

A wooden cutting board with roasted potato wedges, a sprig of rosemary, and two lemon wedges.

*Easy, Tasty, Filling, Low Fat,
No Oil Plant-Based Recipes*

THE POTATO STRONG RECIPE GUIDE

WILL KRISKI

The Potato Strong Recipe Guide

Easy, Low Fat, No Oil, Tasty, Filling,
Plant-Based Recipes for Weight Loss and
Health

Will Kriski

This book is for sale at
<http://leanpub.com/potatostrongrecipeguide>

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Introduction

My low fat, no oil, plant-based recipes are free online but I have provided this convenient printable recipe guide without all the other things that appear on the webpage. Or you can view it on your tablet. I have also gone through each recipe and made some tweaks to make them more clear. You will also get future updates for free should I make any changes.

You should take a minute before reading and grab the [bonus content](http://potatostrong.com/bonus-content/)¹ on my website. You will get a PDF, getting started video and other goodies!

I also wanted to mention that these recipes should be seen as a starting point for your own modifications. I want you to try different things! All of us seem to have different preferences so feel free to improvise. I strongly encourage it!

I've also received a lot of questions about these recipes such as where to get certain ingredients, gluten free, can I use this instead of that, how long to cook something, etc. I don't have all the answers as I would have to create each variation that people ask about but I can make the following suggestions:

- Don't be afraid to make changes to my recipes
- Try using Google to find a substitute (gluten free flour, etc)
- Buy things online (eg. Amazon) if you can't find something locally
- Watch the food as it's cooked and make a note of how long your oven takes for various recipes, such as baked fries. Due to elevation, humidity differences, the exact amount of baking time, water to flour ratio, etc can vary

¹<http://potatostrong.com/bonus-content/>

- I put specific measurements of ingredients such as chopped red peppers in my recipes but I rarely measure certain things so you can add as much or as little as you like
- Lunch and dinner recipes (and even breakfast!) are interchangeable depending on your mood and how much time you have
- Cook up batches of rice and quartered potatoes so you can take them to work or school
- Canned and frozen food can be a huge help with convenience and speed of cooking such as frozen broccoli, spinach, peas, carrots and canned beans and tomato sauces
- Some of the recipes were created with speed and frequency in mind. But if you have more time feel free to add more things to make a recipe tastier, such as mushrooms, and onions to my basic gravy recipe
- You can get \$5 off [The Starch-Plus Diet ebook](#)² and really take your results to the next level
- For videos on some of these recipes see my [Potato Strong YouTube channel](#)³. Come say hello on my [Facebook page](#)⁴ and [Instagram](#)⁵.
- Have fun and relax knowing you are eating healthy. If you make a mistake you can make a note and do better next time or find me [online](#)⁶ and ask me a question. Enjoy!

²<http://leanpub.com/starchplusdiet/c/MHwvAy5YDizm>

³<https://www.youtube.com/PotatoStrong>

⁴<https://www.facebook.com/PotatoStrong>

⁵<http://www.instagram.com/PotatoStrong>

⁶<http://www.potatostrong.com>

Breakfast

Oatmeal

Ingredients:

- 1 cup of rolled oats (not instant oats)
- 2 cups water
- 1/4 cup Grape Nuts for crunch (if I have them)
- 1 tbsp ground flaxseed (optional for omega 3)
- 1 cup banana milk (or you can use unsweetened almond milk or some other non-dairy milk)
- 1/2-1 cup defrosted from frozen strawberries

Instructions:

Cook oatmeal as per instructions on the bag (I microwave the oats and water for 5 minutes). I like mine cool so I put it in the fridge to cool for an hour. Add the flaxseed and Grape Nuts (if using), as well as the strawberries (or berries of choice). Blend a ripe banana with 1/2-1 cup of water until blended. Should only take 5 seconds or so. Pour milk on oatmeal.

If you prefer warm oatmeal, slice the banana on top and don't make the banana milk. I eat this almost every day!

Note: Cereals are whole wheat based without many ingredients in Canada and hopefully you can find them as well. Strawberries are fresh in season and frozen the rest of the year. I buy frozen sliced strawberries and put them in a container in the fridge the night before to thaw, which creates juices.

Tofu Scramble

Bonnie came up with this one. It's delish!

