

Week 2 Meal Plan: Vegan

Breakfast:

See Shake Recipes – under
“The Shake Recipe Tab”
One shake every morning to fuel your
body!

Dinner:

Tortilla Soup
Mini Eggplant Pizzas &
Salad Quinoa Burgers &
Fries
Raw Pasta Alla Checca
Vegan 2 Bean Chili & Salad
Leftover Night
Dine Out Night

Lunch:

Repeat shakes or dinner leftovers
(If weight loss is major goal, do 2 shakes/day)

Week 2 Grocery List

How to read grocery list:

- # to left of item = quantity, if no # assume 1
- # to right of item = what meal
- # the item is needed for (see dinner list for #s)
- If there's a brand we personally prefer, it's listed in ().

You will be able to find these items at stores like Whole Foods, Trader Joes and in the natural or organic section of some conventional grocery stores like Kroger & Meijer. Farmers Markets are a great place to get local, more organic, less expensive fruits and veggies in the spring, summer and fall. Check on line for local markets, some are open year around. You may want to see if you can join local farmers CSA (Farm Share)

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.

PRODUCE:

Qty.	Item	Meal #	
Lg. Cont.	Spinach	Shakes,1,2,5	
Preference	Strawberries	Opt Snack/Shake 2,5	
Preference	Blueberries	Opt Snack/Shake/BF	
Preference	Green Apples	Opt Snack	
2 large	Onion	1,3,5	
1	Purple Onion	2,5	
	Green onions	Opt 1,3	
1	Avocado	1,5	
	Basil	2,4	
1	Eggplant	2	
	Garlic	3,5	
1 bag	Mini Carrots	3, Snacks	
5	Sweet Potatoes	3	
3	Zucchini	4	
1	Cucumber	3,5, Snacks	
4-5	Tomatoes	4	
Preference	Lemons	2,5, Water	

DAIRY/COLD:

Qty.	Item	Meal #	
2	Unsweetened Almond Milk	Shakes, Opt BF	
	DF Parmesan Cheese (Galaxy Foods Rice base)	Opt 2	
	DF Mozzarella Cheese (Daiya)	2	
	DF Cheddar Cheese (Daiya)	Opt 1, 3	
	DF Cream Cheese (Daiya)	3	
Preference	Hummus	Snack	

FROZEN:

Qty.	Item	Meal #	
	Frozen Mixed Berries	Opt Shakes	
	GF Hamburger Buns (Kinnikinnick)	Opt 3	

PANTRY:

Qty.	Item	Meal #	
2 cans	Vegetable broth (low sodium, organic)	1	
2 cans	Stewed tomatoes (Muir Glen)	1	
1 28 oz can	Crushed tomatoes (Muir Glen)	5	
3 cans	Pinto beans	1,2,5	

2 cans	Black beans	1	
2 can	Kidney beans	3,5	
24 oz jar	Picante or salsa (Muir Glen)	1	
1 jar	Spaghetti sauce (Muir Glen Italian Herb)	2	
Preference	Almond Butter	Opt Snack,	
1 bag	Rice or bean chips (Beanitos)	Opt 1	
	Olive Oil	2,3,4,5	
	Hot Sauce	Opt 3	
4 oz jar	Olives	4	
	Chili Powder	1,5	
	Cumin	1,5	
	Garlic Powder	1,4	
	Onion Powder	1	
	Crushed Red Pepper Flakes	2	
	Cayenne Pepper (aka Ground Red Pepper)	1,5	
	Curry	3	
	Salt/Pepper	2,3,4,5	
	Oregano	5	
	Paprika	4,5	
	Dried Italian Blend Seasoning	2	
	Cinnamon	Opt BF	
	Unsweetened Coconut	Opt BF, Shakes	
	Coconut Sugar/Crystals	3	
	Vanilla extract	Opt BF	
	Chia Seeds	Opt BF, Shakes	
	Flax Seeds	3, Shakes	
	Pistachios	Opt BF, Snack	
	Sunflower seeds	Opt BF	
1 bag	Almonds	2,5,Snack	
	Walnuts	Opt BF	
	Almond Flour	3	

Dinner Recipes

1) Tortilla Soup

Serves 8-12

- 2 cans vegetable broth (low sodium, organic)
- 2 cans stewed tomatoes
- 2 cans pinto beans, drained
- 2 cans black beans, drained
- 24 oz picante or salsa
- 1 sm-med onion, diced
- 2 TBS homemade taco seasoning (see below)
- Optional toppings: Rice chips, cheddar "cheese" shreds, avocado slices, green onions



Drain/rinse beans. Add all ingredients to large pot. Warm through & serve with chosen toppings.

Taco Seasoning

- 1 T chili powder
- 1 T ground cumin
- 1 T garlic powder
- 1 T onion powder
- 1/4 T crushed red pepper

Mix all the spices together and store in an airtight container.

