



GREEN IMPACT PRESENTS

Green Week

Don't you want to wake up on the
green side of the bed?

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Green

Week



We are Mariana, Sofia and Margarida and we are students at Nova IMS University. We were asked to choose a theme for our Information in the Modern Society's project. We wanted to make a difference, so... we chose sustainability!

As we all know, one of the problems we are facing right now is Climate Change. With some alterations and measures, we can all stop this together. With our website, our team hopes that everyone can change some old habits and start being more sustainable.

Our choice of diet influences the environment. Some of our options are more harmful than others. The nature of the ingredients (whether they are biological /natural or genetically modified) is a very important factor to consider when buying food. Sometimes, it can be difficult to cooperate with good choices and their prices and durability, so Green Impact decided to write this little book. Here, you can find some of the best recipes to achieve healthy eating while sustainable, and of course, delicious!

Join us on this adventure and let's start being greener!

FUN WEEK DAYS

MONDAY SNACK

| Oatmeal Pancakes

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TUESDAY DINNER

| Soy Tacos

8

WEDNESDAY BREAKFAST

| Smoothie Bowl

9

THURSDAY SNACK

| Vegan Banana Bread

10

FRIDAY LUNCH

| Veggie Lasagna

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SATURDAY LUNCH

| Soy Salad

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SUNDAY DINNER

| Saucy Ramen Noodles

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WHEN LIFE GIVES YOU MONDAY, DIP IT IN GLITTER AND SPARKLE ALL DAY

Ingredients:

- 1 Cup almond milk
- 2 Tbsp water (or more almond milk)
- 1 Tsp vanilla extract
- 2 Tbsp lemon juice
- 1 Small lemon zest
- 1 Tbsp maple syrup/ honey
- 1 Cup oatmeal flour
- 2 Tsp baking powder
- 1 Tbsp poppy seeds



Instructions:

1. In a bowl, whisk together the milk, water, vanilla, lemon juice, lemon zest and maple syrup.
2. In a separate bowl, combine the remaining ingredients.
3. Pour in the wet mixture and mix well until you reach a smooth batter.
4. Preheat a non-stick fry pan on medium heat and pour approx. 1/4 of the batter in to form each individual pancake. Cook on each side for 2-3 minutes.

Serve with your favorite toppings and enjoy!

LIVE EVERYDAY LIKE IT'S TACO TUESDAY

8

Ingredients:

- Olive oil
- 1 Tsp of garlic powder
- 1/2 Tsp of cumin
- Salt/Pepper
- Soy Hamburgers
- 1 Avocado
- 1 Tbsp lemon juice
- 1 tomato
- 125g Mozzarella
- Herbs
- Tortillas



Instructions:

1. Smash the burgers and cook it the other first 4 ingredients in a medium-low heated pan.
2. Cook for 7-10 minutes.
3. Chop the tomato and the mozzarella into little cubs and mix them with herbs.
3. Serve with smashed avocado mixed with lemon juice and some hot tortillas!

Enjoy!



ON WEDNESDAY WE WEAR PINK



Ingredients:

- 1 Frozen banana
- 1 Cup of frozen woodland fruits
- 1 Cup of almond drink
- Honey

- Toppings (granola, fruits, nuts and even sweets...)



Instructions:

1. Blend everything until you get a creamy, homogeneous mixture.
2. Pour it into a bowl.
3. Add pieces of banana, blueberries, granola, or anything else you like. Sprinkle with some poppy seeds.

Bon appetite!

YOU SAY THURSDAY ...

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Ingredients:

- 245g Flour
- 75g Brown sugar
- 2 Tsp baking powder
- Pinch of salt
- 75ml Sunflower oil
- 4 Overripe bananas
- 56ml Almond milk



Instructions:

1. Preheat your oven to 180° and grease your loaf pan.
2. In one bowl mash the bananas, add the oil and mix.
3. Add the flour, brown sugar, baking powder and salt, and mix it again.
4. If the mixture is too thick, add more almond milk.
5. Pour the batter into the loaf pan and put it in the oven for 50 min to 1 hour.
6. Remove it from the oven and let it cool for 10 min before slicing.



... BUT I SAY FRIDAY EVE

SOMEONE CALL 9-WINE-WINE

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Ingredients:

- Package of pasta sheets
- 1 Tomato
- 1 Onion
- 2 Garlic cloves
- 1 Package of soy cream
- Olive oil
- 2 Tbsp Sunflower oil
- 1 Leek
- Spinach
- Arugula
- 125g Mozzarella
- Parmesan
- Salt



Instructions:

Vegetables:

1. Sauté the onion with olive oil.
2. Add the tomato in little pieces.
3. Let it sauté for a while.
4. Add chopped leek, cooked spinach and arugula.
5. Cook over low heat.

Bechamel:

1. In a pan, add the oil, the flour and the cream.
2. Styr it over low heat.
3. At the end you can add a little milk.

Preparation:

1. In a platter alternate a few layers of vegetables, béchamel and pasta sheets.
2. In the last layer, add the rest of the bechamel and parmesan cheese.
3. Put it in the oven for about 30 minutes at 170 °C.
4. Place slices of the mozzarella on top and put it in the oven for another 5 minutes.

Hope you like it!



A SALAD A DAY

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Ingredients:

- 1 Big tomato
- 1 Onion
- 2 Garlic cloves
- Olive oil
- Coriander
- Salt
- Chilli
- Granulated soy
- Salad
- Feta cheese
- Assortment of nuts



Instructions:

Granulated Soy:

1. In a frying pan sauté olive oil, garlic cloves, onion and coriander all chopped up in pieces.
2. Cut up tomato and add it to the pan. Season with salt. If you wish you can also add some chilli for more taste!
3. Put in the soy (that was previously placed in a recipient with water to hydrate).
4. Add some water if you want some more sauce.
5. Let it cook in low heat for about 15 to 20 minutes.

Salad:

1. Mix your salad of choice, cheese, nuts and soy. Don't forget to season. You can get creative and add any other ingredients you feel like!

Eat up!

KEEPS THE DOCTOR AWAY

LET THE WEEK BEGIN ...

Ingredients:

- 2 Uncooked ramen “bricks” or noodles of choice (70g each)
- Olive oil
- 6 Medium broccoli heads
- 1 Onion
- 1 Chili
- 4 Garlic cloves
- 200g Boiled prawns
- Coriander



Instructions:

1. Sauté the garlic, coriander, chili and onion with olive oil.
2. Add the broccoli and the boiled prawn
3. Let it sauté a little.
4. Add the noodles and salt.
5. Add the amount of water required according to the amount of noodles (we used the same water that was used to boil the shrimps).
6. Let it cook for about 6 minutes (or until the noodles are cooked).

Enjoy while hot!





Acknowledgments:

We hope you like these recipes and they help you change some habits. Being a sustainable consumer doesn't mean you can't enjoy good food! A special thank you to our chefs that helped us prepare these meals. In case you want to keep this diet going, we recommend some pages for you to follow for more inspiration:

- **Books**

The First Mess Cookbook, from Laura Wright

O Livro Essencial da Cozinha Vegetariana, published by Murdoch Books
Saudável e Sem Desperdício, written by Sara Oliveira

- **Instagram Accounts**

@mealsbymiri

@vegolab

@hannahmayfooddiaries

Don't forget to always opt for products that are produced in your country! For more information on this subject check our many articles on our website **ourgreenimpact.wordpress.com**

