



Including
ONE MONTH OF
MEAL PLANS

**SIMPLE
GREEN**
meals

JEN HANSARD

author of *SIMPLE GREEN SMOOTHIES*

**100+ PLANT-POWERED
RECIPES TO THRIVE
FROM THE INSIDE OUT**

Jen Hansard

Simple Green Meals: 100+ Plant-Powered Recipes to Thrive from the Inside Out



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Jen Hansard, co-author of Simple Green Smoothies, is on a mission to improve how you eat. No more drive-thru junk food runs. And no more Friday night pizza from a cardboard package. Real food rocks, and Simple Green Meals is here now to prove it! No more restricting calories or fad diet applications. She sees a world where your household "Filled up with 150 vegetarian dishes, ideas to rethink the foods you devote your grocery cart, ways of consuming well with a family group on-the-go, and guidance from individuals who have transformed their lives for the better by producing healthy food choices, this publication is an essential guideline to living a cleaner, fuller, more vigorous life! by cooking food quick, tasty foods that are nourishing, delicious, and easy to make. eat the rainbow"



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These were delicious!.. The quality recipes are vegan and without prepared sugar. I was really excited about this cookbook.. I've only used a few dishes from this book but actually if I only got those few, it is still worth it!until I acquired it and looked through the quality recipes. The author says it's plant driven, but it's filled with eggs, and several dairy recipes. Therefore disappointed. I also just like the Green smoothie cookbook by the same author. I would have had a harder time picking a plant-centered cookbook if more had pictures. Stunning Recipe Publication and Amazing Recipes! I actually LOVED Jen Hansard and Jadah Sellner's 1st recipe book Simple Green Smoothies which one is simply as amazing! The photography is stunning and there's easy to check out delicious recipes, with a great variety!I really like Jen's passion for creating a wholesome lifestyle for herself and her family, and shared it with the rest of the world! I found it very informative and done in an exceedingly approachable method. I have been following Jen's site for a long time and I love how her smoothies and healthy lifestyle has evolved into a recipe book such as this! I am neither of these things, but I could look at nearly every one recipe and determine how I would incorporate meats.The recipe sections include: Breakfasts, Snacks, Soups, salads, and sides, Primary Dishes, Desserts, and Beverages. Beautifully Done. There are therefore many recipes I cannot wait around to try, the Simple Marinara Sauce, Maple Raisin Cookies, Baked Apple Sharp in a Jar, Breakfast Toast 6 ways, and the Austinite Tacos!!!!I loved the Seven-Level Dip recipe and the Taco Lime Salad with Cilantro Lime Dressing!!! Delish! Obviously that didn't happen in the manner here. The recipes are clear and delicious. Next on my list is the Pumpkin Spice Pancakes! They appear awesome! Yummy! I liked the fundamentals section on starting plant driven foods. I applaud what she has accomplished with her simplegreensmoothies site , smoothie app, and Rawkstar Community. I love that Jen is right down to earth and filled with such a great passion to not only live a simple, happy, full lifestyle but done in a wholesome way. I absolutely love Simple Green Foods!! I plan to give it for gifts aswell. Awesome job Jen Hansard! Read the entire part of 1 day - AMAZING! They are easy to check out and taste great.. Many thanks Jen! Its not JUST a cookbook!.. its like a blog/self-reflecting/inspiring book that just happens to have tons of amazing recipes.the recipes don't demand any outlandish ingredients, and appearance like they are easy to prepare. I'm no expert in your kitchen, I need this stuff dumbed down for me in order that I don't experience intimidated. There is no fancy tools, spices, or absurd products needed to create this meals! its SIMPLE! The third thing I love - the graphics! They possess one amazing photographer on the hands.I cannot rave enough about this reserve. A vegan or a vegetarian NEEDS this. I am hoping there are more to arriveJen explains. Nothing about this book tells you to go on a diet, it just encourages even more plants to become incorporated in your daily life so you'll feel better and also have better general health!. Even my meats eating hubby loves the food!. Good easy to check out guidelines but cover is just a little flimsy and may possibly hold up to repeated use.. Jen is a normal, healthy looking person, but she GLOWS with beauty and health. That's what I really believe would eventually all that stick to her methods. The layout and images are beautiful and incredibly inviting, departing you with a feeling of goodness and wanting to keep coming back for more as soon as you have time to sit back again. This book is gorgeous - if you collect them because of this, then you will not be disappointed. But if you too enjoy plant-based eating that is relatable, simple, wholesome, and DEEEEE-licious, then you won't be disappointed either!!! Jen got me drinking a green smoothie almost every time and I seriously LOVE her first book. I've been wanting a book exactly like this. I'm a occupied mom and wife with plenty of items to do every day. I don't want to spend all day long making dinner, you know? Almost all of the recipes suit you perfectly of quick, tasty, and healthy. There are a few that look more time-consuming, but worth it! I was so happy to see a big dessert section as well. This book packs a powerful healthy punch with no problem finding and use ingredients! I cannot wait to cook out of this every single day! Delicious and Practical I've loved Simple Green Smoothies since they launched online!. And thanks a lot for the bonuses, the Lasagna with Butternut squash recipe is fantastic :) Good little cookbook for occasional use Ordered to get recipe ideas for meals with less meats and more veggies. But they still

