

Week 3 Vegan Spring Meal Plan

Breakfast:

- Cinna-Bun Protein Shake
- Nutty Apple Cinnamon Protein Shake
- Almond Joy Protein Shake
- Cinnamon Quinoa Breakfast
- Any Protein Shake Blend

Snacks:

- Almonds (*any preferred nut except peanuts*)
- Green Apples with Almond Butter
- Berries
- Hummus w/ raw veggies
- Salsa w/ brown rice chips
- Arbonne Fit Chews
- Arbonne Energy Fizz Sticks

Lunch:

- Any Protein Shake Blend
- OR Swap with a dinner recipe

Dinner:

- Quinoa Taco Salad
- Gluten-free Shepard's Pie
- Eggplant Rollatini-Strata
- Brown Rice, Vegetable & Chickpea Pilaf
- Sweet Potato & Black Bean Veggie Burgers & Steamed Broccoli
- Leftover Night
- Dine Out Night

Shopping Tips

You will be able to find these items at stores like Whole Foods, Trader Joes, and in the natural or organic sections of some conventional grocery stores like Kroger.

Farmer's Markets are a great place to get local, more organic, less expensive fruits and veggies in the spring, summer, and fall. Check online for local markets – some are open year round. You may want to see if you can join a local farmer's CSA (farmshare).

You are trying to eat as clean as possible to decrease your toxic load, so choose organic options whenever available and as much as your budget will allow.

Remember to use your Dirty Dozen/Clean 15 shopping list for your produce (In the 30 Days Healthy Snacks and Veggies Guide).

If any of the meal choices above do not appeal to you, pick another meal from the "Recipes" file and alter your grocery list accordingly.

Week 3 Grocery List

<p><input checked="" type="checkbox"/> Veggies</p> <ul style="list-style-type: none"> – Sprouts (small container) – Romaine Lettuce (2 large heads) – Red Onion (3 small) – Yellow Onion (1 medium) – Yellow Bell Pepper – Chinese Eggplant, or regular (4) – Zucchini (2 large) – Sweet Potatoes (1-1/2lbs.) – Broccoli (2 bunches) – Cauliflower (1 medium head) – Celery (1 package) – Organic Carrots (1 package) – Tomato (1 medium) – Avocado (3 large) – Garlic (1 bulb) – Other veggies optional <p>Herbs/Spices</p> <ul style="list-style-type: none"> – Cilantro (1 bunch) – Curry Powder – Chili Powder – Chipotle powder or smoked hot paprika – Dry Chives – Tumeric – Italian Seasoning (See recipe) – Sage – Black Pepper & Sea Salt – Rosemary – Nutmeg – Allspice – Ground Ginger – Cinnamon – Cumin Coriander – Cayenne Pepper <p>Frozen</p> <ul style="list-style-type: none"> – Gluten-Free Brown Rice Tortillas – Peas (1/2 cup) 	<p><input checked="" type="checkbox"/> Fruits</p> <ul style="list-style-type: none"> – Lime (2 medium) – Berries optional – Green Apples optional – Blueberries optional <p>Dairy/Cold</p> <ul style="list-style-type: none"> – Hummus optional – Daiya Mozzarella Shreds or from 1 block – Daiya Cheddar Thin from block (1 package) – Vanilla Unsweetened Almond/Rice/Coconut Milk (8 cups) – Pico de Gallo (1 container) – Earth Balance Natural Butter spread <p>Pantry</p> <ul style="list-style-type: none"> – Walnuts (1cup) – Marinara Sauce (2 cups) – Black Beans (2-15oz cans) – Chickpeas (14oz can) – Millet (1/3 cup) – Vegetable Broth 2-32oz) – Old Fashioned Oats (1 cup) – Organic Brown Rice (1-1/2 cups) – Coconut Oil – Olive Oil – (Rice/Almond/Coconut Flour (2 Tbsp.) – Vanilla optional – Stevia optional – hemp seeds optional – Coconut extract optional – Brown Rice or Bean Chips optional – Almond Butter optional – Almonds optional – Artichoke hearts (14oz can)
<p>Notes:</p>	

Breakfast/Shake Recipes

Shake = 8-10oz liquid ~ Smoothie = 4-6oz liquid + 4oz ice or frozen fruit. Add handfuls of spinach to any of the shakes (We promise, you won't taste it!)

