

Week 4 Vegan Spring Meal Plan

Breakfast:

- Cinna-Bun Protein Shake
- Nutty Apple Cinnamon Protein Shake
- Almond Joy Protein Shake
- Oatmeal with berries (optional)
- 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:

- Roasted Vegetable Pizza
- Spaghetti Quash with Chickpeas & Kale
- Rustic Zucchini Tian
- Quinoa Lentil Salad with Roasted Brussel Sprouts
- Lentil Bolognese
- 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 4 Grocery List

<input checked="" type="checkbox"/> Veggies – Kale (1 bunch/2 cups) – Broccoli (1 bunch) – Spaghetti Squash (4 medium) – Bell Peppers (2) – Zucchini or Summer Squash (2 lbs.) – Zucchini (3 small) – Brussel Sprouts (8oz) – Celery – Carrots (1 bag) – Grape tomatoes (1 cup) – Large Tomatoes (1 cup) – Vidalia Onion (3) – Green Onions/Scallions (1 bunch) – Serrano Pepper (if spicy preferred) – Garlic (12 cloves) – Shallot – Sun Dried Tomatoes (1/4 cup) – Pine Nuts (1/4 cup) – Spinach optional – Other veggies optional Fruits – Lime (1) – Lemon (1-1/2) – Mixed Berries optional – Green Apples optional Frozen –Gluten-Free Brown Rice Tortillas –Mixed Berries optional Strawberries optional	<input checked="" type="checkbox"/> Herbs/Spices – Parsley (1 bunch) – Cilantro – Fresh Rosemary (small package) – Chili Flakes – Kosher Salt – Pepper – Oregano – Dried Sweet Basil – Whole Cumin Seeds – Coriander – Cracked Pepper – Curry Powder Dairy/Cold – Fresh Salsa (no vinegar) – Hummus optional – Almond Milk optional – Daiya Cheddar Cheese optional Pantry – Refried Beans (no saturated oils, 1 can) – Chickpeas (1/2 cup) – Tomato Paste (6oz can) – Diced Italian Tomatoes (2-15oz cans) – Olive Oil (10 Tbsp.) – Red Lentils 3/14/ cup uncooked) – Quinoa (2/3 cup uncooked) – DeLallo Sun-Dried Peppers (1/2 cup chopped) – Baking Soda (1/4 tsp)
Notes: 	

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



Roasted Vegetable Pizza

Prep Time: 20 minutes

Cook Time: 15 minutes

Yield: Serves 4-6 People

Ingredients

- Gluten Free Brown Rice Tortilla (4-6) We are substituting Brown Rice Tortilla for small corn tortilla's – so you will use a pizza cutter to slice these up
- 1 can Refried Beans (preferably without oil – watch ingredients and if you can't find refried beans without hydrogenated oil – leave these out of the recipe. I use Trader Joes or Amy's Refried Beans
- 2 cups broccoli florets
- 2 bell peppers, red and yellow, sliced and cut in 2 inch pieces
- 3 small zucchini, cut into 2-inch spears.
- 1 cup grape tomatoes, halved
- 1/2 cup chopped scallions
- 1/4 cup chopped cilantro
- 2 tablespoon spoons olive oil
- Jar organic Salsa
- 1 Serrano pepper, seeded
- 1 tablespoon lime juice
- 1 garlic clove

Directions

Preheat the oven to 450 degrees F. Line several baking sheets with parchment paper. Then chop all the vegetables. Lay the broccoli, bell peppers, and zucchini in a single layer on the baking sheets. Drizzle them lightly with olive oil and sprinkle with salt and pepper. Roast the vegetables in the oven for 10-15 minutes, until tender, but not mushy.

Meanwhile, warm the refried beans in a small saucepot over medium heat. Place Serrano pepper, lime juice, and garlic in the blender. Puree until smooth then mix it with the jar of salsa. Place the sliced tomatoes, scallions, and cilantro in a small bowl. Sprinkle with salt and pepper, and then toss.

Put some olive oil in the skillet and slightly brown each Rice Tortilla 4. Once the roasted vegetables are out of the oven. Slather each Rice Tortilla with a dollop of refried beans. Top them with the roasted vegetables, tomato mixture and then drizzle the Serrano Salsa Lime sauce over the top and serve



Spaghetti Squash with Chickpeas & Kale

Yield: Serves 2 People

Ingredients

- 1 spaghetti squash
- 1-2 tablespoons olive oil
- 1 shallot, sliced thinly
- 1 clove garlic
- ½ tablespoon minced fresh rosemary
- Pinch of chili flakes
- Salt & pepper
- ½ cup chickpeas, drained and rinsed
- 2 (packed) cups of chopped kale leaves
- ¼ cup chopped sun dried tomatoes
- ¼ cup toasted pine nuts
- Juice of ½ a lemon



Directions

Preheat oven to 375 degrees F.

Slice your squash in half lengthwise. Scoop out the seeds and pulp from the middle. Place the squash on a baking sheet cut side up. Drizzle with olive oil and sprinkle with salt and pepper. Roast for about 1 hour or until the flesh is tender and you can scrape noodle-like strands with a fork. (If your squash is difficult to cut, roast it whole for the first 20 minutes until it softens a bit, then cut and continue).

