



WRECKING ROUTINE

# VEGGIE HAPPY RECIPE BOOK

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**VEGETABLE LOADED RECIPES  
THAT ARE FAMILY APPROVED**

Brooke Selb





It took me a long time to learn how to cook.

My idea of a gourmet dinner was a box of whole wheat rotini with a drained can of lentil soup over the top.

Now, we eat vegetarian dinners at least four times a week.

Our plates are colorful, flavorful, and our bodies crave the vegetables.

These Vegetable Happy Recipes are both husband and children approved. They are quick to make, easy to meal prep, and work well for leftovers for lunch or subsequent dinners.

Try them out and do not be afraid to mix them up!

*\*This recipe book contains affiliate links. I appreciate your support.*

*\*Please consult your physician before starting any new diet or exercise routine.*



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# Where to Find Me

I am an ACE Holistic Health Coach and NASM Certified Personal Trainer specializing in sustainable weight loss and run coaching.



**Wrecking Routine:** Lots of blog posts with free workouts, easy recipes, health tips, and family shenanigans. You can read my health and fitness story [here](#).

**Instagram:** Behind the scenes, workouts, meals, and lots of pictures of my kids.

**Facebook Group:** Weekly workouts, Ask a Health Coach questions and answers, and food ideas.

**Facebook Page:** Weekly workouts, recipes, weight loss tips, and running ideas.

**Email:** Feel free to email me at [Brooke@wreckingroutine.com](mailto:Brooke@wreckingroutine.com)

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# Lightened Up Cobb Salad

WETHER YOU MEAL PLAN FOR IT, OR USE WHAT IS LEFTOVER IN YOUR FRIDGE, THIS COBB SALAD WILL NOT DISAPPOINT. SATISFY CRUNCH, PROTEIN, AND LOADED WITH VEGETABLES. A CROWD PLEASER FOR LUNCH OR DINNER.



## Ingredients:

- 1.5 cups Romaine Lettuce, shredded
- 2 slices Bacon
- 2 Hard boiled Eggs
- 6 Cherry Tomatoes, chopped
- 2 tablespoons Red Onion, finely chopped
- 3 tablespoons Feta Cheese
- 1/2 Avocado, chopped
- 1/4 cup Bell Pepper, chopped
- 1/4 cup Cucumber, chopped
- 1/2 Apple, chopped
- 3 tablespoons Brianna's Homestyle Creamy Balsamic Dressing
- 1 tablespoon Avocado Oil
- 4. Chop bacon into bite-sized chunks.
- 5. Slice hardboiled eggs and remove egg yolks.
- 6. Add all ingredients to bowl.
- 7. Toss with dressing.

## Instructions:

1. Heat Avocado Oil in a fry pan on medium heat.
2. Add bacon and cook until desired crispiness.
3. Drain bacon on a paper towel.

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*[Find this recipe on the blog](#)*



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# Better Than Take Out Chicken Lo Mein

AN EASY, BUDGET FRIENDLY OPTION YOU CAN MAKE AT HOME. USING VEGETABLES YOU HAVE ON HAND, SIMPLY TOSS THIS MEAL TOGETHER WITH SOY SAUCE FOR A CROWD PLEASING DINNER.



## Ingredients:

- 1 pound thin spaghetti
- 1 pound chicken breast, chopped bite sized
- 1 small onion, chopped thin
- 1 red bell pepper, chopped thin
- 1 zucchini, chopped thin
- 1 cup broccoli, chopped bite sized
- 1/2 cup low-sodium soy sauce

- 1 tablespoon sesame oil
- 1 tablespoon avocado oil
- Optional: sesame seeds

## Instructions

1. Cook spaghetti according to package directions.
2. In a small bowl, mix soy sauce and sesame oil together.
3. Heat avocado oil in a wok on medium-high heat..
4. Add chicken breast and half of soy sauce mix. Saute until cooked through
5. Add vegetables to chicken in the wok and rest of soy sauce mix. Saute until vegetables are soft, but still have a slight crunch. About seven minutes.
6. Toss vegetable and chicken with spaghetti.
7. Sprinkle with sesame seeds.
8. Serve warm

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*[Find this recipe on the blog](#)*

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# Mahi Mahi Wraps with Mango

THESE MAHI MAHI WRAPS WITH MANGO COME TOGETHER EASILY AND TAKE VERY LITTLE “WATCH” TIME. THEY ARE LOADED WITH VEGETABLES AND HAVE A HINT OF SWEETNESS MIXED WITH A TOUCH OF HEAT.