Cinna-Bun Protein Shake

- 2 scoops of Arbonne Vanilla Protein Powder
- 1 scoop of Arbonne Fiber Boost
- 1 tsp. ground cinnamon
- 1 cup organic vanilla unsweetened almond milk
- 6-7 ice cubes



Nutty Apple Cinnamon Protein Shake

- 2 scoop of Arbonne Vanilla protein powder
- 1 scoop of Arbonne Fiber Boost
- 1 cup unsweetened almond milk, rice milk, or water
- 1/2 sour green apple, sliced
- Cinnamon to taste
- 1 Tbsp. raw pecans, slivered or sliced raw almonds
- 6-7 ice cubes

Almond Joy Protein Shake

- 2 scoops of Arbonne Chocolate Protein Powder
- 1 scoop of Arbonne Fiber Boost
- 1 cup Almond milk
- 1 Tbsp. Almond Butter
- 1/2 tsp. coconut extract
- 6-7 ice cubes



Cinnamon Quinoa Breakfast

Yield: approximately 4 cups

Ingredients

- 1 cup quinoa, rinsed
- 3 cups unsweetened almond milk
- 1/2 tsp. vanilla
- 1 tsp. cinnamon
- 1/4 tsp. allspice
- 1 med green apple chopped small (save some for garnish)
- Stevia to taste
- 1/2 cup raw walnuts, chopped
- 4 tbsp. raw sunflower seeds
- 1 cup fresh organic blueberries
- Optional – fresh raspberries, fresh strawberries, chopped pecans or almonds, hemp seeds



Directions

Combine quinoa, almond milk, cinnamon, allspice, in medium sauce pan.

Bring to a boil and then place lid on pan and reduce to low heat.

After 5 mins stir in chopped apple and simmer for approximately 5-7 mins longer. Stir and check for remaining liquid and if most is absorbed then remove from heat, leaving lid on pan and let rest for 5 mins to absorb rest of the milk. If when you peek, there is still lots of liquid, simmer for 3-5 mins longer but keeping a close eye over the pot as this mixture can easily burn if left to boil dry, then let it rest for 5 mins.

Taste for sweetness and adjust to your liking with stevia. You may not need any additional sweetener as the apple does add a nice sweetness that may be just perfect for you.

Top each serving with walnuts, sunflower seeds, blueberries and remaining chopped apple. If I have raspberries or strawberries on hand I like to toss them on top instead or as well!

Quinoa Taco Salad

Yield: Serves 4 People

Ingredients

- 1 cup quinoa
- Extra virgin olive oil, as needed
- Juice from 2 medium, juicy limes
- Sea salt, to taste
- 2-3 tablespoons fresh chopped cilantro or parsley
- 1 half small red or purple onion, diced fine
- 1 small yellow bell pepper, cored & seeded, diced fine
- 1 can of (low sodium) black beans (rinsed)
- 1 large head of crisp romaine lettuce, washed, dried, sliced crosswise
- 1 Pkg. Gluten-free brown rice tortillas (see recipe below)
- 1 large avocado, pitted, peeled, diced



Directions

Quinoa

Rinse quinoa, and then cook in two cups water. (Suggestion: I use a rice cooker) Bring to a boil. Cover, reduce heat to low, and simmer until quinoa is tender, about 15 minutes. Fluff quinoa with a fork. Scoop into large a bowl.

Cut brown rice tortilla into wedges, spritz with olive oil. Bake at 450 for 5-7 minutes. Sprinkle with sea salt. (1- tortilla per person)

Drizzle the cooked quinoa with extra virgin olive oil and toss to coat. Squeeze on fresh lime juice and toss again. Season with sea salt, to taste.

Add in the fresh chopped cilantro, diced red onion, diced yellow pepper, and can of black beans. Stir lightly to distribute. Taste test for seasoning adjustments.

Line four salad bowls or plates with the fresh romaine. Spoon the quinoa salad on the center of the lettuce. Add the diced avocado to each plate. Tuck in a few tortilla chips around the edges.

Serve with an extra lime wedge.

Gluten-Free Shepherd's Pie

This is a light and healthy version of shepherd's pie.

Ingredients for the mashed cauliflower topping

- 1 medium head cauliflower
- 1/2 teaspoon minced garlic
- 1/2 teaspoon sea salt
- 1/8 teaspoon freshly ground black pepper
- 1/2 teaspoon chopped fresh or dry chives, for garnish
- 2 tablespoons earth balance naturally butter spread (soy free)



Directions for the cauliflower topping

Steam the cauliflower pieces until very tender. Puree cauliflower in a food processor; add in buttery spread and salt. Hint: Try roasting the garlic and adding a little fresh rosemary for a whole new taste.

