

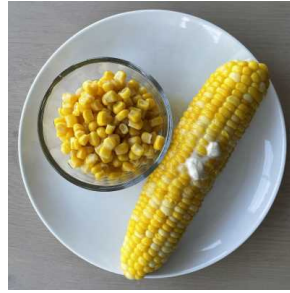
# BOUNTIFUL VEGGIES

An assortment of veggies cooked a variety of ways & seasoned to perfection - Nature's Seasons a must!



## Mixed Veggies With Best Veggie Seasoning

Bag of Frozen Veggies  
Heated in Microwave  
Nature's Seasons  
v-Butter



## Corn

Frozen or Canned Heated in  
Microwave  
OR - On Cob - Boiled or Grilled  
v-Butter & Salt  
TRY - Citrus Lime Seasoning



## Yellow Squash & Zucchini

Pan Sauteed or Grilled until  
crisp tender  
Olive Oil  
Nature's Seasons



## Broccoli

Grilled, Oven Baked, Steamed,  
or Air Fried  
  
Olive Oil  
Nature's Seasons



## Green Beans

Sauteed or Grilled  
  
Olive Oil  
Minced Garlic  
Nature's Seasons



## Cauliflower

Roasted  
Olive Oil & Garlic Powder  
Nature' Seasons  
Nutritional Yeast  
Lemon Juice  
Pinch Cayenne Pepper



## Asparagus

Grilled or Steamed  
  
Olive Oil  
Nature's Seasons



## Glazed Carrots

Frozen/Baby Carrots Cooked  
(5min) w/ Bit of Water in  
Saucepan. Drain & Add:  
v-Butter  
Brown Sugar



## Spaghetti Squash

Cut in half & microwave until  
fork tender. Scrape out with  
fork & saute until slight brown  
  
Olive Oil  
Nature's Seasons



## Brussel Sprouts

Roasted or Grilled  
Olive Oil  
Balsamic Vinegar  
Brown Sugar  
Nature's Seasons  
Optional: Gochujang Sauce

\*Always read the packaged food ingredient list to make sure it contains only Plant Based items. Many items do not carry the Vegan seal but may be Plant Based while some foods you might think are Plant Based are not.

Printable Meal Guides

**ORGANIZING**  
a Plant Based Life.com