

Week 2 Vegan Spring Meal Plan

Breakfast:

- Lemon Lime Fresh
- The Mint Cookie
- Blackberry Tang
- 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:

- Veggie Pizza
- Ratatouille
- Black Bean, Sweet Potato, & Quinoa Stuffed Bell Peppers
- Zucchini with Chickpea & Mushroom Stuffing
- 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 2 Grocery List

<p><input checked="" type="checkbox"/> Veggies</p> <ul style="list-style-type: none">– Sweet Potato (medium)– Roma Tomatoes (2)– Red Bell Peppers (6)– Eggplant (m Medium)– Zucchini (4 large, 4 medium)– Baby Spinach Leaves (1 small container)– Broccoli (1 small bunch)– Purple Onion (1 small)– Garlic (2 bulbs)– Yellow Onion (2 large, 2 medium)– Jalapeño Pepper– Button Mushrooms (8oz)– White Onion (1 small)– Avocados (2)– Raw veggies optional– Salsa optional– Hummus optional (without vinegar)– Guacamole optional <p>Herbs/Spices</p> <ul style="list-style-type: none">– Flat Leaf Parsley– Basil Leaves (1 package)– Cilantro (1 bunch)– Chili Powder– Cumin– Dried Oregano– Red Pepper Flakes– Pepper– Sea Salt– Ground Coriander	<p><input checked="" type="checkbox"/> Fruits</p> <ul style="list-style-type: none">– Lemon (2)– Lime optional– Blackberries (1/4 cup)– Green Apples (1 bag)– Berries optional <p>Dairy/Cold</p> <ul style="list-style-type: none">– Daiya Mozzarella Cheese Wedge(1block)– Cheddar Daiya Cheese Wedge (2 blocks)– Unsweetened Almond/coconut Milk <p>Frozen</p> <ul style="list-style-type: none">–Gluten Free Brown Rice Tortilla's <p>Pantry</p> <ul style="list-style-type: none">– Spaghetti Sauce (1 jar)– Olive Oil– Uncooked Quinoa (1 small package)– Vegetable Broth (2-32oz)– Black Beans (15oz)– Chickpeas (15oz can)– Diced Tomatoes (16oz)– Organic Tomato Sauce (15oz)– Organic Brown Rice (1 bag)– Small Red Kidney Beans (15oz)– Almonds optional– Roasted Red Peppers (1 small jar)– Mint Extract– Almond Butter
<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!)

The Mint Cookie

- 1 cup of Almond Milk/Coconut Milk or Water
- 2 scoops of Arbonne Vanilla Protein
- 1/2 to 1 scoop Fiber Boost
- 1/4 tsp. Mint Extract
- 6-7 Ice Cubes



ARBONNE®



Lemon/Lime Fresh

- 1/4 cup of Almond Milk
- 2 scoops of Arbonne Vanilla Protein
- 1/2 to 1 scoop of Arbonne Fiber Boost
- 1/2 cup Water
- 1/2 Lemon or Lime (peeled and sliced)
- 6-7 Ice Cubes

Blackberry Tang

- 1/4 cup Coconut Milk & 1/2 cup of Almond Milk
- 2 scoops of Vanilla Protein
- 1/2 to 1 scoop of Arbonne Fiber Boost 1 TBS Almond Butter
- 1 Pomegranate Fizz (dissolved in 1/2 cup water)
- 1/4 cup of Blackberries 6-7 Ice Cubes