taste good. In 2 times I've made the pumpkin spice tacos, blackened brussel sprouts, avocado cream, and mushroom fajitas. Not really vegan. My 3 calendar year old even liked them! I've earmarked nearly every recipe. I cannot wait to try all of them. I've been on an eating clean and green kick for a couple of years. This book will help inspire me to keep going and to try fresh plant based meals! Yay! There is also an informative Helpful Assets section and a One Month Meal Plans.. I sub whatever essential oil I have on hand for the coconut essential oil when cooking food, and I do often add extra seasoning (that i do with essentially all recipes, whatever the source).and PRACTICAL! I simply received my copy of Simple Green Meals, and it is unquestionably beautiful!!!. The second thing I really like (about both books), the recipes are very easy to follow! That is far more than a cookbook. For over 24 months, I've religiously followed that book just like a bible along with her blog. Develop good habits! it's a blueprint for a wholesome, more delicious life-style. From her tips to stocking your pantry to a complete month of meal plans, this book is a comprehensive intend to help us get to a better, healthier lifestyle. I cannot wait to get cookin! The bean burger rocks ! and easy to make. Every recipe and description was created with the most care. Health, Existence, Energy, Nourishing! Everything appears so excellent! So far, the few of recipes I have tried are amazing and that is a lot for me to say because I have a tendency to alter every recipe I deal with but haven't required or wished to with these. Great food blended with experience! I am looking towards trying everything and so far, I could tell that it is going to be right up there with my favorite recipe books to grab and develop. Kale Yah! The foodstuffs are TRULY basic and green. This publication did not disappoint. . Make better decisions each day and each visit to the supermarket, make a transformation or two. I prefer hard back again recipe books but this one will serve purpose fine. I want this didn't happen This is so sad. I was so thrilled to finally understand this reserve and I hardly understand how they are able to just send it like this! I can adapt to make recipes actually plant structured, but I'll probably just return it. Amazing recipes Amazing recipes. don't simply go out and buy everything and try to change immediately. He has actually made a few quality recipes and he is not a cook!!! I bought her smoothie recipe book and also have enjoyed that, so I thought I would like Jen's new recipe reserve. Great publication if you're intended for plant based eating. Tons of great recipes my family and I love. If you a beginner, the writer really breaks it down for you personally. ESSENTIAL FOR VEGAN OR VEGETARIAN I pre-ordered because I am OBSESSED with Simple Green Smoothies. In case you are trying to change to a healthier lifestyle with food your family will enjoy this is actually the book for you. PICTURES!!! Finally a plant-based cookbook with pictures.. This reserve is awesome. Love, Love, Love This is actually the 2nd book I have ordered out of this author and I love all of the recipes. And if you are a veteran, there could be something that the writer brings up that you didn't understand before or a new recipe. Either method, it is an excellent reserve. There a few dishes that require more prep i quickly wish to accomplish! You can tell that Jen actually loves fueling her body and her passions with healthy food, including a great deal of veggies!.. Good Health Simple Greens was super easy to follow. I can't wait to go through the complete book and try all of them! I've tried a lot of them. You will not be disappointed. Great recipes, even though you aren't vegan I have bought lots of products from Simple Green Smoothies during the past, and I'm by no means disappointed. I began with the free 30 day smoothie challenge and worked my method up to their cleanse programs (real food, snacks, it's awesome - and we liked the food so much that several recipes are now in our regular meal rotation). This was a natural choice, and it's great! I LOVE it!. We are not regular vegans, but we perform really enjoy the quality recipes. The fajitas and tortilla soup are our current faves. Healthy food could be delicious! These quality recipes are excellent, but also, make sure they are your own - add spices, sub elements, and adapt it to your family members's preferences.



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