

Week 1 Spring Meal Plan

Breakfast:

- Strawberry Surprise Shake
- Green Apple Goddess Shake
- Mixed Berry Shake
- Morning Mocha
- Chocolate Almond Oat Smoothie
- Oatmeal and Berries (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:

- Black Rice Salad with Lemon Vinaigrette
- Simple Edamame and Quinoa Salad
- Stuffed Portabella Pizza in Cashew Basil Cheese Sauce
- Smoky Split Pea Soup
- Cauliflower Lentil Veggie Burger

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

<p><input checked="" type="checkbox"/> Beans + Grains</p> <ul style="list-style-type: none">- Black Rice (small bag)- Quinoa (small bag)- Split Peas (2 cups)- Green Lentils (1 cup)- Gluten Free Oats <p>Fruits</p> <ul style="list-style-type: none">- Lemon (2)- Lime- Green Apple optional <p>Veggies</p> <ul style="list-style-type: none">- scallions/green onions (one bunch)- grape tomatoes (small pint)- fresh green beans (4 oz)- red pepper (2)- green pepper (1)- yellow or orange pepper (1)- portabella mushrooms (8)- sweet onion (2)- asparagus (one bunch)- cauliflower (one head)- garlic carrots (one bunch)- leaf lettuce (one head) <p>Frozen</p> <ul style="list-style-type: none">- Organic Edamame (two bags)- Organic Corn (two bags)- Strawberries optional- Mixed berries optional	<p><input checked="" type="checkbox"/> Non-Dairy Extras</p> <ul style="list-style-type: none">- unsweetened, plain almond milk- veggie broth (need 7 cups for 2 recipes)- nutritional yeast (not like bread yeast, comes in large flakes)- egg (1) or flax seed meal- Almond Butter optional <p>Herbs</p> <ul style="list-style-type: none">- fresh cilantro (one bunch)- fresh basil (one bunch)- fresh parsley (one bunch)- dried chili powder,- dried thyme- cayenne(if you wish)- red pepper flakes- smoked paprika- Cinnamon optional <p>Extras</p> <ul style="list-style-type: none">- walnuts (½ cup)- raw cashews (⅓ cup)- toasted sunflower seeds- white wine vinegar- agave nectar or honey- extra virgin olive oil- pizza sauce (one jar)- almond flour (½ cup)- almonds optional
<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!)

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



Black Rice Salad with Lemon Vinaigrette

Prep Time: 15 minutes

Cook Time: 1 hour 5 minutes

Yield: Serves 6 people

Ingredients

- 1 cup black rice (preferably Lotus Foods Forbidden Rice)
- Kosher salt
- 1/2 cup walnuts
- 1/ cup Meyer lemon juice or 3 tablespoons regular lemon juice
- 2 tablespoons white wine vinegar
- 1 tablespoon agave syrup (nectar) or honey
- 1/4 cup extra-virgin olive oil
- 1 cup frozen, shelled edamame, thawed
- 1 cup grape tomatoes, halved
- 4 ounces green beans, thinly sliced (about 1 cup)



Ingredient info: Black rice is available at natural foods and specialty foods stores and some supermarkets.

Directions

Preheat oven to 350°F. Cook rice in a medium saucepan of boiling salted water until tender, 35-40 minutes. Drain well, spread out on a plate or a rimmed baking sheet, and let cool.

Meanwhile, spread out walnuts on another rimmed baking sheet. Toast in oven, tossing once, until fragrant, 8-10 minutes. Let cool; chop.

Whisk lemon juice, vinegar, and agave in a small bowl. Whisking constantly, gradually drizzle in oil. Season vinaigrette with salt.

Toss rice, walnuts, scallions, edamame, tomatoes, green beans, and vinaigrette in a large bowl. Season with salt and pepper.

Simple Edamame and Quinoa Salad

(Feel free to change or add different beans and grains!)

Prep Time: 10 minutes

Cook Time: 10-12 minutes with 2 hour rest

Serving Size: Serves 3-4 people

Ingredients

- 2 cups frozen, shelled, edamame
- 1 cup frozen organic corn
- 1 cup cooked, cooled quinoa (leftover is great)
- 1 green onion, sliced (just green parts)
- 1/2 red sweet bell pepper, diced
- 1 tablespoon minced fresh cilantro
- 1 1/2 tablespoons olive oil
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon freshly squeezed lime juice
- 1/4 teaspoon salt
- 1/4 teaspoon chili powder
- 1/4 teaspoon dried thyme
- 1/8 teaspoon freshly ground black pepper
- A Dash of cayenne



Directions

Briefly boil the edamame and the corn, just until tender. Drain very well and cool completely.

In a large bowl combine the edamame, corn, quinoa, green onion, red pepper, and cilantro.

In a small bowl whisk together the olive oil, lemon juice, lime juice, salt, chili powder, black pepper, thyme and cayenne until emulsified. Drizzle over the salad and toss to coat. Cover and chill for at least two hours.

Makes approx 8 (1/2 cup) servings.