## Ingredients:

- 2 Mahi Mahi fillets
- 2 tablespoons avocado oil
- 2 tablespoons taco seasoning
- 4 whole wheat tortillas
- 1/2 cup chopped tomatoes
- 1/2 cup chopped bell peppers
- 1/2 cup chopped cucumbers
- 1/4 cup chopped sweet onion
- 1 avocado, chopped
- 1 mango, chopped
- 1/4 cup shredded cheese
- sour cream to taste
- salsa to taste

## Directions

1. Heat grill to low
2. Rub avocado oil onto both sides of Mahi Mahi fillets
3. Sprinkle taco seasoning over Mahi Mahi fillets
4. Grill Mahi Mahi fillets 7-10 minutes on each side
5. Shred Mahi Mahi into bite-sized pieces
6. Lay out tortilla and load with Mahi Mahi, vegetables, cheese, sour cream, and salsa to desired tastes.
7. Wrap tortilla

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*[Find this recipe on the blog](#)*



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# Udon Bok Choy Stir Fry

THIS UDON BOK CHOY STIR FRY IS A QUICK AND EASY LUNCH OR DINNER TO MAKE WHEN YOU ARE CRAVING A BIT OF PASTA, BUT NO HEAVY SAUCES.



## Ingredients:

- 1 package Udon noodles
- 2 cups Bok Choy
- 1 cup Baby Bella Mushrooms
- Teriyaki to taste
- 1 tablespoon Avocado Oil

## Directions

1. Cook Udon noodles to package directions.
2. Add avocado oil to fry pan on medium heat.
3. Sautee bok choy and mushrooms until soft
4. Add Udon noodles to fry pan and toss with teriyaki until mixed through.

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*[Find this recipe on the blog](#)*

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# Lightened Up Chicken Salad

THIS LIGHTENED UP CHICKEN SALAD IS THE PERFECT MIX OF TANGY AND SWEET. IT COMES TOGETHER EASILY USING WHAT YOU ALREADY HAVE IN YOUR FRIDGE.



## Ingredients:

- 1 Rotisserie Chicken, shredded
- 1 cup chopped Carrots
- 1 cup chopped Celery
- 1 cup chopped Onion
- 2 tablespoons Lemon Juice
- 3 tablespoons Mayonnaise
- 2 tablespoons Relish
- 2 tablespoons Spicy Mustard

## Directions

1. Combine all ingredients into large bowl.
2. Mix together.
3. Serve with crackers, on toast, and with fruit.

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*[Find this recipe on the blog](#)*



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# Simple & Filling Rice Bowls

THESE COMPLETELY CUSTOMIZABLE RICE BOWLS ARE A FAMILY FAVORITE. WITH SWEET APPLE, SALTY FETA, AND ANY VEGETABLES YOU HAVE ON HAND, THEY ARE EASY TO MAKE AND HELP YOU CLEAN OUT THE FRIDGE.



## Ingredients:

- 1/2 cup cooked rice
- Handful mushrooms
- Avocado oil
- Teriyaki sauce to taste
- 1.5 cups total bell pepper, cucumber, tomatoes, chopped
- 2 eggs, scrambled
- Half avocado, sliced
- Sprinkle of feta cheese
- Dressing of choice (ranch or Italian)

## Directions

1. Heat avocado oil on medium heat.
2. Add chopped mushrooms to pan and sauté with teriyaki sauce for 4-5 minutes.
3. Combine all ingredients into bowl.
4. Top with your favorite dressing.