Remove squash from the oven, let it cool slightly and use a fork to scrape the squash into strands. (set aside).

In a large skillet over medium heat, add enough olive oil to lightly coat the pan, then add the shallot, garlic, rosemary, chili flakes, salt and pepper. (I added my garlic clove whole and removed it later).

Once the shallot starts to soften, add the chickpeas and cook for a few minutes until they turn lightly golden brown. Remove the garlic clove, and add the kale leaves, lemon juice, and then give everything in the pan a good stir.

Once the kale is partially wilted, add the squash strands, sun dried tomatoes, and more salt and pepper, to taste. Toss to incorporate. Remove from heat and top with toasted pine nuts.

Rustic Zucchini Tian

Prep time: 30 minutes

Cook time: 1 hour

Yield: Serves 4 People



Ingredients

- 2 large onions, sliced
- 2 T olive oil
- 10 garlic cloves, roughly chopped
- 4 large tomatoes, diced
- 1/2 tsp kosher salt, plus more for sprinkling
- 2 lbs zucchini or summer squash- sliced into 1/4 inch disks
- 1 small Lemon – zest and juice
- 1 T juice 2 tsp cumin seeds (whole)
- 1 tsp ground coriander
- 1/4 C chopped Italian parsley

Directions

In a large heavy bottomed, oven proof skillet (cast iron works great), heat olive oil until hot on medium heat. Add onions and saute for 20 minutes, stirring occasionally until golden brown. Add garlic, stirring more frequently, until garlic is lightly browned. Turn heat to med- low and add diced tomatoes, lemon zest and lemon juice, salt, pepper and spices. Simmer on low until tomatoes cook down a little, about 5 minutes. This will seem like a fairly “dry” tomato sauce, but remember, zucchini will release their liquids in while baking. Remove all but 1/3 of the rustic tomato sauce, placing 2/3 in a separate bowl. Spread the remaining tomato sauce (about 1/2 C) evenly on the bottom of the pan. Place one single layer of zucchini in slighty overlapping concentric circles. Sprinkle with a pinch of kosher salt and pepper. Spread another third of the rustic tomato sauce over the zucchini, as evenly as possible. It won't seem like a lot, but don't worry. Add the second final layer of slightly overlapping zucchini. Sprinkle with salt, pepper and the rest of the tomato sauce. Cover with foil. Place in 350 F oven for 45 minutes. Uncover and give a good shake, and bake uncovered for additional 20 minutes. Let stand 15 minutes before serving. Sprinkle with parsley and a give a drizzle of olive oil.

Quinoa Lentil Salad with Roasted Brussels Sprouts

Prep Time: 15 minutes

Cook Time: 30 minutes

Yield: Serves 6-8 People

Ingredients

- 2/3 cup dried quinoa
- 3 cups water
- 3/4 tsp. curry powder
- 8 oz. Brussels sprouts
- 2 Tb. olive oil
- 1/2 cup chopped scallions
- 1/2 lemon, juiced
- Salt and pepper
- 1 cup thinly sliced shallots (about 3-4)
- 1 1/4 cup dried red lentils or just cook brown lentil longer
- 1/2 cup DeLallo Sun-Dried Peppers, chopped (or equivalent brand)



Directions

Preheat the oven to 400 degrees F. Place the quinoa and lentils in a medium stockpot with 3 cups of water, 1 tsp. salt, and 3/4 tsp. curry powder. Bring to a boil, then cover and reduce the heat to medium-low. Cook for 25-30 minutes until the quinoa is fluffy and the lentils are cooked, but firm. Remove from heat, but keep covered until ready to use.

Meanwhile, cut the Brussel sprouts in half and slice thin. Place them on a rimmed baking sheet with the sliced shallots and drizzle with olive oil. Toss to coat then spread them out thin and salt and pepper. Bake for 20-25 minutes, until crispy. Fluff the quinoa and lentils and move to a large bowl. Add the crispy brussel sprouts and shallots, chopped sweet peppers, chopped scallions, and the juice of half a lemon. Toss and salt and pepper to taste. Serve immediately.

Lentil Bolognese



Ingredients

- 2 T. olive oil
- 1 onion, finely diced
- 1 rib celery, finely chopped
- 3 large carrots, peeled and chopped
- 7 cloves garlic, minced
- 1 (6 oz.) can tomato paste
- 1 (15 oz.) can tomato sauce
- 2 (14.5 oz.) cans diced Italian tomatoes
- 2 T. dried sweet basil
- 1 tsp. dried oregano
- 1/4 tsp. baking soda
- Salt and pepper to taste
- 2 cups red lentils, rinsed and picked over
- 2 c. water

Directions

Heat olive oil in a large skillet.

Add onion, celery, and carrot.

Cook, stirring as needed, until softened, about 5-10 minutes.

Add garlic, and cook, stirring frequently, for 30 seconds.

Stir in tomato paste, and cook, stirring it in, for 1 minutes.

Add tomato sauce, diced tomatoes with juice, basil, oregano, baking soda, and salt and pepper to taste.

Stir in lentils and water.

Simmer, stirring regularly, until lentils have softened, about 20-30 minutes. Ladle this Bolognese over your choice of cooked Quinoa or Spaghetti Squash

Optional: Add some Daiya cheddar cheese for a garnish