Ingredients for the filling

- 1 tablespoon olive oil
- 1-2 cloves garlic, chopped
- 1 cup sliced carrots
- 1 cup zucchini, sliced into half-moons
- 1 cup chopped broccoli florets
- 1 14-oz can artichoke hearts, drained, quartered
- 2 teaspoons Italian style herbs (blend of oregano, thyme, marjoram, basil, parsley)
- 1 teaspoon rubbed sage
- 1 teaspoon rosemary, minced
- Sea salt and ground pepper, to taste

Ingredients for the gravy

- 2 tablespoons olive oil
- 2 tablespoons rice, almond, or coconut flour (Bob's Red Mill)
- 1/2 cup warm broth (light vegetable broth)
- 1 cup non-dairy milk, warmed Almond, Rice, or Coconut Milk)
- 2 tablespoons vegan butter (I used Earth Balance)
- 1 teaspoon mild GF curry powder
- Sea salt and ground pepper, to taste

Directions

Preheat the oven to 350°F. Grease four single serving 10-oz ramekins or an 8x8 pan baking dish with vegan buttery spread (such as Earth Balance) Set aside.

Make cauliflower mash. Set aside.

Heat the olive oil in a large skillet over medium heat and stir in the garlic. Add the carrots, zucchini, and broccoli. Stir and cook lightly until fork tender, roughly ten minutes. If you prefer your veggies crisper, cook only until tender-crisp. Add in the artichoke hearts, and herbs, season with sea salt and ground pepper; set aside.

Gravy. Heat the olive oil in a pot over medium-low heat; stir in the rice flour to make a paste. Stir and cook for half a minute. Slowly add in the warm broth, and non-dairy milk; keep stirring. Add the vegan butter, curry powder, and sea salt. When it begins to thicken remove from heat and taste test. It should taste mild and creamy. The herbs in the veggies will add rosemary-sage flavor.

Pour the gravy over the filling mixture and gently mix until the veggies are coated with gravy. Spoon the filling into the ramekins or 8 x 8 baking dish. Top with a big spoonful of cauliflower mashed potatoes. Sprinkle with non-dairy/vegan shredded Cheddar cheese. (Optional)

Place the ramekins or pan on a baking sheet (to catch any bubbling-over drips) and bake in the center of a hot oven for 30 to 35 minutes.
Cook time: 30 min

Eggplant Rollatini-Strata - MOROCCAN Style

Ingredients for Moroccan Quinoa

- 1 cup quinoa, rinsed and drained
- 2 cups vegetable stock
- 1 small red or white onion, diced finely
- 1/4 cup chopped walnuts, toasted
- 1 teaspoon Moroccan seasoning blend (recipe below)

Directions

In a medium saucepan, heat vegetable stock over medium heat. Add quinoa, onion, walnuts, and Moroccan seasoning. Stir. Reduce heat to low, cover and simmer for 15-20 minutes, until all liquid is absorbed. Remove from heat and leave covered 5 more minutes. Fluff with a fork.

Ingredients for Moroccan Seasoning Blend

- 5 teaspoons ground nutmeg
- 5 teaspoons ground cumin
- 5 teaspoons ground coriander
- 2 1/2 teaspoons allspice
- 2 1/2 teaspoons ground ginger
- 1 1/4 teaspoons cayenne pepper
- 1 1/4 teaspoons cinnamon

Directions

Combine, use, and store extra in an air-tight container.

Ingredients for Moroccan Eggplant Rollatini

- 4 Chinese eggplants, or 2 regular eggplants
- Salt
- 1-2 tablespoons coconut oil
- 2 cups prepared marinara sauce (Muir Gleans Organic)
- 1/2 cup Daiya vegan mozzarella shreds or slices from block (optional)

Directions

Slice eggplant lengthwise.

Place on a wire cooling rack with paper towels placed underneath.

Salt liberally and let sit for at least an hour to draw out the moisture.

In a large skillet heat the olive oil over medium heat.

Fry the eggplant until just browned.

Alternately, you could grill or broil the eggplant until lightly browned.

To Assemble

Preheat oven to 350F.

In a casserole dish layer the strata as follows:

1. Eggplant slices
2. Quinoa mixture
3. Marinara sauce
4. Eggplant slices
5. Quinoa mixture
6. Any remaining eggplant
7. Marinara
8. Vegan cheese, if using

Put in heated oven and bake until heated through and bubbly, about 30 minutes.