Optional Breakfast Recipes

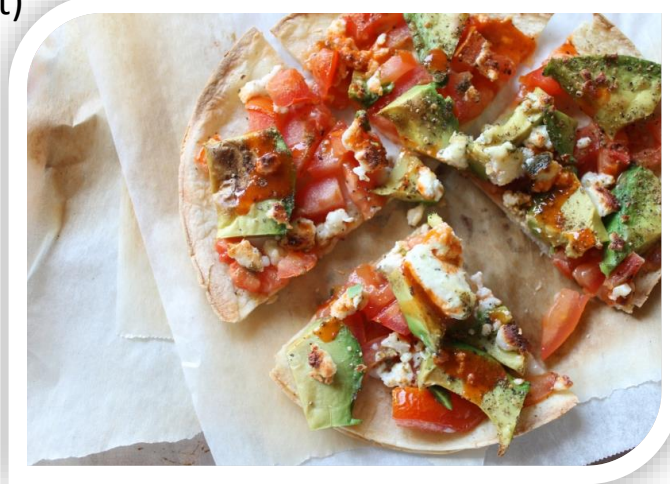
Oatmeal with Berries

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

Veggie Pizza

Ingredients

- Rudi's GF (gluten free) Tortillas (1 per person)
- Spaghetti Sauce (organic) Muir Glen is readily available
- Veggies of your choice- Spinach, Broccoli, Roasted Red Peppers (from jar, diced), Garlic, Onion, dried or fresh oregano and basil.
- Cheddar & Mozzarella Block Daiya style wedge "cheese" (Daiya melts best)



Directions

Preheat oven to 425. Prepare cookie sheet with coconut or olive oil.

In a large pan sauté veggies in coconut oil to soften them.

Place tortillas on sheet and bake 4-5 minutes to brown or if you like a softer crust skip this step.

Top as follows: 2 Tablespoons spaghetti sauce, sautéed veggies, thin slices of "cheese", oregano and basil.

Bake 5-7 minutes or until edges brown and cheese melts.

Note: this doesn't melt like Real cheese, but it is pretty flavorful.

Ratatouille

Yield: Serves 4 People

This traditional French dish makes a lovely main entrée, served on a bed of fluffy brown rice, for a meal made just of the good stuff. If you're craving more protein, add a cup of chickpeas.



Ingredients

- 2 Tbsp. extra virgin olive oil
- 2 large onions, cut into large dice
- 8 garlic cloves, chopped
- 2 lb. eggplant, cut into 1-inch cubes
- 4 medium zucchini, cut into 1-inch pieces
- 1 (16oz) can diced tomatoes
- 3 bell peppers, cut into 1-inch pieces
- Sea Salt and Pepper, to taste
- 1/2 cup chopped fresh flat-leaf parsley
- 20 fresh basil leaves, torn in half
- 1/4 cup Olive Oil
- 1 1/2 cup organic brown rice
- 3 3/4 cup water

Directions

(Cook rice according to package directions)

In a large pot or Dutch oven, heat olive oil over medium heat. Add onions and cook about 5 minutes. Add garlic and cook until fragrant.

Add in eggplant and zucchini. Season with salt and pepper. Add in canned tomatoes and bring to a boil. Simmer until vegetables begin to soften, about 5 minutes. Add in bell peppers and simmer until vegetables are tender, about 15 minutes. Blend basil and parsley with olive oil to make herb oil.

Taste and adjust seasoning as needed.

Serve ratatouille over bed of rice and drizzle with herb oil.

Black Bean, Sweet Potato, & Quinoa Stuffed Bell Peppers

Ingredients

- 1 teaspoon olive oil
- 2 cloves garlic, minced
- 1/2 large yellow onion, diced
- (about ½ cup)
- 1/2 jalapeno, seeded and diced
- 3/4 cup uncooked quinoa
- 2 cups vegetable broth, divided
- 1-15 oz can black beans, rinsed and drained
- 1 medium sweet potato, peeled and finely diced
- 2 Roma tomatoes, seeded and finely chopped
- 1 tablespoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon dried oregano
- 1/2 cup chopped cilantro
- 1/2 -1 teaspoon red pepper flakes, if desired
- 1/8 teaspoon pepper
- 1/8 teaspoon sea salt, plus more to taste if desired
- 3 large red bell peppers, seeds removed and cut in half vertically
- 2 Avocados
- Cheddar Daiya Cheese (thinly sliced) from the block

Directions

Preheat oven to 400 degrees F.

