



## Eat Healthy and Happy with Talía Pollock of *Party in my Plants*

In a world where, "the only thing constant is change," the definition of "healthy eating" is not exception. One day "healthy eating" is defined as low fat, the next it's low carb, one day whole grains are the good guys, the next gluten is the devil! That's why I keep it as simple as possible and take "healthy eating" to mean mostly plants. (Plants being fruits, veggies, nuts, seeds, whole grains, basically anything that's made by mother nature, NOT by a manufacturing plant.) A lot of people worry that healthy eating has to be all-anything, that they have to eat perfectly, one hundred percent of the time, to be considered a healthy

eater. Well look at it this way: in yoga, do you have to be able to hold every yoga pose every time you practice to be considered a yogi? In a marriage, do you have to never disagree to be considered a good spouse? In college, do you have to never get less than one A to still graduate cum laude? No way in all the above, it's your most of the time that matters. Same goes with healthy eating, when your "most of the time" is plants, those occasional ice cream indulgences can happen for you to still be considered a healthy eater. The following meal plan shows you a practical day of mostly simple and delicious plant-based recipes so you can make eating plants your "most of the time."

### Zoodles (zucchini noodles) with Pesto

Serves 2

To make the zucchini noodles use a spiralizer to spiralize the zucchini into noodles.

**Ingredients**

**Pesto:**  
1 cup basil leaves (can substitute or plantain)  
1/2 cup pine nuts (or walnuts)  
1/2 cup parmesan (or nutritional yeast or an alternative)  
1 tbsp. olive oil  
1/2 tsp. lemon juice  
1/2 tsp. garlic  
1/2 tsp. salt  
1/2 cup (approximately) water

**Directions**

1. Process all the pesto ingredients in a food processor until smooth and then mix into your noodles.
2. Top with a few parmesan seeds (optional) and enjoy.

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### Breakfast

#### Quinoa Chia Chilled Porridge

Serves 1

**Ingredients**

- 3/4 cup quinoa flakes
- 3 tbsp. chia seeds
- 1 cup almond milk

**Directions**

1. Really thoroughly stir the above 3 ingredients into a bowl, jar or mug and then place in fridge.
2. Let sit in fridge for 20 minutes (which is a perfect time to get dressed for your day).
3. 20 minutes later give your porridge a stir and add in any of your favorite toppings. Some examples: fruit (fresh or frozen), coconut, sweetener (honey, coconut sugar, maple, agave, agave, granola, nut butter).

64 *YOGA* .....

### Snack

#### Healthy Cinnamon Rolls

Serves 2 + 1/2

**Ingredients**

- 1 cup cashews
- 1/2 cup almond dates (soaked about 8-10 mins)
- 1/2 cup vanilla
- 2 tbsp. unflavored plant protein powder
- 1/4 tsp. Stevia extract
- 1 pinch sea salt
- 1/2 tsp. cinnamon

**Forming:**

- 1/2 tsp. coconut oil
- 1/2 tsp. cinnamon

**Directions**

1. In a food processor, pulse the cashews until they are similar to the texture of coarse sand.
2. Add in all the rest of the ingredients and process until everything is mixed and no big chunks remain.
3. In a small bowl, add the coconut sugar and cinnamon. Mix together using your hands if you so choose.
4. ROLL the balls: that's all in the food processor, so take cinnamon ROLL and then ROLL them in the coconut sugar mixture. That's it!
5. Store at the fridge for max freshness.

65 *YOGA* .....

### Dinner

#### Pumpkin Black Bean Chili

**Ingredients**

- 2 tsp. coconut oil, divided into vegetable tablespoons
- 1 sweet potato, cubed
- 1 garlic clove, minced
- 1 tsp. salt, plus a few additional pinches
- 1 package tempeh
- 2 tsp. + 1 tsp. chili powder
- 1 tsp. paprika (any color's good)
- 1/2 tsp. cumin
- 1/2 tsp. onion powder
- 1/2 tsp. cayenne pepper
- 1/2 cup pumpkin pie spice
- 1/2 cup dried sage
- 2 1/2 cups black beans, drained and rinsed
- 1 cup frozen corn

**Directions**

1. In a large stockpot, add 1 tsp. coconut oil and melt it over medium heat.
2. Once the oil is heated a little, add the onion, the 4 sweet potato cubes and 1 pinch of salt.
3. Sauté all that together on medium heat until the onions become translucent and really soft.
4. Meanwhile, while the onion mixture is cooking, melt 1/2 tsp. coconut oil in a sauté pan over medium heat.

### Dessert

#### Strawberry Banana Ice Cream

Serves 2

**Ingredients**

- 2 frozen bananas
- 1/2 cup frozen strawberries
- 2-4 tbsp. almond milk
- 3-4 tbsp. dark chocolate chips (optional)

**Directions**

1. Process all the ingredients (except for the chocolate chips) in a food processor.
2. Make sure only to add so much almond milk as needed to get a smooth texture. (Add little splashes at a time and then process again until you reach the perfect ice cream consistency.)
3. Add the chocolate chips and take a few times to liquefy them into smaller bits (don't fully process because this will turn the chips into chocolate dust inside the ice cream).
4. ENJOY!

### Fun Drink

#### Easy Matcha Cinnamon Latte

**Ingredients**

- 1/2 cup water
- 3/4 cup almond milk
- 1 tsp. matcha powder
- 1/2 tsp. cinnamon
- coconut or agave to taste

**Directions**

1. Blend water, almond milk, cinnamon and matcha powder in a blender.
2. Transfer to a pot on the stove and slowly heat it up (UPPER) to just below a boil.
3. Pour into your favorite mug and sweeten with coconut or agave to your liking. ENJOY!

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Recipes by **Talía Pollock** of *Party in my Plants*, which means "Healthy Eating Doesn't Suck." After ten years of struggling with an unbalanced diet and chronic food addictions, weight issues, chronic lack of energy, and chronic stress and a lot of anxiety, Talía decided a big part of her diet, her appearance and associated by her "Party in my Plants" she decided to save the "fun" of eating "healthy." Now she has made her mission to help newbies to be to boost your health while also enjoying your happiness.

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