



RADIANT ME

VEGAN

Disclaimer

The ideas, suggestions and recipes written by Marina Santos are provided as general educational information only and should not be construed as medical advice or care. Radiant Clean is provided as a sample only. All matters regarding your health require supervision by a personal physician or other appropriate health professional familiar with your current health status. Always consult your qualified personal health care provider before making any dietary or exercise changes. Marina Santos and/or Radiant Me, Inc. disclaims any liability or warranties of any kind arising directly or indirectly from use of this ebook. If any medical problems develop, always consult your qualified personal health care provider. Only your physician can provide you medical advice.

All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any other information storage and retrieval system, without the written permission of the publisher.

Table of Contents

DISCLAIMER	1
TOFU SKEWERS WITH BABY BOK CHOY	3
CAULIFLOWER & BLACK BEAN CHILI	5
BEET SALAD WITH VINAIGRETTE	6
ZOODLES PUTTANESCA	7
REFRESHING BOWL	8
BUTTERNUT SQUASH & CASHEW SOUP	9
TOFU & BROCCOLI STIR FRY	10
MUSHROOM KEBAB WITH PARSLEY AIOLI	11
COLLARD GREEN MEXICAN WRAP	12
VEGAN SPAGUETTI SQUASH BOLOGNESE	13
LENTIL CURRY	15
BUDDHA BOWL	16
SWEET POTATO AVOCADO SALAD	17
QUINOA LETTUCE WRAP	18



Tofu Skewers With Baby Bok Choy

Serving Size: 2-3

Ingredients:



- 1 block firm Tofu, cut into 1 inch cubes
- 1 Bell Pepper, cut into 1 inch squares
- 1 small Onion, cut into 1 inch squares
- 1 large bunch of Bok Choy or 3-4 bunches of Baby Bok Choy trimmed and cut into bit size pieces
- 2-3 Garlic Cloves, finely chopped
- 2 tablespoon of Tamari Sauce or Low Sodium Soy Sauce
- 1 1/2 teaspoon Sesame Oil
- Skewers
- optional: Sesame seeds

For The Almond Sauce:

- 2



- tablespoon of Tamari Sauce or Low Sodium Soy Sauce
- 1/2 teaspoon Sesame Oil
- 1 tablespoon White Vinegar
- 1 tablespoon Maple Syrup
- 1/4 cup no sugar added Creamy Almond Butter, or Peanut Butter

- 1/2 teaspoon Cayenne pepper or to taste
- 1 tablespoon Olive Oil
- Dash of Salt and Pepper

Directions:

- Pre heat the oven to 400 F.
- In a large bowl add half of the garlic, 2 tbsp of tamari sauce, 1 tablespoon of olive oil, 1 tsp of sesame oil and mix well.
- Coat the tofu with the mixture and let it sit for 10-20 min (if you have time).
- While the tofu is marinating, prepare the almond sauce: In a small bowl add, white vinegar, the remaining tamari sauce, maple syrup, almond butter and cayenne pepper. Mix well until fully blended.
- Arrange the marinated tofu, chopped pepper and onion in the skewers (alternating them). If you are using wooden skewers make sure to soak them in water for at least 10 minutes so they don't burn/catch on fire.
- Add a dash of salt and pepper and place the kebabs on a parchment-covered baking sheet
- Bake for 25-30 minutes turning kebabs half way through.
- While the kebabs are baking add a drizzle of olive oil to a skillet over medium heat.
- Add the garlic and cook for 1-2 minutes until fragrant.
- Mix in the bok choy, cook and stir until the green parts of the leaves turn bright green and the stalks become slightly translucent, about 5 to 8 minutes.
- Sprinkle salt, pepper and sesame seeds. Feel free to add other spices if you want.
- Serve and Enjoy!

Recommendations: Feel free to sub the bok choy for your veggie of choice. You can also pan fry the skewers instead of baking them.