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*[Find this recipe on the blog](#)*

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# Maple Bacon Brussel Sprouts

THESE MAPLE BACON BRUSSEL SPROUTS STEAL THE SPOTLIGHT WITH THEIR SWEET AND SALTY FLAVOR. A SIMPLE SIDE DISH WITH ONLY FOUR INGREDIENTS, IT IS SURE TO WOW.



## Ingredients:

- 1 tbsp avocado oil
- 1 tbsp maple syrup
- 2 cups brussel sprouts, sliced thin
- 6 bacon strips, chopped

## Directions

1. Heat avocado oil in medium skillet on medium heat
2. Add chopped bacon and cook until slightly crispy, about 7 minutes.
3. Place bacon on paper towel to drain.
4. Remove bacon fat from skillet, but do not clean out.
5. Place skillet back on heat and add sliced brussel sprouts and bacon.
6. Saute until slightly softened, then add maple syrup.
7. Continue to saute until brussel sprouts are slightly browned.
8. Serve with chicken or fish and rice.

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*[Find this recipe on the blog](#)*



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# Quinoa Lunch Bowl

A QUINOA LUNCH BOWL IS THE PERFECT PACKED LUNCH OPTION. FULL OF PROTEIN, FIBER, AND WHATEVER VEGETABLES YOU HAVE IN THE FRIDGE, IT'S AN EASY MEAL TO THROW TOGETHER.



## Ingredients:

- 1 cup Quinoa
- 1 Bell Pepper, chopped
- 1/2 Cucumber, chopped
- 1/2 Red Onion, chopped
- 1 cup Tomatoes, chopped
- 1/4 cup Feta cheese
- 4 tablespoons Italian Dressing

## Directions

1. Cook quinoa according to package directions
2. Toss quinoa with chopped vegetables
3. Mix in feta and Italian dressing to taste
4. Serve warm or cold

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*[Find this recipe on the blog](#)*

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# Dinner Egg Bake

THE PERFECT DISH TO CLEAN OUT THE FRIDGE AT THE  
END OF THE WEEK AND IDEAL TO FEED A CROWD, OR  
MEAL PREP. ADD IN ALL THE VEGETABLES YOU HAVE  
AND BAKE!



## Ingredients:

- 3 large Russet potatoes
- 1 bell pepper, chopped
- 1 cup spinach, chopped
- 1 cup Colby jack cheese
- 1/2 cup mushrooms, chopped
- 1/2 large onion, chopped
- 1/2 cup milk
- 15 eggs
- pepper to taste
- 1 tablespoon oregano
- 1 tablespoon basil

- 1 tablespoon paprika
- Avocado Oil Spray

## Directions

1. Boil potatoes until partly soft.
2. Preheat the oven to 375 degrees.
3. Whisk together eggs, milk, half of cheese, and seasonings.
4. Spray a large casserole dish with avocado oil spray.
5. Spread potatoes over bottom of casserole dish.
6. Spread tossed together vegetables over potatoes.
7. Cover with eggs.
8. Top casserole with remaining cheese.
9. Bake for 45 minutes, or until a fork comes out clean.
10. Serve with salsa to taste.

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*[Find this recipe on the blog](#)*



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# Carrot Fruit Smoothie

KICKSTART YOUR DAY WITH TWO SERVING OF VEGETABLES. AN EASY ONE TO TAKE ON THE GO FOR THOSE BUSY MORNINGS OR TO ENJOY WHILE YOU TAKE CARE OF SOME HOUSEHOLD TASKS.



## Ingredients:

- 2 carrots, rough chopped
- 3 cups spinach
- 1/2 banana
- 5 strawberries
- 1/2 mango
- 1/2 cup plain Greek Yogurt
- 1/2 cup water (more if needed)
- Handful of ice

## Directions

1. Add all ingredients to blender.
2. Blend until smooth. Add more water as needed.
3. Serve cold

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*[Find this recipe on the blog](#)*

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# Warm Farro Vegetable Toss

WHETHER A RELAXING LUNCH OR AN EASY DINNER, THIS FARRO DISH CONTAINS FRESH VEGETABLES, WARM FETA, AND A NUTTY TASTE. EASY TO MEAL PREP, YOU WILL WANT TO MAKE IT AGAIN AND AGAIN.