Ingredients:

- 1/2 yellow onion, diced
- 1/2 green bell pepper, diced
- 1/2 red bell pepper, diced
- 1 block extra firm tofu, drained and pressed
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp turmeric
- 1/2 tsp seasoning salt (optional but adds flavor)
- 1/2 tomato, diced (for topping, optional)

Instructions:

Slice tofu into cubes then squeeze out water with towel, break up with fork/hands to crumble it. Sauté onion and peppers for 3-5 minutes (no oil, we use a little water to fry onion/pepper). Add tofu and remaining ingredients, reduce heat to medium to cook 5-7 minutes. Eat with diced tomatoes and/or ketchup. Put in warmed tortilla wrap if desired as well. Eat with some toast or breakfast potatoes.

Breakfast Potatoes

Ingredients:

- 4 medium potatoes (I use yellow fleshed)
- Spices (Italian, onion/garlic powder)
- seasoning salt (optional)

Instructions:

Pre-heat oven to 450F. Wash and cut up potatoes into chunks. Put in a bowl and mix with spices and salt if desired. Put potatoes on 11x17" baking pan with parchment paper or Silpat non-stick silicon sheet. Bake until crispy and starting to brown (about 30 minutes, depends on oven, watch carefully)

Banana-Oat Pancakes

Ingredients:

- 1 cup oats (rolled or quick)
- 1 cup water
- 1 ripe banana
- 1 cup defrosted frozen strawberries/blueberries or real maple syrup (for topping)
- 1 tsp baking powder
- Optional: 1 tbsp ground flaxseed, few drops of pure vanilla extract

Instructions:

Blend all this in a blender and pour onto a very hot griddle. I make about 6 pancakes with this. I cooked them on the first side for about 10 minutes and made sure they were firm enough to flip so they wouldn't break apart.

You can add real maple syrup (not the fake stuff) or what I did was defrost some frozen unsweetened strawberries and blueberries, which creates a nice syrup. Add ground flaxseed, cinnamon, nutmeg or whatever else you'd like!

Tip: If they're too flimsy for you, make sure the griddle is hot and you can also add a bit more oats.

Banana Milk

Ingredients:

- 1 ripe banana
- 1/2-1 cup of cold water

Instructions:

Blend banana with water on high for a few seconds until blended. So easy! Adjust for thicker/thinner preference. Most likely doesn't store well (will oxidize) so use right away as a drink or my favourite is on my oatmeal.

Chunky Hash Browns

Ingredients:

- 5 (or more) of your favourite potatoes eg. yellow-fleshed potatoes. The number and type of potato is up to you!
- Ketchup or your favourite fat free condiment

Instructions:

Chop up some potatoes (no peeling) into quarters or less, then add to your blender and fill with water past the level of the potatoes. I use my Vitamix. Blend until they are chopped up like hash browns. You may need to do this more than once depending on how many potatoes you cut.

Strain the chopped potatoes in a strainer and press out as much water as you can with your hands. Then add potatoes to non stick baking pan (lined with parchment paper or Silpat non-stick sheet) and bake at 450 until crispy. I scrape the pan once or twice with a spatula as they cook to flip them over. Sometimes I turn on broil towards the end if you want them extra crispy – be sure to monitor during the broil phase so they don't burn. Add salt to taste if desired.

Banana-Strawberry Smoothie

If you're following The Starch Solution, fruit should be limited to around 4 per day. The amount of bananas you will want to use will vary depending on your size, energy requirements and how much it takes you make you satiated.

Ingredients:

- 4-5 ripe bananas, peeled
- 1 cup frozen strawberries
- so many options here from adding ground flax seed, spinach, kale, other fruit variations

Instructions:

Put fruit in a powerful blender and blend on high until everything is combined. Drink right out of the blender, pour into a flower vase or other large container!

Buckwheat Pancakes

Ingredients:

- 1 cup buckwheat pancake mix (contains baking powder)
- 1 cup unsweetened non-dairy milk
- defrosted frozen strawberries/blueberries and/or pure maple syrup

Instructions:

Mix pancake mix and non-dairy milk in a bowl and pour onto a hot griddle. I made about 6 pancakes with this. I cooked them on the first side for about 10 minutes and made sure they were bubbling and somewhat cooked on top, and firm enough to flip so they wouldn't break apart. This is a key problem for many people – not having a non-stick griddle/pan and not waiting long enough to flip the pancakes.

You can add real maple syrup (not the fake stuff) or what I did was defrost some frozen unsweetened strawberries and blueberries, which creates a nice syrup. Add ground flaxseed, cinnamon, nutmeg or whatever else you'd like!