Cauliflower & Black Bean Chili

Serving Size: 5-6

Ingredients:

- 1 medium Cauliflower head, trimmed and roughly chopped
- 400 grams Canned Black Beans
- 400 grams Crushed Tomatoes
- 2 Garlic Cloves, minced
- 1 small Shallot, minced
- 1 tbsp Vegan Worcestershire Sauce
- 1 tbsp Cumin Powder
- 1 tbsp Paprika
- 1 tsp Liquid Smoke
- 2 tbsp Olive Oil
- Dash of Salt and Pepper
- Optional: Freshly chopped Parsley



Directions:

- Put the cauliflower in a food processor and pulse into a coarse texture.
- In a large pot over medium heat, add the olive oil garlic and shallot. Sauté until aromatic (1-2 minutes).
- Add the cauliflower and let it cook for 2-3 minutes stirring occasionally.
- Add the remaining ingredients, cover the pot and let it simmer over low heat for 15-20 minutes.
- Taste and adjusted seasoning to your taste if needed. Enjoy!

Recommendations: Play around with the seasoning in this recipe. We all love different herbs/spices so it is important to find what is delicious to our palate. For example I love chipotle powder so I like to add a little to my chili.

Beet Salad With Vinaigrette

Serving Size: 2

Ingredients:



- 3 medium Beets, peeled and chopped
- 2 small Bell Peppers seeded and chopped
- 4 cups Arugula
- 1 tbsp Chia seeds
- 1 1/2 tbsp of chopped Walnuts

For The Vinaigrette:

- 1 tbsp Olive Oil
- 1 tbsp Lemon Juice
- 1 tbsp Vinegar
- 2 tbsp fresh Rosemary, chopped
- Dash of Salt & Pepper



Directions:

- Over high heat, bring some water to the boil in a small saucepan (enough water to cover the beets). Add the chopped beets and cook until fork tender, about 10-15 minutes. Once done strain the water and set aside to cool.
- While the beets are cooking add all of vinaigrette ingredients to a small bowl and mixed well.
- In a salad bowl add the arugula, cooked beets, chopped peppers, chopped walnuts, chia seeds and vinaigrette and toss until well mixed. Serve and Enjoy!

Recommendations: Feel free to add any other veggies you love! To save time you can buy pre cooked beets as well.

Zoodles Puttanesca

Serving Size: 4



Ingredients:

- 3-4 medium to large Zucchini or 1-2 packages of pre cut Zoodles
- 1 can Diced Tomatoes, drained
- 2 tbsp Capers
- 1 Shallot, minced
- About 10 Black Olives, sliced
- 3 tbsp Olive Oil
- 4 Garlic Cloves, minced
- 1 tsp Red Chili Flakes
- 1 tsp of Italian Seasoning
- Dash of Salt & Pepper
- Optional: Shredded Vegan Cheese

Directions:

- Cut zucchini into noodles with a spiralizer (If you bought pre cut zoodles skip this step). Using paper towels dry the excess water from the zoodles. The dryer they are the better.
- In a large pan over medium heat add the olive oil, shallots, garlic, and chili flakes. Sauté until aromatic (about 2 minutes).
- Lower the heat and add the diced tomatoes, capers, and black olives. Cook for another 1-2 minutes stirring occasionally.
- Add the zoodles, Italian seasoning salt and pepper and mix well. Cook for 2-4 minutes until zucchini is warm and tender but not soft.
- Serve and enjoy! Optional to add a little shredded vegan cheese on top when serving.

Recommendations: Feel free to add your favorite herbs to this recipe for more flavor. This recipe is also delicious if you add marinara sauce (homemade or store bought). I recommend the “Rao’s” brand as it has few ingredients and it tastes amazing!

Refreshing Bowl

Serving Size: 2



Ingredients:

- 1 cup Quinoa
- 1 Watermelon Radish or 2 Red Radishes
- 2 cups Broccoli steamed
- 1 Avocado
- 2 tbsp of Pumpkin Seeds
- 1/3 cup Sprouts
- 1 cup Red Cabbage chopped
- 2 tbsp Olive Oil
- 2 tbsp of freshly squeezed blood orange (or grapefruit).
- Dash of Salt & Pepper



Directions:

- Cook the quinoa as recommended on the package.
- Split and arrange all of ingredients in two plates.
- In a small bowl mix the olive oil, orange juice, salt & pepper, and pour over the plates.
- Sprinkle the pumpkin seeds on top and enjoy!

