

Week 1 Vegan Spring Meal Plan

Breakfast:

- Strawberry Surprise Shake
- Green Apple Goddess Shake
- Mixed Berry Shake
- Morning Mocha
- Chocolate Almond Oat Smoothie
- Oatmeal and Berries (optional)
- Veggie Hash (optional)

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:

- Amazing Veggie Quesadillas
- Middle Eastern Chickpea Salad
- Quinoa Minestrone Summer Soup
- Spaghetti Squash Mexican Style
- Roasted Veggie and Black Bean Burrito
- 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 1 Grocery List

<input checked="" type="checkbox"/> Veggies <ul style="list-style-type: none">- Spinach (large container)- Spring mix (small container)- Red onion (4 small)- Yellow onion (1 medium)-Green pepper- Red peppers (5)- Cucumber- Mushrooms (small package)- Spaghetti squash (medium)- Yellow squash (medium)- Sweet potatoes (2 large)- Zucchini (1 medium)- Celery (1 package)-Baby carrots (1 large package)- Cherry tomatoes (2 packages)- Tomatoes (3 medium)- Avocado (large)- Jalapeño (3)- Garlic (2 bulbs) Herbs <ul style="list-style-type: none">- Cilantro (1 bunch)- Parsley (1 bunch)- Oregano (7 tsp)- Basil (2 Tbsp)- Black pepper- sea salt- Cumin (2 tsp)- Coriander (1 tsp)- Chili Powder (1 tsp)- Cinnamon	<input checked="" type="checkbox"/> Fruits <ul style="list-style-type: none">- Lime (3 large)- Lemon- Green Apple optional Dairy/Cold <ul style="list-style-type: none">- Daiya Peperjack Shreds (1package)- Daiya Cheddar (sliced thin from block)- Fresh Salsa (1 container) Frozen <ul style="list-style-type: none">-Mixed Berries (optional)- Strawberries (optional)- Brown Rice Tortillas (2 packages) Pantry <ul style="list-style-type: none">- Black Beans (3 cans)- Garbanzo Beans- Kidney Beans- Navy Beans- Diced tomatoes (1 can no salt)- Vegetable broth (4 cups worth or 1 box)- Kalamata Olives (small jar)- Chilies (small can)- Organic Brown Rice (1 bag)- Organic Quinoa (1 cup uncooked)- Pine Nuts or Sunflower seeds (optional)- Coconut oil (for cooking)- Olive oil (for cooking)- Almond Butter optional- Gluten-Free Oats optional
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!)

Strawberry Surprise

5-7 Frozen Strawberries
6 basil leaves Juice from a large lemon
8-10 oz. Water/Almond Milk/Coconut Milk
2 Scoops Vanilla Protein
½ - 1 Scoop Fiber Booster



Green Apple Goodness

½ Green Apple, chopped
½ 1-2 tsp Almond Butter
1 tsp Cinnamon
½ cup ice
8-10 oz. Water/Almond Milk/Coconut Milk
2 Scoops Vanilla Protein
½ - 1 Scoop Fiber Boost



Mixed Berry Shake

¼ - ½ cup Frozen Mixed Berries
1 tsp flax seeds
8-10 oz. Water/Almond Milk/Coconut Milk
2 Scoops Vanilla Protein
½ - 1 Scoop Fiber

Morning Mocha

1-2 tsp Almond Butter or 1 handful of raw almonds
½ cup ice
-10 oz. Water/Almond Milk/Coconut Milk
2 Scoops Chocolate Protein
½ - 1 Scoop Fiber

Chocolate Almond Oat Smoothie

1 scoop Gluten Free Oats (use protein scooper)
1-2 tsp Almond Butter
8-10 oz. Water/Almond Milk/Coconut Milk
2 Scoops Chocolate Protein
½ - 1 Scoop Fiber



Optional Breakfast Recipes

Oatmeal with Berries

Prepare Gluten Free oats according to package instructions (use water or almond milk). Top with strawberries, blueberries, almonds (or other nuts)

Veggie Hash

Sauté any leftover veggies from the week in olive or coconut oil and top with avocado &/or salsa.

Amazing Veggie Quesadillas



Ingredients

- 2 Tbsp. coconut oil
- 1 medium to large red onion, diced
- 1 large green pepper + 1 large red pepper, chopped (or about 10-12 mini sweet peppers)
- 1 jalapeño, minced or chopped
- 1 can of black beans, drained and rinsed
- 1 cup fresh mushrooms, chopped
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. dried oregano
- 3 cups fresh spinach, chopped
- sea salt and black pepper to taste
- 6 or 8 brown rice tortillas (wheat and gluten-free) normally found in the freezer section

Extras

- Daiya Pepperjack Style Shreds (or Daiya block, then slice thin)
- sliced avocado
- fresh cilantro
- lime juice
- fresh (not jarred) salsa

Directions

In a large, deep skillet over medium or medium-low heat, add coconut oil, onion, and peppers (including jalapeño) with a pinch of sea salt. Sauté for 15 minutes until softened and translucent. You don't want them to brown, so reduce the heat if necessary. Cook slowly.