## Ingredients:

- 1/2 cup Farro
- 1/4 cup chopped cherry tomatoes
- 1/4 cup chopped cucumbers
- 3 tablespoons red onion, chopped
- 3 tablespoons green onion, chopped
- Feta cheese to taste
- Honey Dijon dressing

## Directions

1. Cook Farro according to package directions.
2. Toss with vegetables and Feta.
3. Add salad dressing to taste.
4. Serve warm.

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*[Find this recipe on the blog](#)*



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# Easy Vegetarian Asian Noodle Bowl

CREATE A CRUNCHY AND CHEWY, SAVORY AND SWEET FLAVOR IN THIS EASY VEGETARIAN ASIAN NOODLE BOWL. IT IS LOADED WITH VEGETABLES AND A FLAVORFUL SAUCE.



## Ingredients:

- one package rice noodles
- 1/2 cucumber, thin strips
- 1 red bell pepper, thin strips
- 2 medium carrots, thin strips
- 2 cups lettuce, thin strips
- 1/4 cup rice vinegar
- 1/2 cup low-sodium soy sauce
- 1 tablespoon minced garlic
- 1/4 cup avocado oil
- 1 tablespoon ginger
- 2 teaspoons cumin
- 1 tablespoon lime juice
- 1/4 cup cilantro
- 2 tablespoons green onion
- handful of peanuts
- dash of sesame seeds

## Directions

1. Cook noodles according to package directions.
2. Heat 1 tablespoon avocado oil in a wok over medium heat.
3. Saute carrots about 3-5 minutes until softer.
4. Add bell peppers to carrots until just slightly soft.
5. Whisk together rice vinegar, soy sauce, garlic, avocado oil, ginger, cumin, and lime juice.
6. Toss together noodles, cucumber, bell pepper, carrots, lettuce with the sauce.
7. Load bowls. Top with green onion, cilantro, peanuts, and dash of sesame seeds.

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*[Find this recipe on the blog](#)*

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# Roasted Vegetable Fajitas

A DISH WITH A KICK AND ALL THE TASTY FIXINGS, WRAPPED IN A TORTILLA OR SERVED OVER LETTUCE, THIS WILL QUICKLY BECOME A FAMILY FAVORITE.



## Ingredients:

- 1 sweet onion, chopped into thin strips
- 2 bell peppers, chopped into thin strips
- 2 tablespoons avocado oil
- Fajita seasoning to taste (or make your own)
- Optional: tortillas, lettuce, tomatoes, shredded cheese, sour cream, avocado

## Directions

1. Preheat oven to 400 degrees.
2. Toss vegetables with avocado oil and fajita seasoning until coated.
3. Spread vegetables in a single layer on sheet pan.
4. Bake at 400 degrees for 15-20 minutes until soft.
5. Wrap in a tortilla or serve over lettuce with optional toppings.

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*[Find this recipe on the blog](#)*



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# Simple Pantry Chili Loaded Potatoes

A FORGIVING AND ADAPTABLE DISH, THIS MEAL IS  
LOADED WITH VEGGIES, PANTRY STAPLES, AND TAKES  
MINIMAL PREP WORK.



## Ingredients:

- 1 can black beans
- 1 can sweet (or fresh corn)
- 1 can petite diced tomatoes
- 1.5 cups vegetable broth
- 1 bell pepper, chopped
- 1 white onion, chopped
- 1 teaspoon paprika
- 1 tablespoon garlic powder
- 1 teaspoon garlic salt
- 1/2 teaspoon cayenne pepper
- 1 tablespoon onion powder
- 1 teaspoon oregano
- 1 teaspoon cumin
- 1 teaspoon sugar
- dash of pepper
- avocado oil
- 4-6 russet potatoes, or 1-2 per person

## Directions

1. Poke russet potatoes all over with a fork and put in microwave for 6-8 minutes or until a fork goes through easily.

2. Heat avocado oil in a Le Creuset and saute onions and bell pepper until fragrant.
3. Add vegetable broth and all seasonings. Let simmer for 5 minutes.
4. Add black beans, corn, and petite diced tomatoes. Let simmer for another 5 minutes.
5. Serve over sliced russet potatoes and top with guacamole and cheese as desired.