Recommendations: For convenience I use the pre cut bag of broccoli that you can steam in the microwave, but you are welcome to cook it however you prefer (steam, bake, pan fry etc).

*I love citrus fruits in salads, so I do like to cut a few pieces to eat with the bowl. If you are not a fan of fruits in salads, just use the juice in the dressing.

*You can switch pumpkin seeds for other nuts as well. Cashews are also delicious in this bowl!

Butternut Squash & Cashew Soup

Serving Size: 4

Ingredients:



- 1 medium-large Butternut Squash.
- 1 medium Onion, chopped
- 3 Garlic Cloves, chopped
- 4 cups of low sodium Vegetable Broth
- 1 cup of unsalted Cashews
- 3/4 cup of water
- 1 tbsp Curry Powder
- 1 tbsp Coriander
- 2 tbsp Olive Oil
- Salt & Pepper to taste
- Fresh chopped Cilantro to taste

Directions:



- Place cashews in a bowl. Cover with water and soak for about 2 hours. Drain and rinse thoroughly.
- Place soaked cashews in the bowl of a food processor or blender with the water, garlic, and salt.
- Puree until very smooth and set aside.
- Peel the butternut squash and cut it into large cubes.
- In a large pot over medium heat, add the olive oil, onions and sautéed until soft, about 5 minutes.
- Add the squash and cook until it begins to soften, stirring occasionally, for 8 minutes.
- Add 2 chopped garlic cloves, stir for about a minute and then add the vegetable broth, curry powder, coriander and salt & pepper.
- Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender (you can poke it easily with a fork)- 20 to 30 minutes.
- Pour the soup into a blender, working in batches if necessary, and blend until smooth.
- Add the cashew cream little by little to your taste. The more you add the creamier it will be. You can also adjust the thickness of the soup by adding a more broth.
- Add chopped cilantro, serve and enjoy!

Tofu & Broccoli Stir Fry

Serving Size: 2



Ingredients:

- 3 cups Broccoli, chopped
- 2 cups Tofu, cut into cubed
- 3 cups Spinach, chopped
- 2 medium Carrots, thinly sliced
- 2 Garlic Cloves, minced
- 1 small Onion, chopped
- 2 tbsp Olive Oil
- 1 tsp of Italian Seasoning
- Freshly chopped Parsley to taste
- Freshly chopped Scallions to taste
- Dash of Salt & Pepper



Directions:

- In a large pan over medium heat add the olive oil, onion and garlic, sauté for about 3 minutes until fragrant.
- Add in the tofu, broccoli, carrots, Italian seasoning and cook for about 10 minutes covered stirring occasionally.
- Add the spinach, parsley, scallion, salt and pepper. Stir and cook just until the spinach sautés, about 1-2 minutes.
- Serve and enjoy!



Recommendations: You can use your favorite veggies in this stir fry. You are also welcome to sub the tofu for another plant based option such as tempeh

Mushroom Kebab With Parsley Aioli

Serving Size: 2-3



Ingredients:

- 200 grams Baby Bella Mushrooms (about 12-15 mushrooms)
- 1 large Bell Pepper, diced
- 2 tbsp Olive Oil
- 1/2 tsp Cumin Powder
- 1/4 tsp Paprika
- Dash of Salt & Pepper
- Skewers

For The Parsley Aioli:

- 2 tbsp Olive Oil
- 1 tbsp Lemon Juice
- 1 Garlic Clove, minced
- 2 tbsp Chopped Parsley
- Half of an avocado
- Dash of Salt and Pepper



Directions:

- In a large bowl add the mushroom, 2 tablespoons of olive oil, cumin powder, paprika and dash of salt & pepper. Toss well until well coated and let it sit for 5-10 minutes.
- In the meantime prepare the aioli by adding all of the ingredients in a food processor and blending until smooth.
- Arrange the mushrooms and diced bell peppers into the skewers. If you are using wooden skewers make sure to soak them in water for at least 10 minutes so they don't burn/catch on fire.
- Grill the kebabs over medium heat for 3 minutes per side (10-15 minutes total depending on the heat/flames).
- Serve with the Aioli and enjoy!

Recommendations: You can add your favorite veggies to the kebab. I also recommend serving with 1-2 cups of arugula or spinach with the aioli drizzled on top!