Per Serving: Calories 133; Protein 7 g; Fat 6 g; Carbs 14 g; Fiber 3 g; Sugar 1 g; Sodium 82 mg

Stuffed Portabella Pizza in a Cashew Basil Cheese Sauce

Prep Time: 10 minutes

Cook Time: 10-12 minutes

Yield: Serves 3-4 people

Ingredients

- 8 Portabella mushrooms
- 2 cups Pizza Sauce
- Vegan Cashew Basil Cheese Sauce (see below)
- 1/3 cup each: red, green, orange pepper, diced
- 2-3 large basil leaves, finely diced
- 1 teaspoon red pepper flakes



Sauce Ingredients

- 1/3 cup raw cashews
- 1/3 – 1/2 teaspoon Kosher Salt
- 1 cup unsweetened, plain almond milk
- 1 fresh basil leaf
- 1/2 cup veggie broth
- 3 tablespoons nutritional yeast
- 2 tablespoons fresh lemon juice

Directions

Vegan Cashew Basil Cheese Sauce

Finely chop the cashews in a high speed blender or Magic Bullet type of device. Add nutritional yeast and almond milk and blend again. Transfer mixture to a small saucepan on medium heat. Stir and add the broth, salt, basil and lemon juice. Warm to gentle boil, but stir so it doesn't stick and becomes a bit thicker. Save leftovers gluten-free crackers, veggies, or over brown rice pasta

Stuffed Portabella Pizza

Preheat oven by setting the broiler on low. Take a baking sheet and cover with a silicone non-stick baking mat or parchment paper for easy clean up. Make your Vegan Cashew Basil cheese sauce by using the recipe above. Set aside. Remove stems of Portabellas and gently rub Portabellas with a wet cloth to clean. Place Portabellas 'belly' side up on the baking sheet. Spoon about 2 tablespoons of pizza sauce into each Portabella. Now spoon about 2 teaspoons of Vegan Cashew basil Cheese Sauce on top of the pizza sauce (see recipe below). Grab a cutting board and knife and chop the onion and pepper and then sprinkle onto Portabellas. Finally, shake on some red pepper flakes and sprinkle finely diced basil on top. Broil in the oven on the lowest temperature setting on the middle rack for about 10-12 minutes, watching closely as broiler temperatures vary. Serve immediately and enjoy!

Smoky Split Pea Soup (Vegan)

Prep Time: 10 minutes

Cook Time: 1 hour

Yield: Serves 6 people



Ingredients

- 2 tbsp light olive oil
- 1 medium onion, diced
- 2 cups split green peas, rinsed well and picked through
- 6 cups vegetable stock or water
- 1/2 tsp smoked paprika + more for garnish
- 1 cup diced thin asparagus, diced into rounds
- 2/3 cup frozen organic corn kernels, thawed
- Extra virgin olive oil, for garnish (optional)
- Chili flakes, for garnish (optional)

Directions

In a large stockpot, heat the light olive oil over a medium flame. Add the onions and saute, stirring occasionally, for 5-6 minutes or until they start to soften. Add the rinsed split peas fry 1 minute.

Add the vegetable stock or water. Bring the mixture to the boil, then cover and reduce heat to low. Simmer, stirring occasionally, for 40 minutes or until the peas are soft and have broken down.

Use an immersion blender (or transfer to a processor) to blend the peas and stock into a smooth soup.

Add the smoked paprika, asparagus and corn. Cover and simmer an additional 15-20 minutes, until the asparagus are tender.

Ladle the soup into bowls, and garnish with extra virgin olive oil, a sprinkle of smoked paprika and chili flakes.

Cauliflower Lentil Veggie Burger {Gluten-free + Dairy-free}

Prep Time: 15 minutes
Cook Time: 30 minutes
Yield: Serves 6 people



Ingredients

- 2 cups steamed cauliflower (approximately 10 ounces, pre-cooked weight)
- 1 cup cooked green lentils (divided into 3/4 cup and 1/4 cup)
- 2 cloves garlic, peels
- 1/4 cup toasted sunflower seeds
- 1/2 cup grated carrots
- 1/2 cup almond flour (or gluten-free all-purpose flour of your choice)
- 1 tablespoon olive oil
- 1 farm fresh egg, lightly beaten OR 1Tbsp flaxseed meal +3Tbsp water
- 1/4 cup onion, finely chopped
- 1/4 teaspoon ground chili powder
- fresh parsley
- 1/2 teaspoon sea salt
- freshly ground black pepper

Directions

Preheat oven to 350° F. Line a baking sheet with parchment paper.

In the bowl of your food processor, add 3/4 cup of the cooked lentils and the garlic. Process until a thick paste is formed (you can also do this by hand). Add the lentil paste to a large bowl and add the cauliflower (make sure it is drained and dry), using a potato masher or a fork, mash the cauliflower together with the lentil paste. You don't want to go crazy, you want some texture to the burgers and some bits of cauliflower still visible. Then add the remaining ingredients and the egg. Salt and pepper, to taste. Adjust your seasonings, to taste. I like to get my hands into this mixture to make sure it is all mixed together well.

With slightly damp hands, form the dough into 6 patties. Pack it together well, so they will hold together during cooking.

Bake for 15 minutes at 350°F then gently flip them and bake for another 10 minutes, or so, until the patties are golden brown and firm. You can also grill the patties. Prebake them in the oven about 15-20 minutes, then place on a preheated grill, medium heat, cook for a few minutes on each side, until golden brown.

Serve on your favorite gluten-free toasted bun or in lettuce leaf wraps, which is my preferred way. I like mine topped with a little green onion, avocado, tomato, lettuce or spinach and a homemade spicy turmeric aioli (recipe below).

Storage – these will keep, cooked or uncooked for up to 5 days in the refrigerator. Occasionally, I will freeze leftover patties after they have been pre-baked.

*Vegan option– A flaxseed egg would work here in place of the egg. 1 tablespoon of ground flaxseed to 3 tablespoons of water. Stir together and give it a few minutes to thicken up to the consistency of a beaten egg.