Add black beans, mushrooms and spices. Mix everything together and continue cooking for 5 minutes.

Add spinach and continue cooking for a few minutes, until spinach wilts. Add salt and pepper to taste and remove from heat.

Lightly coat a large shallow pan with olive oil or coconut oil and place over medium heat to warm the quesadillas for about 20 seconds on each side.

Assemble the quesadillas directly on the pan. Begin with one tortilla, topped with about ¼ cup Daiya Shreds (or thin slices if using the block), followed by some of the bean/veggie filling. Do not spread the filling to the edge of the tortilla. It will spread out as it's cooking. Add your preferred extras (avocado slices, cilantro, salsa, lime juice). Add a little more cheese on top, then top it off with a second tortilla. Set a cast iron skillet on top of the quesadilla while it cooks. The weight helps everything stick together inside. Cook for about 5 minutes then flip and repeat.

Remove from the pan and place on a cutting surface. Cut quesadilla into wedges with a pizza cutter or scissors. Optional – garnish with chopped cilantro, serve with salsa and/or sliced avocado. The leftovers reheat perfectly in the toaster oven. Enjoy!!!

Middle Eastern Chickpea Salad

Yield: Serves 10 people

Ingredients



- Romaine lettuce or organic greens of choice as the bed
- 1/4 cup fresh lemon juice
- Peel of 1 lemon, cut into strips
- 2 tablespoons olive oil
- 1 garlic clove, minced
- 2 red peppers, cut into wide strips
- 3-1/2 cups cooked organic brown rice
- 1 15-ounce can garbanzo beans, drained and rinsed
- 24 cherry tomatoes, halved
- 1 cup pitted Kalamata olives
- 1 cucumber, peeled, deseeded, and diced
- 2 tablespoons chopped fresh parsley
- 1/4 cup finely diced red onion

Directions

Preheat broiler. In a bowl, combine lemon juice, lemon peel, olive oil, and garlic. Set aside.

Place red peppers on baking sheet and broil until skin bubbles and starts to turn black. Remove peppers from broiler and place in a covered bowl for 5 minutes. Remove outer skin, and dice peppers.

In a large bowl, combine rice, beans, tomatoes, olives, cucumber, parsley, onion, and peppers and toss with lemon juice dressing.

Place romaine (or greens of choice) on a plate and top with the mixture.

Chef's Tip: Depending on your preference, you can include the lemon peel in the salad or discard.

Quinoa Minestrone Summer Soup

Yield: 12 cups (1 cup= 1 serving)



How can you make a protein rich, super nutritious, vegetarian soup? Easy! Add tons of veggies and some quinoa. Quinoa is a whole grain with a high protein content (and a complete protein at that!). In fact, 1 cup of cooked quinoa contains approximately 8 grams of protein, which is more protein than 1 oz. of meat or 1 whole egg, and furthermore, quinoa is cholesterol-free unlike animal proteins. To boost your soup's taste and protein content, substitute the pasta and rice in grain-based soups with quinoa for a healthier nutrient dense soup. Quinoa Minestrone Summer Soup can help lower cholesterol, is a heart healthy food, and is gluten-free, dairy free and vegetarian.

INGREDIENTS

- 1 Tablespoon of olive oil
- 4 cloves of garlic, minced
- 1 medium yellow onion, chopped
- 1 medium yellow squash, chopped
- 1 medium zucchini, chopped
- 2 stalks of celery, chopped
- 20 baby carrots, chopped
- 2 cups of tomatoes, diced
- 2 Tablespoons of dried oregano
- 2 Tablespoons of dried basil
- ½ Tablespoon of black pepper
- 1-15 oz can of kidney beans
- 1-15 oz can of navy beans
- 1-28 oz can of chopped tomatoes with no added salt
- 2 cup of fresh spinach
- 4 cups of low sodium vegetable broth
- 1 cup of quinoa, uncooked
- 2 cups of water

Directions

In a large pot, add the olive oil, garlic, and onion and cook on medium heat until the onions are translucent.

Add the yellow squash, zucchini, celery, carrots, tomatoes, oregano, basil, and black pepper and cook for 10 minutes.

Add the kidney beans, navy beans, chopped tomatoes, spinach, and broth and continue to cook soup on medium heat.

In a small pot, add the quinoa and water. Cook the quinoa until a boil then reduce heat to a simmer until the quinoa absorbs all the water.

Add the quinoa to the soup. Cook soup for another 10 minutes or until ready to serve.