Collard Green Mexican Wrap

Serving Size: 2



Ingredients:

- 2 large Collard Green Leaves
- 4 tbsp of you favorite Hummus. For this recipe I like to get something that has some spice to it.
- 1 Avocado
- 1 cup of Black Beans drained
- 1/2 cup Iceberg Lettuce chopped
- 1 small Tomato diced
- 2 tbsp Onion thinly sliced
- Cilantro to taste
- 1 tbsp Olive Oil
- Dash of Salt & Pepper
- Optional- fresh Lime Juice



Directions:

- In the middle of the collard green leaf spread the hummus, then add the black beans, avocado, tomato, onion, lettuce and cilantro.
- Drizzle with olive oil, salt & pepper, and lime juice.
- Carefully roll the ends of the leaf making a wrap. It is helpful to use a toothpick to hold it in place, but please be careful.
- Enjoy!

Recommendations: Instead of using the tomato and onion, you can use store bought pico de Gallo or a healthier salsa (preferably a fresh one and not a non perishable jar).

Vegan Spaghetti Squash

“Bolognese”

Serving Size: 4

Ingredients:



- 1 medium-large Spaghetti Squash
- 1 block of firm Tofu or Ground Beyond Meat
- Your favorite Tomato Sauce- please look at the “Recommendations” section below.
- 3 tbsp Olive Oil
- Italian Seasoning
- Freshly chopped Basil to taste
- Salt & Pepper
- Optional- Nutritional Yeast to sprinkle on top at the end.



Directions:

- Preheat the Oven to 400F
- Cut the spaghetti squash in half and scoop out the seeds.
- Drizzle the inside of the squash with half of the olive oil and sprinkle with Italian seasoning and salt & pepper.
- Place the spaghetti squash cut side down on the baking sheet and use a fork to poke holes on the top.
- Roast for 30 to 40 minutes or until lightly browned on the outside, fork tender, but still a little firm (time will vary).
- Remove the squash from the oven and flip it so that it's cut side up. When cool to the touch, use a fork to scrape and fluff the strands from the sides of the squash.
- While the squash is baking: Drain any liquid from the tofu and break it apart with a fork. IF using ground beyond meat skip this step.
- In a large saucepan over medium high heat, add the rest of the olive oil and the ground tofu or beyond meat. Sauté for 5-10 minutes until fully cooked through.
- Add the tomato sauce and cook for about 5 minutes stirring occasionally.
- Serve the vegan bolognese sauce on top of the spaghetti squash and add fresh basil to taste!



Recommendations: As you know I do prefer and recommend natural whole foods because I truly believe that everything that is homemade and organic IS better for our health.

That being said, convenience is also very important in the life of busy women (and man), so there are certain packaged goods that I am okay with using. Tomato sauce is one of them and my favorite brand (for ingredients and taste) is called “Rao’s”.

You are welcome to choose whichever one you prefer, but please make sure to always look at the ingredients list when purchasing non-perishable items. Do you know all of the ingredients? Can you even pronounce them?

Less (ingredients) is more...or in this case better!

Lentil Curry

Serving Size: 3-4



Ingredients:

- 1 Onion, finely chopped
- 2 Garlic Cloves, finely chopped
- 2 tbsp fresh Ginger, chopped
- 1 cup dried Lentils, rinsed and drained
- 1/4 cup Olive Oil
- 3 cups Water
- 1 block of firm Tofu, cut into 1 inch cubes
- 1 1/4 tsp of Curry Powder
- 3/4 tsp Cayenne Pepper
- Dash of Salt & pepper
- Fresh Cilantro to taste



Directions:

- Heat half of the olive oil in a saucepan over medium heat. Add the onion and garlic and sauté for 2 minutes, until they become translucent.
- Add the ginger and cook another 1 min, stirring often.
- Add the lentils and water. Bring to a boil, then reduce heat and simmer uncovered until lentils are cooked, about 15 min.
- While the lentils are cooking: using a paper towel carefully remove/dry any excess water from the pieces of tofu.
- In a small pan over medium heat add the rest of the olive oil, curry and cayenne pepper and cook for about 30 seconds stirring consistently.
- Pour the “spicy oil” mixture into the lentil saucepan. Add the tofu cubes, salt & pepper and cook for 2-3 minutes.
- Remove the saucepan from the heat, cover and let it stand for 5 minutes.
- Serve, add fresh cilantro and enjoy!

