

Week 2 Spring Meal Plan

Breakfast:

- Raspberry-Lemon Cheesecake Smoothie
- Miami Smoothie
- Any Protein Shake Blend
- Oatmeal and Berries (optional)

Lunch:

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

Dinner:

- Grilled Romaine Hearts with Avocado Lime Dressing
- Spring Veggie Bowl
- Asparagus Leek Risotto
- Spring Pasta with Roasted Asparagus-Tomato Sauce
- Cauliflower and Tofu Curry

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
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Dessert

- Lemon Cashew Cream Tart

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 2 Grocery List

<p><input checked="" type="checkbox"/> Beans + Grains</p> <ul style="list-style-type: none">– Arborio Rice (1 cup) <p>Fruits</p> <ul style="list-style-type: none">– Golden Raisins (4 Tbsp)– Lime <p>Veggies</p> <ul style="list-style-type: none">– asparagus (3 bunches)– leek (3 stalks)– grape tomatoes (2 pints)– jalapeno pepper (1, optional)– garlic– onion – yellow or white (1 medium)– carrots (2 medium)– romaine lettuce hearts (2)– avocado– baby bok choy (4)– green onions (1 bunch)– ginger (1 inch) (can be bought in jars) <p>Frozen</p> <ul style="list-style-type: none">– organic cauliflower (1 lb bag) (or fresh if you prefer, frozen is easier)– green peas (1 cup) <p>Herbs</p> <ul style="list-style-type: none">– fresh cilantro (one bunch)– fresh parsley (one bunch)	<p><input checked="" type="checkbox"/> Dried Herbs and Condiments</p> <ul style="list-style-type: none">– dried basil– dried curry powder– cumin– extra virgin olive oil or grapeseed oil– balsamic vinegar– rice vinegar– sesame oil– tamari or Bragg's liquid aminos– red curry paste <p>Dry Goods/Pantry</p> <ul style="list-style-type: none">– gluten free pasta (Jovial brand is the best) (1 box)– thin rice noodles (8 oz)– fire-roasted crushed tomatoes (1 can)– chickpeas (1 can)– light coconut milk (1 can)– lime juice– peanut or almond butter– agave or honey <p>Extras</p> <ul style="list-style-type: none">– veggie broth (5 cups)– capers (2 tablespoons)– extra firm tofu (2 blocks)
<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!)

RASPBERRY-LEMON CHEESECAKE SMOOTHIE

- 1 cup coconut water or water
- ½ cup raw cashews (soaked for 2 hours, if you don't have a strong blender)
- 2 scoops Arbonne Vanilla Protein
- 1 cup raspberries, fresh or frozen
- 3 tablespoons lemon juice
- 1 tablespoon maple syrup
- 1 tsp vanilla extract
- 1 pinch lemon zest



MIAMI SMOOTHIE

- 1 to 2 scoops Arbonne Vanilla Protein
- 1 scoop Arbonne Daily Fiber Boost
- 5 leaves fresh mint
- 2 to 3 wedges fresh lime
- ¼ teaspoon lime zest
- ¼ cup coconut water
- ¾ cup unsweetened almond milk
- Ice cubes, if desired

Grilled Romaine Hearts with Avocado Lime Dressing

Yield: Serves 4 people

Ingredients

- 2 romaine hearts, washed, trimmed, and sliced in half
- 1 clove of garlic, chopped up all small
- 2 tablespoons olive oil
- A pinch of salt and pepper
- Avocado Lime Dressing
- 1 ripe avocado
- 1/3 cup fresh lime juice
- 2 tablespoons rice vinegar
- 1 tablespoon olive oil
- 1 clove garlic, chopped all small
- ½ teaspoon agave or honey
- 1/4 teaspoon cumin
- 1/4 cup water
- salt to taste



Directions

For the dressing, put all the ingredients in a small food processor or blender and combine until creamy. Add the pinch of sea salt and mix it in. If that stuff looks way too thick, add more water until it looks like salad dressing. Pour it all into a small container and refrigerate until the lettuce is ready. To grill the romaine hearts, heat the grill to a medium-low heat. As long as the grill isn't crazy hot, you are good. While the grill heats up, mix the garlic, olive oil and salt and pepper in a little cup.

Brush or spoon the oil mixture to the cut side of the lettuce. Place the lettuce face down on the grill for 60 seconds or until there are clear grill marks and the leaves are beginning to wilt. Flip the hearts over and grill the other side for another 60 seconds. You want the leaves to look charred but not limp. When they look good, put them on a plate and put some dressing over the hearts. Top with sliced green onions, chopped cilantro, and plenty of black pepper. Serve with grilled chicken or baked salmon for a healthy, easy dinner!