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*[Find this recipe on the blog](#)*

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# Italian Chicken Zucchini Boats

WITH INGREDIENTS YOU ALREADY HAVE ON HAND, THESE FLAVORFUL ITALIAN CHICKEN ZUCCHINI BOATS ARE SIMPLE TO MAKE AND A DINNER WIN FOR THE WHOLE FAMILY.



## Ingredients:

- 1 pound boneless, skinless chicken breast, bite-size chunks
- 4 large zucchini
- 1 can tomato sauce
- 1 tablespoon basil
- 1 tablespoon oregano
- 1/2 tablespoon thyme
- 2 tablespoons minced garlic
- salt and pepper to taste
- Avocado Oil
- 1 cup mozzarella cheese, shredded
- Optional: 1 cup diced bell pepper, onion, mushroom

## Directions

1. Preheat oven to 375 degrees.
2. Heat avocado oil in skillet and add chicken, 1/2 tablespoon each of basil, oregano, thyme, and all minced garlic. Cook until chicken is no longer pink.
3. Slice zucchini in half lengthwise and scoop out insides. Cover each zucchini slice in avocado oil.
4. Spread 1/2 cup of tomato sauce in bottom of 9x13 baking dish and lay zucchini on top, scooped side up.
5. Add optional vegetables to skillet with chicken and let soften (about 3-4 minutes).
6. Add rest of tomato sauce and spices to sauce.
7. Scoop sauce into zucchini boats.
8. Top with mozzarella cheese.
9. Bake at 375 degrees for 20 minutes, or until you can easily stick a fork through the zucchini.
10. Serve warm.

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*[Find this recipe on the blog](#)*



# Fill Your Freezer!

Fill up your freezer without losing your sanity with these easy freezer meals. Whether you are preparing for a busy week ahead, or making freezer meals before a baby, these recipe sets will give you a huge variety in menu choices. [Get your copy of Freezer Feasts here.](#)



## Plan of Attack



## Shopping Lists

[illegible]

## Freezing Instructions



- Heat the oven to 375 degrees.
- Cook apples medium and break into smaller than bite-sized pieces.
- Mix together apples, milk, salt, and pepper.
- In a separate bowl, mix together applesauce, pepper, and onion.
- Some applesauce goes fine with avocado! Sorry.
- Press egg into the bottom of each pan slice.
- Put each pan slice in with avocado. You can't fill them up!
- Cover vegetables with whited yogurt.
- Sprinkle each pan slice with 2 cups cheese.
- Bake at 375 degrees for 15-20 minutes or until eggs have set.

**Do I need:**


- Cook vegetables before freezing.
- Cover the whole pan in wet plastic wrap and then in foil.
- And put in foil each time to make sure, make sure, and re-feeding instructions.

**Ready To Eat From Freezer:**

1. Defrost quiche in the fridge overnight.
2. Bake at 375 degrees for 30 minutes, or until eggs are warm.

**Abundant Joy Energy Bites**

Makes about 20 bites



*"At first glance you think Wrecking Routine's Freezer Feasts is just another compilation of recipes to stick in the freezer. But instead the information that is included is very thorough. The sets make shopping, planning and prep easy as pie and the lists of what to do with those special ingredients that would normally go bad makes me feel better about spending money on food we don't normally eat. Definitely a book I will be referencing now that life is getting busy again." - Amanda P*

*"I found preparing for my own surgery was the best way to make ME feel in control, instead of the doctors. I had a FANTASTIC time cooking and loading my fridge and freezer with healthy meals. Fast forward - the surgery was successful, and my pain is finally under control! Instead of turning to ice cream and my vice, mac and cheese, during my recovery, I have grabbed the yogurt cookies and spinach balls instead.... ALL THE SPINACH BALLS!" - Margot A*