Nutrition Information Per Serving: Calorie: 155 kcal, Fat 2 g, Cholesterol: 0 mg, Carbohydrate: 28 g, Dietary Fiber: 5g, Protein: 8 g, Sodium: 385 mg

Spaghetti Squash New Mexican with Black Beans + Lime

This naturally gluten-free vegan recipe makes a tasty light meal for a weeknight supper. It also works as a flavorful side dish. Even those who don't ordinarily care for spaghetti squash...this is actually very good!

Ingredients

- 1 medium spaghetti squash
- Sea salt and ground pepper
- A drizzle of extra virgin olive oil, as needed
- A sprinkle of cumin and good chili powder, to taste (I added garlic as well)
- A splash of water, as needed
- Extra virgin olive oil
- 1 medium sweet or red onion, diced
- 4 cloves garlic, chopped
- 1 red bell pepper, diced
- ¼ tsp each of cumin and chili powder, or to taste
- 1 cup ripe and juicy grape or cherry tomatoes, halved
- 1 14-oz. can black beans, rinsed, drained well
- 1 can chopped green chilies
- 1 lime - for zest, and juice



Direction

First, roast the squash. Preheat the oven to 400°F. Halve the squash lengthwise and place cut side up in a roasting pan. Season with sea salt and pepper, a drizzle of good olive oil, some cumin, chili powder (and garlic, if adding). Add two inches of water to the pan to help keep the squash from sticking to the bottom of the pan. Roast in a hot oven for about an hour, until the squash is fork tender.

Half way through roasting you may pour a little bit of water on each squash to keep it moist. When the squash is done, remove it and let it cool.

Heat a splash of olive oil in a large skillet [I like to use an iron skillet for - you guessed it - the iron it adds to food]. Add the onion, garlic and spices; stir for five minutes until the onion has softened.

Meanwhile, when the squash is cool enough to handle: take a fork and scrape the squash, making spaghetti-like strands. Now, Dear Reader, you have a choice. You can assemble the ingredients in a casserole-style baking dish and bake it - or you can do it all on the stove-top in the large skillet.

If you're going to bake it - toss the squash strands into a large mixing bowl. Add a little of your best olive oil to moisten. Season with more sea salt and pepper. Sprinkle in some added cumin or chili powder, if you like, to taste. Toss well. Add the skillet mixture, tomatoes, black beans, green chilies. Combine. Grate a lime and add the zest. Cut and squeeze the lime juice all over the mixture and toss lightly.

Pour the mixture into a casserole style-baking dish. Cover and bake in a 350 degree oven until heated through - about 20 to 25 minutes. If you'd rather do it up in a skillet, add the squash to the skillet mixture, and stir in the remaining ingredients, as above. Cover and gently heat through over medium heat - roughly five to ten minutes.

Optional: serve with a sprinkle of fresh chopped cilantro and some lime wedges. Serves four.

Roasted Veggie and Black Bean Burritos

A healthy and flavorful “Mexican” treat... Smoky and sweet roasted vegetables tucked into a whole wheat tortilla along with black beans and cilantro.

Ingredients

- 2 whole Jalapenos Diced
- 1 whole Red Pepper, Diced Small
- 1 whole Red Onion, Diced Small
- 2 teaspoons Olive Oil
- 1 teaspoon Cumin
- 1 teaspoon Chili Powder
- 1 pinch Salt And Pepper
- ½ cups Fresh Cilantro, Chopped
- 2 teaspoons Fresh Lime Juice
- 1 can (15 Oz. Size) Black Beans, Rinsed And Drained
- 2 whole Sweet Potatoes, Peeled and Cubed Small
- 12-16 thin slices of Daiya cheddar (sliced thin from the block about the size of a French fry)
- 6 or 8 brown rice tortillas (wheat and gluten-free) normally found in the freezer section



Directions

In a bowl, toss your raw veggies in olive oil and season with spices. Place in a large baking dish and roast in 425 degree oven for 20 minutes, tossing around halfway through. Let cool. Add your roasted veggies to a can of rinsed black beans. Add cilantro and squirt of lime juice. Combine gently. At this point, mixture can be stored for later use.

Warm your tortillas in a small fry pan for 20 seconds each side. Grease a casserole dish with a light coat of olive oil.

Add two heaping tablespoons of vegetable and bean mixture to center of wrap. Top with 1-2 slices of cheese. Fold over, fold in sides, place in pan and continue to roll the others. Place into your baking dish, seam side down so that they stay together.

Bake in 375 degree oven for about 15 minutes or until golden brown. Baking this way will make the tortilla crisp. For a softer burrito, lightly sprinkle with water and cover with aluminum foil and bake for same amount of time. Makes about 6 burritos. Tip: Pre-make your burritos and wrap them in aluminum foil. Keep in refrigerator for 3-4 days for a quick lunch or dinner! Leftovers can be wrapped and frozen