

Week 3 Spring Meal Plan

Breakfast:

- Strawberry Surprise
- Green Apple Goodness
- Mixed Berry Shake
- Morning Mocha
- Chocolate Almond Oat Smoothie
- Any Protein Shake Blend
- Oatmeal and Berries (optional)

Dinner:

- Southwestern Salad with Tofu
- Speedy 3 Bean Salad with Grilled Sweet potatoes
- Farmers' Market Pasta Salad
- Asian Cashew Quinoa Salad
- Grilled Veggie Salad with Mustard-Lemon Vinaigrette

Lunch:

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

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

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 3 Grocery List

<input checked="" type="checkbox"/> Beans + Grains – black beans (1 can) – chickpeas (2 cans) – kidney beans (2cans) – cannellini beans (3 cans) – quinoa (4) Dried Herbs and Condiments – Dried Cumin – Red Chili Pepper – Cilantro (1 bunch) – Parsley (1 bunch) – Basil (1 bunch) – Chives (1 small bunch) – Dill (1 small bunch) – Cinnamon optional Oils + Vinegars – Olive Oil – Sesame Oil – White Wine Vinegar – Red Whine Vinegar – Apple Cider Vinegar – Maple Syrup – Rice Vinegar – Dijon Mustard – Worcestershire Sauce – Tamari (gluten free) Extras – ORGANIC extra firm tofu (1 package) – Gluten-free pasta (1 box, Jovial brand) – pitted kalamata olives (1/2 cup) – sugar (1/2 tsp.) – raw cashews or almonds (1/2 cup) – cashew butter or almond butter – Gluten-free Oats optional	<input checked="" type="checkbox"/> Frozen – 1 bag Organic Corn – Mixed Berries optional Fruits – Lemon (2) – Lime – Green Apples optional Veggies – romaine or leaf lettuce (1 large head) – yellow bell peppers (2) – orange bell pepper – red bell pepper – cherry tomatoes (2 pints) – green onions/scallions (3 bunches) – avocado – garlic (2 bulbs) – green beans (1 bunch) – jalapeño – sweet potatoes (2 large) – zucchini (5) – baby spinach (3 cups) – celery (1 bunch) – sugar snap peas (1 pack) – purple cabbage (1 head) – carrots (1 bunch) – ginger – asparagus (1 large bunch) – corn (2 ears) – Belgian endive (4 medium heads) – radicchio (2 small heads) – plum tomatoes (6) – yellow onion (1 small)
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



Southwestern Salad with Tofu

Ingredients

- Large head of Romaine or Leaf lettuce (15 oz.)
- 1 can of black beans, rinsed and drained
- 1 large orange bell pepper
- 1 pint cherry tomatoes
- 2 cups organic corn (fresh or frozen, thawed)
- 5 green onions
- Optional: avocado
- 1 package ORGANIC extra firm tofu
- Salt and pepper to taste
- 1/4 tsp. cumin
- 1 T olive oil

Dressing:

- 1 cup loosely packed cilantro, stems removed and roughly chopped
- 1/2 avocado
- 2 Tbsp. fresh lime juice (about 1/2 lime), more to taste
- 1-2 garlic cloves (optional)
- 1/8 cup olive oil
- 1/8 cup water
- 1 1/2 tsp. white wine vinegar
- dash of salt



Directions

Drain tofu and slice into 8 pieces. Place slices on top of an absorbent, folded, clean dish towel. Place another towel on top. Put a heavy skillet or cutting board on top to help pull the moisture out of the tofu. Let sit 15 min. then sprinkle both side of each piece with salt, pepper and cumin. Drizzle with a very small amount of oil. Place on a hot grill and grill until both sides are crispy 4 - 5 min per side.

Making the dressing: puree all ingredients in a food processor/blender until smooth. Taste and adjust seasonings if necessary.

Making the salad: Finely chop romaine, bell pepper, tomatoes, and green onions. Place all ingredients in a large bowl and stir to combine. Toss with desired dressing.

Speedy 3 Bean Salad with Grilled Sweet Potatoes

Yield: Serves 5 people

Ingredients

- 1 cup chopped green beans, stems removed
- 1 orange bell pepper, finely chopped
- 3 green onions, finely chopped
- 1 jalapeno, seeded and finely chopped (optional)
- 1/3 cup packed fresh parsley, finely chopped
- Salt & pepper, to taste 1 (15-oz) can chickpeas (I use Eden Organic BPA-free), or 1.5 cups cooked
- 1 (15-oz) can Red Kidney Beans (ditto above), or 1.5 cups cooked



Dressing

- 8 tbsp. fresh lemon juice (about 1.5 lemons)
- 1 1/2 tbsp. extra virgin olive oil, or more to taste
- 1 tbsp. apple cider vinegar
- 1 tbsp. pure maple syrup
- 1 tbsp. Dijon mustard
- 1/4 tsp. fine grain sea salt

Sweet Potatoes

- two large sweet potatoes, washed and sliced 1/4" thick
- 1/8 cup olive oil
- 2 dashes Worcestershire sauce
- 1 tsp. Dijon mustard
- salt and pepper to taste

Directions

Pre heat grill to 400. Mix ingredients for sweet potatoes in a large bowl. Add sliced potatoes and toss to coat. Grill until both sides are slightly crispy and potatoes are cooked through. Serve hot with the cold salad.

Add several cups of water into a medium-sized pot and bring to a boil. Add chopped green beans and blanch for 2-3 minutes in boiling water. Drain and rinse with cold water. Place into a large bowl.