Spring Veggie Bowl

Yield: Serves 4-6 People

Ingredients



- Ginger-Sesame Baked Tofu (see below)
- 8oz thin rice noodles
- Red Curry Lime Sauce (see below)
- 4 heads baby bok choy, halved lengthwise
- 2 Tablespoons grapeseed oil, plus more for grilling
- 1 lb. asparagus, trimmed
- ½ lime
- Celtic Salt
- ½ cup sliced green onions

Directions

Cook the noodles according to the package directions. When they're done, drain them, run under cool water for a minute then set them aside. Make Ginger-Sesame Baked Tofu and set aside. Make Red Curry Lime Sauce and set aside. Brush the baby bok choy with 1 tablespoon of oil and toss the asparagus with the other 1 tablespoon. Now heat up the grill or a cast iron pan to medium high heat and very lightly grease with oil. Grill or sauté the asparagus until all the sides have some grill marks and the stalk has a little give when you pick it up with tongs, about 5 to 8 minutes with periodic rotations.

Remove the asparagus and add the bok choy, cook on each side for 3 to 4 minutes until they have grill marks on each side. Remove the bok choy and squeeze lime juice on the veggies and sprinkle with a little salt. Cut the asparagus in 1 inch pieces and slice the bok choy lengthwise. Create your bowls! Start by placing a handful of the noodles (about 1 cup) on one side of the bottom of your bowl. On the other two-thirds of the bowl, pile a bunch of the grilled veggies and tofu strips. Drizzle the whole bowl with Red Curry Lime Sauce, top with green onions, and serve.

Red Curry Lime Sauce

- 1 cup vegetable broth
- 2 tablespoons red curry paste (less if you want it less spicy)
- ½ tsp grated lime zest
- 2 Tablespoons lime juice
- 2 Tablespoons minced fresh ginger (you can buy it in a jar if that's easier)
- 1 Tablespoon peanut or almond butter
- 1 Tablespoon maple syrup or agave nectar
- 1 teaspoon of tamari (wheat free soy sauce) or Bragg's liquid aminos
- 1 clove garlic, minced

Directions

Put all but one tablespoon of broth in a small saucepan and bring it to a simmer. Add the curry paste, lime zest, lime juice, ginger, peanut or almond butter, syrup or agave, tamari, and garlic. Whisk together until smooth. Whisk together cornstarch or arrowroot with 1 tablespoon broth in a small glass bowl until smooth. Pour this mixture into the simmering sauce and whisk until the sauce starts to thicken, about 1 minute. Turn off the heat, taste, and season with more lime juice or garlic. Let cool for a few minutes before using.

Ginger-Sesame Baked Tofu

- 1 pound extra firm non-GMO tofu
- ¼ cup tamari or Bragg's Liquid Aminos
- ¼ cup rice vinegar
- 2 tablespoons lime juice
- 2 tablespoons agave nectar
- 1 tablespoon minced ginger
- 2 teaspoons toasted sesame oil
- 2 teaspoons Sriracha or similar hot sauce (omit if you don't want it spicy!)
- 1 clove garlic, thickly sliced



Directions

Preheat oven to 450.

Mix together all the marinade ingredients in a baking dish. Press tofu between two paper towels to squeeze out any excess water. Slice width-wise into ¼ inch planks. You should get about 12 slices per brick of tofu. Place tofu in baking dish and cover with marinade, let sit for as long as you can. Place tofu on a baking pan and bake for 15 minutes. Remove from oven, brush with marinade and bake for another 10- 15 minutes until the edges start to look crisp.

Asparagus Leek Risotto

Yield: Serves 4 People



Ingredients

- A bundle of thin asparagus- about 16 to 20 spears
- 4 cups hot low sodium veggie broth
- 2-3 teaspoons olive oil
- 2 inches or so of a leek, diced fine
- 1 cup raw organic Arborio rice
- Sea salt, to taste
- 2 tablespoons chopped fresh Italian parsley

Directions

Wash and slice the asparagus, cutting on the diagonal about 3 inches down from the tip (you don't want your asparagus too long). Pour a scant amount of water into a skillet and quickly blanch the asparagus- when it turns bright green, remove it from the pan, and rinse with very cold water to keep it from cooking longer. You don't want soggy asparagus. Set aside. To make the risotto: Heat the water or light broth in a separate sauce pan, and keep it warm. In a heavy medium saucepan, heat the olive oil on medium heat, and sauté the diced leek for a minute.

Add the uncooked Arborio rice and stir well, until the rice is coated. Stir and cook for about 3-5 minutes. Pour in 1 cup of the hot water or broth and bring to a simmer. Reduce heat and simmer uncovered, stirring frequently for 7-8 minutes. When most of the liquid is absorbed, add the remaining cups of hot water or broth 1 cup at a time, stirring and simmering until each cup of liquid is absorbed before adding the next one. (The whole process should take about 20-25 minutes; 22 minutes is my goal for al dente; if you cook risotto too long or with too much liquid it may get gummy.)

When the final cup of liquid is absorbed gently add in the blanched asparagus, cover and set aside for a few moments before serving. Risotto likes to rest a bit. Warm up four serving bowls. Spoon the risotto into the bowls, and garnish with some fresh chopped Italian parsley.

