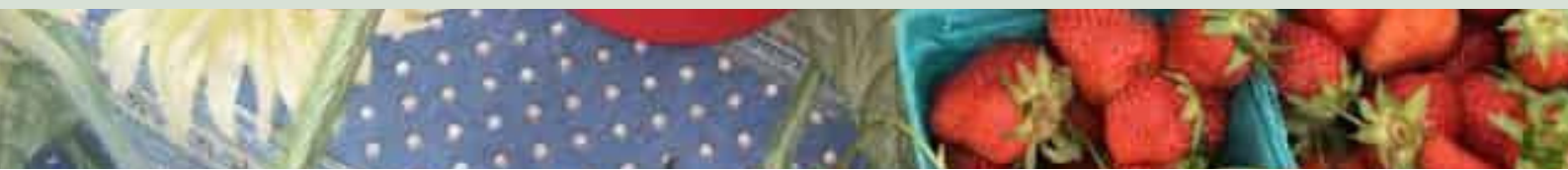




Spring Gluten Free Vegetarian Cookbook

vineripenutrition.com



SPRING MENU IDEAS



Dinner Menu

Orange Radish Spinach Salad

Mediterranean Potato Nachos

Panko Crusted Tofu with Herb Sauce

Lavender Blueberry Lemonade

Strawberry Rhubarb Crisp

Breakfast Menu

Gluten Free Blueberry Pancakes

Tempeh Pecan Sausage



VINE RIPE NUTRITION



"Anything
worth
having
takes
time."

- @reallygreatsite

Denise Barratt

Registered Dietitian Nutritionist

Hi! It's great to meet you! I hope that this spring cookbook helps inspire you to eat some delicious spring foods!

Gluten Free Blueberry Pancakes

**Breakfast
is Served!**





Tempeh Pecan Breakfast Sausage

It may be the
best tasting
veggie sausage
that you ever
had!



MEDITERRANEAN POTATO NACHOS

These potato nachos make a perfect snack or spring side dish!



Enjoy!



ORANGE RADISH SPINACH SALAD

This salad is vibrant
and tastes so fresh
with the spring vegetables
and citrus.

"Trust yourself.
You can do this."

- @reallygreatsite





PANKO CRUSTED TOFU STEAKS WITH HERB SAUCE



Crispy, Flavorful
& Nourishing!

Lavender Blueberry Lemonade



Have some refreshing lemonade!





The Grand Finales

THE STRAWBERRY RHUBARB CRISP

The perfect spring dessert!

"Happiness
is a habit."

- @reallygreatsite





Cookbook

VINE RIPE NUTRITION

"It's okay to
take
a break."

– @reallygreatsite