Drain and rinse chickpeas and kidney beans and place into a large bowl along with the green beans, bell pepper, optional jalapeno, parsley, and green onion. Mix.

In a small bowl, whisk together the dressing ingredients until combined. Adjust to taste if needed.

Pour on dressing over salad and mix well. Place in the fridge for 30 minutes to allow the flavors to develop. Season with salt and pepper and adjust dressing to taste. Salad will taste even better the next day. Store in the fridge for up to 3-4 days.

For nutritional info, see here. Read more: <http://ohsheglows.com/2012/08/23/speedy-three-bean-salad/#ixzz3cCiPmvtF>

Farmers' Market Pasta Salad

Yield: Serves 4 - 6 People



Ingredients

- 8oz gluten-free penne pasta (Jovial brand is by far the best and made with only brown rice!)
- 3 Tbsp. olive oil
- 2 cloves garlic, minced
- 5 green onions, minced
- 1 yellow bell pepper, diced
- 1 small zucchini, halved lengthwise and thinly sliced
- 3 cups baby spinach
- Salt and pepper to taste
- 1 1/2 cups grape tomatoes, halved
- 1/2 cup celery, chopped
- 1/2 cup sugar snap peas, diced
- 1-15oz can cannellini beans, drained and rinsed
- 1/2 cup pitted kalamata olives, halved
- 1/3 cup fresh basil, chopped
- 1/4 cup fresh parsley, chopped
- 2 T rice vinegar
- 1/2 tsp. sugar

Directions

Cook pasta in boiling water until just tender (see your package for cooking times.) Drain and rinse under cold water, transfer to large bowl, and set aside.

Heat oil in a skillet over medium heat. Add garlic and cook until softened, 1 minute. Add onions, bell pepper, zucchini, and spinach. Cook just enough to remove the raw taste, about 2 to 3 min. Season with salt and pepper to taste. Add to pasta.

Add tomatoes, celery, sugar snap peas, beans, olives, basil, and parsley. Sprinkle vinegar and sugar and salt and pepper to taste. Toss gently to mix and serve!

Feel free to mix up the veggies (substitute yellow squash for zucchini or add asparagus) - find what's fresh at the market and make this all summer long!

Asian Cashew Quinoa Salad

Ingredients

- 1 cup quinoa, rinsed and drained
- 2 cups finely cut purple cabbage
- 1 cup shredded carrots
- 1 red bell pepper, diced
- 2 green onions, thinly sliced
- ½ cup chopped fresh cilantro
- 2 cloves garlic, minced
- 3 tbsp. tamari (gluten-free!)
- 2 tbsp. maple syrup
- 2 tbsp. warm water
- 1 tbsp. rice vinegar
- 1 tbsp. sesame oil
- ½ cup cashews (or almonds) Dressing:
- ¼ cup cashew butter (or almond butter)
- 1 tbsp. grated fresh ginger (or 1 tsp. dried ginger)
- ½ tsp. crushed red chili pepper (or 1 tsp. Sriracha sauce)



Directions

Place the quinoa along with 2 cups lightly salted water in a medium saucepan. Cover and bring to a boil, then reduce to the lowest heat setting. Simmer until water is completely absorbed and quinoa is fluffy, about 20 minutes.

In a large bowl, whisk the dressing ingredients together.

Add the quinoa to the dressing and mix well to combine.

Add the veggies, onions, cilantro and cashews.

Grilled Veggie Salad with Mustard-Lemon Vinaigrette

Ingredients

Vinaigrette

- 3 tablespoons red wine vinegar
- ½ small onion, finely chopped
- 1 garlic clove, minced
- 1 tablespoon chopped fresh Italian parsley
- 1 tablespoon chopped fresh chives
- 1 tablespoon chopped fresh basil
- 1 tablespoon chopped fresh dill
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh lemon juice
- 1/2 cup extra-virgin olive oil



Vegetables

- 20 asparagus spears, trimmed
- 8 green onions, green tops trimmed
- 4 medium zucchini, each cut lengthwise into 1/4- to 1/3-inch-thick slices
- 2 large ears of corn, husked
- 4 medium heads of Belgian endive
- 2 small heads of radicchio, halved through core
- 6 plum tomatoes, halved lengthwise
- Olive oil (for brushing)

Directions

Vinaigrette

Combine first 9 ingredients in medium bowl. Gradually whisk in oil; season with salt and pepper. DO AHEAD Can be made 2 hours ahead. Let stand at room temperature.

Vegetables

Prepare barbecue (medium-high heat). Arrange all vegetables on baking sheets or plates. Lightly brush all vegetables with oil; sprinkle with salt and pepper. Grill asparagus, green onions, zucchini, and corn until lightly charred and just tender, turning occasionally, about 5 minutes for green onions, 8 minutes for asparagus and zucchini, and 10 minutes for corn. Return vegetables to same sheets.

Grill endive and radicchio until lightly charred, turning often, about 8 minutes. Transfer to baking sheets or plates with other vegetables. Place tomatoes, skin side down, on grill and cook until just charred, about 3 minutes. Turn tomatoes; grill until just beginning to soften, about 1 minute longer. Transfer to sheets with other vegetables.

Cut asparagus, green onions, and zucchini crosswise into 1-inch pieces; place in large bowl. Cut corn kernels from cobs; add to bowl. Cut endive in half lengthwise. Remove cores from endive and radicchio. Chop into 1/2- to 3/4-inch pieces; add to bowl. Coarsely chop tomatoes. Using slotted spoon, add tomatoes to bowl.

Vinaigrette can be made 2 hours ahead. Let stand at room temperature. Mix vinaigrette into vegetables. Season with salt and pepper.