chips. Enjoy by its own or as a dip for berries, cookies, or apples. Refrigerate for up to 3 days.
- 3** Have it with a Hibiscus, Mint, or Rosemary tea to lift your spirit up.

---

# Dinner is Here

In my opinion, dinner has to be special because it's the last meal of the day, so I need it to be filling, delicious, nourishing and easy to make.

## Avocado & Eggs Toast

---

1 - 2 Slices of Whole Wheat Bread  
1 medium size Avocado  
2 cooked Eggs (your way)  
Salt & Pepper  
The juice of half a lemon  
1/4 Tsp of Cumin



Photo by Wesual Click on Unsplash

- 
- 1** Toast the bread.
  - 2** In a small bowl, mash the avocado and add all ingredients except the eggs
  - 3** Place the Avocado mixture on top of your toast and add the egg on top.

---

# A Potion Before Bed

Nourish your entire body with this Ayurvedic digestive potion that's going to send you to bed right away and cleanse your body in your sleep.

## Golden Milk

---

- 1 Cup of Plant Based Milk
- 1 Tsp dried Turmeric
- 1/2 Tsp fresh grated Ginger
- 1/4 Tsp Black Pepper
- 1/2 Tsp Cinnamon
- 1/4 Tsp Nutmeg



Photo by Osha Key on Unsplash

- 
- 1 Combine all ingredients in a blender and mix well.
  - 2 In a small pan, heat the golden milk until you start to see the bubbles forming right underneath the surface right before boiling point.

---

# Grocery List

If you're doing Meatless Monday once a week, this list will have you covered, but feel free to increase the quantity of ingredients if you're doing this more than once a week, or if you're doing it with more people. Also, I'm not adding spices to the list because the ones used for these recipes can be easily found in any kitchen.

- 1 Medium size sweet potato
- 1 Bag of whole wheat flour
- Coconut sugar or another sweetener of your choice
- At least 1/2 cup of flax seed
- 1 Bell Pepper
- 1 Red onion
- Cilantro
- At least 2 lemons
- 1 Tomato
- 1 cup of Quinoa
- 2 Avocados
- Sour Cream
- 1 cup Black beans
- 3 cups Garbanzo beans
- Tea of choice
- 1/2 cup of nut or seed butter
- Vanilla extract
- Chocolate Chips
- Eggs



**VANESSA RIVERO**