In a sauté pan over medium-high, heat coconut oil. Add onions, jalapeno, and garlic. Sauté until the onions begin to soften and turn translucent about 4-5 minutes. Place into large bowl and set aside.

To cook quinoa: Rinse quinoa with cold water in mesh strainer (for several minutes). In a medium saucepan bring 1 1/2 cups of vegetable broth to a boil. Add in quinoa and bring mixture to a boil again. Cover, reduce heat to low and let simmer for 15 minutes or until quinoa has absorbed all of the broth. Remove from heat and fluff quinoa with fork; place in large bowl.

While quinoa is cooking, place a medium pot over high heat and fill with water, bring water to a boil and add in diced sweet potato. Reduce heat to medium, cover, and continue to cook for about 6 minutes or until sweet potatoes are fork tender. This might take more or less time depending on how small you cut your sweet potatoes. Once tender, drain water from sweet potatoes and place into bowl with quinoa and onion mixture. Gently stir in black beans, tomatoes, remaining 1/2 cup of vegetable broth, chili powder, cumin, oregano, cilantro, red pepper flakes, and salt and pepper.

Arrange bell peppers in large skillet or baking pan and stuff with a heaping 1/2 cup of quinoa mixture. Cover with foil and bake for 20-30 minutes until peppers are tender. Uncover and top each with 2 thin slices of cheese. Place in oven for 5 minutes longer or until cheese melts. Remove and serve immediately with Avocado or homemade guacamole.



Zucchini with Chickpea and Mushroom Stuffing

Yield: Serves 4 People

"Zucchini are hollowed out and filled with a sauté of onions, mushrooms, chickpeas, lemon juice, herbs and spices."

Ingredients

- 4 zucchini, halved
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1/2 lemon, juiced
- Sea salt to taste
- Ground black pepper to taste
- 1 teaspoon ground coriander
- 1/2 (8 ounce) package button mushrooms, sliced
- 2 tablespoons chopped fresh parsley
- 1 1/2 teaspoons ground cumin, or to taste
- 1 (15.5 ounce) can chickpeas, rinsed and drained



Directions

Preheat oven to 350 degrees F (175 degrees C)

Grease a shallow baking dish with Coconut Oil.

Scoop out the flesh of the zucchini; chop the flesh and set aside. Place the shells in the prepared dish.

Heat oil in a large skillet over medium heat. Sauté onions for 5 minutes, then add garlic and sauté 2 minutes more. Stir in chopped zucchini and mushrooms; sauté 5 minutes. Stir in coriander, cumin, chickpeas, lemon juice, parsley, salt and pepper. Spoon mixture into zucchini shells.

Bake in preheated oven for 30 to 40 minutes, or until zucchini's are tender.

Rice and Bean Casserole

Yield: Serves 4-6 People



Ingredients

- 2 tablespoons extra virgin olive oil
- 1 small white onion, finely chopped
- 3 cloves garlic, minced
- 1-15 ounce can organic tomato sauce
- 1 tablespoon cumin
- 1 teaspoon chili powder
- Sea salt and pepper to taste
- 1.5 cups uncooked brown rice
- 3 cups vegetable broth
- 1 15 ounce can small red kidney beans (black beans or chickpeas would work too!)
- 2-3 large handfuls of baby spinach leaves, shredded
- 1/2 cup Cheddar Cheese (must be very thinly sliced)
- Fresh cilantro for garnish (optional)

Directions

Preheat oven to 350 degrees.

Lightly oil a 9x13 cooking dish and set aside.

Heat olive oil in a large skillet over medium heat. Add onions and sauté until translucent and golden. Add garlic and sauté until fragrant. Add tomato sauce, cumin, chili powder, sea salt and pepper. Lower heat and simmer for 10 minutes.

In a large bowl add uncooked brown rice, tomato mixture, broth, kidney beans, shredded spinach and mix until combined. Transfer to cooking dish, top with thinly sliced cheddar cheese. Cover with tin foil and bake for 1.5-2 hours.

Casserole is done when rice is tender.

Top with fresh cilantro, serve warm and enjoy!