2) Mini Eggplant Pizzas

Serves 8

- 1 eggplant (8 oz, 9-10" long)
- 1 T salt
- 2 T olive oil
- 2 † dried Italian seasoning
- 10 large basil leaves, cut in strips (optional)
- 1/3 cup DF Parmesan (optional)
- 1/3 cup DF mozzarella, shredded
- Crushed red pepper flakes (optional)
- 1 jar Spaghetti Sauce (*Muir Glen Italian Herb*)



1. Cut off both ends of the eggplant; then cut it into 3/4 inch thick slices (trying to make them the same thickness!) P
2. Put the eggplant pieces on a double layer of paper towels and sprinkle both sides generously with salt. Let the eggplant sit with the salt on it for about 30 minutes to draw out the liquid. (After the eggplant sits for 15 minutes, turn on the oven to 375F/190C.) After 30 minutes, wipe the eggplant dry with paper towels (this also removes most of the salt.)
3. Spray a roasting sheet with olive oil or non-stick spray, lay eggplant slices on, brush the tops of the eggplant with olive oil, and sprinkle with dried Italian seasoning.
4. Roast the eggplant about 25 minutes but "not so long that the slices become mushy and lose their shape".
5. While the eggplant roasts, thinly slice the fresh basil leaves (if using) and combined freshly grated Parmesan and low-fat mozzarella blend. After 25 minutes or when eggplant pieces are done, remove eggplant from the oven and turn oven setting to broil.
6. Spread a few tablespoons of sauce on the top of each eggplant slice, sprinkle with thin basil slices (if using) and top with a generous amount of cheese. Put pizzas under the broiler until the cheese is melted and slightly browned. (This took 6-7 minutes for me, but I was using a toaster oven and in a more powerful broiler it would probably only take a few minutes.)
7. Serve hot, with red pepper flakes to sprinkle on pizza if desired.

3) Quinoa Burgers

Serves 8

- 2 1/4 cup cooked quinoa
- 1/2 cup of kidney or black beans
- 3/4 cup shredded DF cheese of choice (Daiya)
- 1 tablespoon DF cream cheese (Daiya)
- 2 'flax eggs'
- 2 green onions
- 2 tablespoons white onion, chopped
- 1/2 cup carrot, shredded
- 2 cloves garlic
- 1 teaspoon chili paste or hot sauce
- 2 tablespoons GF flour (almond meal works great)
- 1 tablespoon flax seed
- 1 tablespoon coconut sugar
- 1/2 teaspoon salt
- 1/2 teaspoon curry powder
- 1/8 teaspoon black pepper
- GF Hamburger buns or lettuce leaves (optional)



1. Make flax eggs. Cook quinoa according to box instructions.
2. Let rest for 5 minutes, then remove lid and cool.
3. Next grate your cheese, chop your onions, mince your garlic, grate you carrot, and slice your green onions. Set aside.
4. Using you beans of choice (I chose dark red kidney) and a fork, mash into a chunky paste. This really helps glue your burgers together.
5. In a large bowl add chopped vegetables, beans, flax eggs, cream cheese, shredded cheese, flour, sugar, flax seed, hot sauce, and all spices. Stir to combine.
6. Next add your cooled quinoa. Must be cooled or the cheese will melt now, instead of in the pan. Stir mixture until completely uniform. In a large pan, heat 2 tablespoons of olive oil. Using hand, form 1/2 cup portions of quinoa mixture into patties and place into hot pan.
7. Cook for 3-4 minutes on each side, or until golden brown.

Sweet Potato Fries

Serves 3-5

- Olive Oil, for tossing
- 5 sweet potatoes, peeled and sliced into 1/4-inch long slices, then 1/4-wide inch strips
- 2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp garlic powder
- 1/2 tsp paprika

1. Preheat oven to 450 degrees F.
2. Line a sheet tray with parchment. In a large bowl toss sweet potatoes with just enough oil to coat. Sprinkle with House Seasoning and paprika.
3. Spread sweet potatoes in single layer on prepared baking sheet, being sure not to overcrowd.
4. Bake until sweet potatoes are tender and golden brown, turning occasionally, about 20 minutes.
5. Let cool 5 to 10 minutes before serving.

4) Pasta Alla Checca

- 3 large zucchini
- 4-5 tomatoes, seeded and diced
- 1 clove garlic, minced
- 1/2 cup raw olives, coarsely chopped
- 1/2 cup olive oil
- Himalayan salt and pepper to taste
- 20 fresh basil leaves



1. Peel zucchini or leave skin on. Spiralize zucchini into noodles or peel into fettuccini-like strips.
2. Mix with a pinch of salt and let sit for 15-30 minutes.
3. Combine tomatoes, garlic, olives, capers, olive oil, salt and pepper, reserving the basil. Let mixture rest at room temperature for 30 minutes to fuse seasonings.
4. Using a paper or kitchen towel, gently squeeze pasta to extract all the liquid. Place in large mixing bowl.
5. Put half the checca into the bowl along with 3/4 of the basil and gently toss. - 'Use individual molds to stack the pasta high on the plates (I use an empty can) or divide into bowls.
6. Top with the balance of checca mixture and top with chopped tomatoes.

5) **Vegan 2 Bean Chili**

Serves 4-6

- 1 28oz can crushed tomatoes (*or diced, based on preference*)
- 1 can kidney beans
- 1 can pinto beans
- 1/2-1 onion, diced
- 2 TBS chili powder
- 1 TBS fresh minced garlic
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp oregano
- 1/2 tsp cumin
- 1/2 tsp cayenne pepper
- 1/2 tsp paprika
- 2 cups water
- 2 cups cooked quinoa (*or brown rice, optional*)
- 1/2 avocado, sliced (*optional*)



1. If desired, cook quinoa (or brown rice) according to package instructions.
2. In large 2 qt covered pot, add all ingredients, heat through and serve it up! This is SO good and SO easy. We serve it over cooked brown rice.
3. Optional: Top with avocado slices or DF cheddar cheese shreds.

Strawberry Spinach Salad

- Mix 2 generous handfuls fresh baby spinach
- 1/3 cucumber (diced)
- Couple rings of red onion (diced)
- Handful of strawberries (tops removed & diced)
- almonds and drizzle with olive oil, fresh-squeezed lemon juice, salt & pepper.