Recommendations: Play around with the spices if you want to make it to your taste!

Buddha Bowl

Serving Size: 2



Ingredients:

- 1/2 cup Quinoa of choice
- 1/2 cup Black Beans, drained (I used low sodium canned black beans but you are welcome to homemade it if you have the time)
- 1/2 Red Onion, sliced
- 1 Zucchini, sliced
- 1 Bell Pepper, sliced
- 1/2 cup fresh, frozen or canned Corn
- 1 Avocado, sliced
- 1/4 cup pitted Black Olive
- 1 Tomato diced
- Chopped Cilantro to taste
- Seasoning for vegetables of your choice. I recommend a dash of Chipotle powder and Italian Seasoning.
- Dash of Salt & Pepper



Directions:

- Pre heat the oven to 425 ° F
- On a baking sheet lined with aluminum foil or parchment paper- arrange the sliced onion, zucchini, and bell pepper. Drizzle with olive oil, chipotle & Italian seasoning, salt and pepper. Roast in the oven for about 25 minutes until vegetables are tender.
- While the vegetables are cooking: make the quinoa as directed on the package.
- In a small saucepan reheat the black beans and the corn. You can also use a microwave for convenience.
- Once everything is ready arrange the bowls by adding the quinoa at the bottom and roasted vegetables, diced tomato and avocado on top.
- Add some fresh cilantro to each bowl. Enjoy!

Recommendations: Feel free to modify by using your favorite vegetables! You can also use brown rice instead of quinoa.

Sweet Potato Avocado Salad

Serving Size: 2



Ingredients:

- A container or a bunch of Kale
- 2 small Sweet Potatoes or 1 large one
- 1 Avocado sliced
- 1 cup Cherry Tomatoes cut into halves.
- 2 tbsp Olive Oil
- 2 tbsp fresh Lemon Juice
- 1 tsp Cinnamon
- 2 tbsp Coconut Oil melted
- 1 tsp Italian Seasoning
- Salt & Pepper



Directions:

- Pre heat the oven to 425F.
- Cut the sweet potatoes into cubes and place them on a baking sheet. It is up to you whether to leave or remove the skin.
- Add the coconut oil, cinnamon and a dash of salt & pepper to the potatoes and mix so it is evenly spread on the dish.
- Roast for 25-35 minutes until tender. I recommend flipping them halfway.
- While the potatoes are roasting: If you are using a fresh bunch of kale I recommend removing the stalks and then chopping the leaves.
- In a small bowl mix the olive oil, lemon juice, Italian seasoning and a dash of salt & Pepper.
- Arrange the kale, cherry tomatoes and avocado on plates and drizzle the dressing on top. Then add the roasted potatoes & enjoy!

Recommendations: If you don't mind getting your hands dirty...I recommend putting all of the kale in a bowl, adding the dressing and then "massaging" it before putting it on the plates. It makes the kale not so hard to chewy and a lot more enjoyable.

Quinoa Lettuce Wraps



Serving Size: 2

Ingredients:

- 4 large Romaine or Iceberg leaves
- 1 cup Quinoa
- 1 cup Cabbage shredded
- 1 small Bell Pepper sliced
- 2/3 cup Sprouts
- 2/3 cup Micro Greens



Dressing:

- 2 tbsp Olive Oil
- 1-2 tsp Sriracha Sauce (depending how spicy you want it)
- 1 tbsp Vegan Mayo or 1/2 Avocado
- Dash of Salt & Pepper

Directions:

- Cook the quinoa as directed on the package.
- For the dressing, if you are using vegan mayo you can whisk all of the ingredients in a bowl. If you are using avocado, I recommend using a blender or food processor to get a creamy texture.
- Divide and arrange the quinoa, cabbage, bell peppers, sprouts, micro greens inside of the lettuce leaves.
- Drizzle the dressing on top and enjoy!

Recommendations: If you don't like spicy foods, you can replace the Sriracha for Dijon mustard. Feel free to mix & match the veggies in this recipes for your favorite ones!