Brown rice, vegetable and chickpea pilaf



Ingredients

- 2 tbsp. extra virgin olive oil
 - 1 Yellow onion (chopped)
 - 1 small carrot (peeled and chopped)
 - 1 stick celery (sliced)
 - 1.5 cup of long-grain brown rice
 - 5 cups vegetable stock
 - 1/2 tsp. ground turmeric
 - Salt and pepper
 - 1 zucchini (cut into 1cm pieces)
 - 1-14oz can chickpeas (rinsed)
 - 1/2 cup frozen peas
- 1 teaspoon of coriander and fresh mint (if in season), chopped

Directions

Heat 2 tbsp. extra virgin olive oil in a large pan over medium heat. Add 1 yellow onion (chopped), 1 small carrot (peeled and chopped) and 1 stick celery (sliced) and stir for 3-4 minutes.

Add long-grain brown rice and stir until rice is coated with oil, then add 5 cups vegetable stock, 1/2 tsp. ground turmeric, salt and pepper.

Bring to the boil, then reduce heat and cook, covered, over very low heat for about 40 minutes, stirring occasionally, or until rice is almost cooked.

Add 1 zucchini (cut into 1cm pieces). Cook for 5-8 minutes, then stir in 1 can chickpeas (rinsed) and 1/2 cup frozen peas.

Sweet Potato & Black Bean Veggie Burgers

Yield: Serves 8 People

These sweet and spicy veggie burgers are both vegan and gluten free.

Ingredients

- 1-1/2 pounds sweet potatoes (smaller potatoes cook faster)
- 1/3 cup millet
- 1 cup old fashioned oats (use certified gluten-free oats)
- 1 can (15 ounces) black beans, rinsed and drained (or 2 cups cooked black beans)
- 1/2 small red onion, diced
- 1/2 cup lightly packed fresh cilantro leaves, chopped
- 2 teaspoons cumin powder
- 1 teaspoon chili powder
- 1 teaspoon chipotle powder or smoked hot paprika
- 1/2 teaspoon cayenne powder (optional, to taste)
- 1/2 teaspoon salt
- Coconut oil for cooking burgers
- Top with your favorite toppings (avocado, tomato or pico de gallo, romaine lettuce, sprouts, Cheddar block cheese (Dayia brand))
- 1 Medium Head of Broccoli



Directions

Broccoli

Clean and chop broccoli into florets. Steam broccoli to crisp-tender for 4- 5 minutes.



Black Bean Veggie Burgers

Preheat the oven to 400 degrees.

Slice the sweet potatoes down the center lengthwise. Place the sweet potatoes cut side down on a rimmed baking sheet. Roast until they yield to a gentle squeeze, 30 to 40 minutes or longer. Once the sweet potatoes are cool enough to handle, remove the skin (it should pull off easily) and roughly chop the insides. Set aside to cool completely. (You can cook these in advance)

Cook the millet: In a small saucepan, bring 1 cup of water to boil. Stir in the millet, reduce heat to low and simmer, covered, until tender (about 25 minutes). Drain off any remaining liquid and set aside to cool.

Grind the oats: Use a food processor or blender to grind the oats until the flakes are broken up, but not as fine as flour.

Mix the burgers: In a large mixing bowl or the bowl of your electric mixer, combine the cooled sweet potatoes and millet, black beans, onion, cilantro, cumin, chili powder, chipotle or paprika, cayenne (optional, add to taste for spicier burgers) and salt. Use a potato masher, big mixing spoon or the paddle attachment of your mixer to mix really well. It's ok if the black beans get smashed in the process.

Mix in the oats: Sprinkle the ground oats over the mixture and mix well with a big spoon until the mixture holds together when you shape a portion into a patty. If possible, cover and refrigerate the mixture for best results (the patties will hold together better during cooking if they are chilled first).

Shape the burgers: Use a measuring cup to measure out ½ cup of the mixture. Gently shape it into a patty about 3½ inches in diameter. Use your hands to gently flatten the burgers and smooth out any jagged edges. Repeat the process for each patty; you should end up with 8.

Pan fry the burgers: Heat 1 tablespoon oil in a large cast iron or non-stick skillet over medium heat. When it's hot, place several burgers in the pan, leaving enough room to flip them. Cook each patty until browned and heated through, about 3 to 4 minutes per side. Add 1-tablespoon oil to the skillet for each pan of burgers you fry.

Top with your favorite toppings (avocado, tomato or pico de gallo, romaine lettuce, sprouts, Cheddar block cheese (Dayia brand))