Spring Pasta with Roasted Asparagus Tomato Sauce

Cook Time: 20 Minutes

Yield: Serves 4 People

Ingredients

- 1lb. package of gluten-free pasta (penne or spaghetti – Jovial brand is the best)
- 1 bunch asparagus, trimmed, sliced diagonal
- 2 pints organic grape tomatoes, halved
- 2 leeks, sliced thin
- 1-2 jalapeño peppers, seeded, diced fine (optional)
- 2-4 good sized cloves of garlic, chopped
- 2 heaping tablespoon capers
- 4 tablespoons golden raisins (just do it)
- 1/4 cup extra virgin olive oil
- 4 tablespoons good balsamic vinegar
- Sea salt and fresh ground pepper, to taste
- 2 teaspoons dried basil
- A good pinch of hot red pepper flakes, to taste
- 1-2 tablespoons fresh chopped Italian parsley, if desired



Directions

Preheat the oven to 400°F. Bring a large pot of fresh salted water to a rolling boil. Meanwhile, throw all the sauce ingredients into a 10x13-inch baking pan and stir to coat.

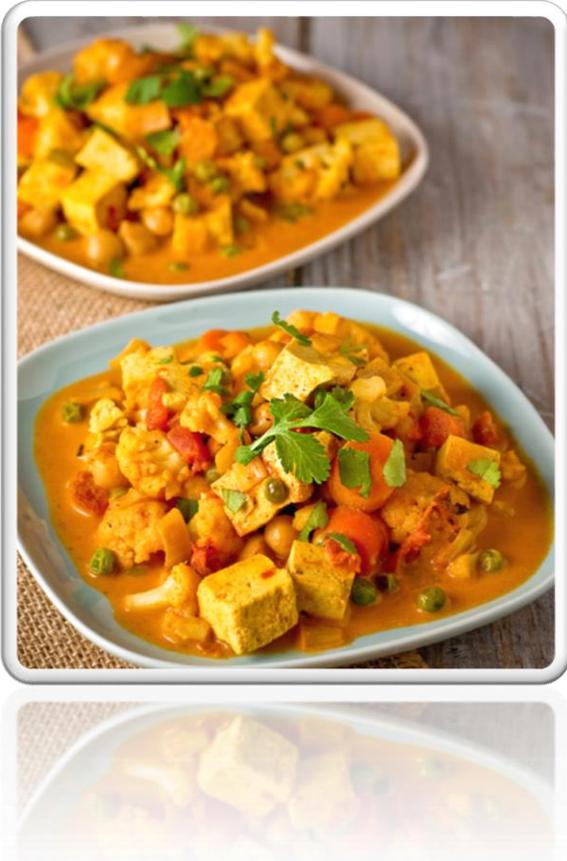
Place the pan in the oven, near the top. Cook the pasta according to package directions, stirring every so often, until it is al dente-- not too soft, just right. While the pasta is cooking, keep an eye on the sauce and stir it now and then. Do not overcook the asparagus - they are best tender-crisp.

Drain the pasta and set aside. Pull the roasting pan out of the oven. Add the cooked pasta into the pan and toss gently to coat with olive oil.

Cauliflower and Tofu Curry

Yield: Serves 8 People

Ingredients



- 1 medium onion, diced
- 2 medium carrots, sliced
- 1 small cauliflower, about 3 cups florets
OR 1 lb. frozen organic cauliflower
- 1 pound super-firm, non-GMO tofu, cubed
- 1 Tbsp. curry powder (use less or no curry for kids)
- 1 can fire-roasted crushed tomatoes
- 1 cup vegetable broth
- 1 can chickpeas, drained and rinsed
- 1 cup frozen peas
- 1 can unsweetened light coconut milk
- Salt and pepper to taste
- Fresh chopped cilantro for garnish (optional, but oh so good!)

Directions

In a large skillet over medium-high heat, sauté onion and carrot in olive oil until soft, about 5 minutes. Add cauliflower, tofu, and curry powder, and stir well. Add tomatoes and vegetable broth and cook covered for about 10 minutes. Add chickpeas, peas, coconut milk, salt and pepper, and cook uncovered for another 10 minutes or until sauce starts to thicken. Serve over rice and garnish with fresh chopped cilantro.

Lemon Cashew Cream Tart

Ingredients

FOR AN 8" CRUST:

- 1-1/2 C of walnuts, processed until coarse crumbs
- 1 cup dates, soaked in boiling water for 5 minutes and drained
- 1 tablespoon vanilla extract
- 1 tablespoon hot water
- Pinch of salt

FOR THE FILLING:

- 1 cup raw cashews, soaked for at least 2 hours, better if overnight and then drained
- 1/2 cup water
- 3 tablespoons lemon juice, or more to taste
- Zest of 1 lemon, or more to taste
- Pinch of salt
- Agave nectar, to taste



Directions

Add walnuts to a food processor and chop until coarse crumbs form. Drain the soaked dates and add to the nuts. Add vanilla, pinch of salt and hot water. Pulse to combine. It should hold together at this point. If not, add a bit more water. Press the mixture into a tart pan with a removable bottom and be sure to go up the sides as shown. Freeze until ready to assemble. Drain the soaked cashews and add to a high speed blender. Add water, lemon juice, lemon zest, pinch of salt and agave. Taste and adjust lemon and/or agave as needed. Add the filling to the crust and freeze for 1-2 hours or until firm enough to slice. Serve immediately. Keep any leftovers frozen until ready to serve.