

Week 3 Meal Plan: Vegan

Breakfast:

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

Dinner:

1. Lentil Loaf & Salad
2. Quinoa Kale Power Bowl
3. Avocado Chickpea Salad
4. Tomato Basil Sandwiches & Guacamole
5. Slow Cooker White Bean Stew
6. Day 6 & 7 Leftover Night

Lunch:

Repeat shakes or dinner leftovers

(If weight loss is major goal, do 2 shakes/day)

Week 3 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,1,5	
Preference	Strawberries	Opt Snack/Shakes/1	
Preference	Blueberries	Opt Snack, Shake	
Preference,	Green Apples	Opt Snack/BF	
2	Onion	1,5	
1	Red onion	1,4	
1 bulb	Garlic	1,2,4,5	
8 oz	Mushrooms	1	
	Cucumber	1,3	
3+	Lemons	Water,1,2	
2	Limes	3,4	
2 bunches	Kale	2,5	
1 bag	Baby Carrots	2,5	
3	Avocado	3,4	
1 bag	Shredded Radish/Carrot/Cabbage mix	3	
3	Tomatoes, plum (or other)	4	
2	Tomatoes, roma	4	
	Cilantro	4	
1	Jalapeno	4	
	Celery	5	

DAIRY/COLD:

Qty.	Item	Meal #	
1-2	Unsweetened Almond Milk	Shakes	
Preference	Hummus	Snack	
	Basil Pesto (deli)	2,4	
	Mozzarella cheese shreds (Daiya)	4	

FROZEN:

Qty.	Item	Meal #	
Preference	Frozen Mixed Berries	Opt Shakes	
	GF Bread (Udi's)	4	

PANTRY:

Qty.	Item	Meal #	
2 TBS	Flax seeds	1	
¾ C	BBQ sauce	1	
	Salt/Pepper	1	
	Green lentils	1	
	GF Oats (Bobs Red Mill)	1	
	Almond Flour (Bobs Red Mill) or Coconut Flour	1, Opt BF	
	Almonds	1, Snacks	
	Salt/pepper	1,2,3,4	
	Garlic Powder	2,3	
	Paprika	2	
	Onion Powder	2	
	Quinoa	2	
	Brown Rice	Opt 5	
	Vegetable Broth	2	
2-15oz cans	Fire Roasted Tomatoes (Muir Glen)	2	
28oz can	Diced Tomatoes (Muir Glen)	5	
	Olive oil	2,4	
	Coconut oil	Opt BF	
1 can	Chickpeas	3	
	Brown mustard	3	
	Cumin	4	
	Cayenne Pepper (Ground Red Pepper)	4	
	Rosemary	5	
	Thyme	1,5	
	Oregano	5	
1 bag	Rice or bean chips (Beanitos)	4, Snack	
	Cinnamon	Opt BF	
	Pecans (or other nut)	Opt BF	
	Brown Rice Syrup	Opt BF	

1) Lentil Loaf

Serves 8

Dinner Recipes

Ingredients:

- 2 TBS ground flax seeds
- 6 TBS boiling water
- 1 TBS olive oil
- 1 onion, diced
- 1 clove garlic, minced
- 1 cup mushrooms, diced
- 2 cups fresh baby spinach, roughly chopped
- 1 tbsp fresh thyme, roughly chopped
- ¾ cup spicy vegan BBQ sauce
- salt and pepper, to taste
- 2 cups cooked green lentils, cooled, and divided
- 1 cup gluten-free rolled oats
- ½ cup almond flour



Instructions:

1. Preheat the oven to 375F.
2. Add the ground flax seeds to a small bowl, pour the boiling hot water over and stir to combine well. Set aside and allow it to thicken and cool.
3. Heat the olive oil in a large saucepan over a medium heat, add the onion and garlic and sauté for 5-8 minutes until the onions are tender.
4. Add in the mushrooms and cook another 3 to 5 minutes until the mushrooms are tender, add in the thyme and spinach and cook until the spinach is wilted, about 2 minutes.
5. Add in ½ cup of the BBQ sauce, stir to combine and turn off the heat, add salt and pepper to taste, if it needs it.
6. Process 1 ½ cups of the cooked lentils and ½ cup of the oats in the food processor until smooth (some whole bits may remain, that's ok).
7. Spoon the mixture into a large bowl, add in the remaining lentils and oats, plus the flax "egg", almond flour and vegetable mixture. Stir really well to combine. Then get your hands in there, just like you would with a regular meat loaf or meatballs, and make sure it is mixed and mashed together really well.
8. Spoon the mixture into a parchment paper lined 9" x 5" loaf pan, (leave a bit of the parchment paper hanging over so you can easily lift the loaf out when it is cooked). Using your hands, you really want to press it in good. Brush on the remaining ¼ cup of BBQ sauce over the top.
9. Bake uncovered for 35 to 40 minutes at 375F. Cool in the pan for about 5, pull the loaf out by grabbing the sides of the parchment paper and lifting up and allow it to cool for another 5 to 10 minutes on a cooking rack. Slice and serve.

2) Strawberry Spinach Salad

Ingredients & Instructions:

1. Mix 2 generous handfuls fresh baby **spinach**,
2. 1/3 **cucumber** (diced),
3. Couple rings of **red onion** (diced),
4. Handful of **strawberries** (tops removed & diced)
5. **almonds** (chopped)
6. A drizzle with **olive oil**,
7. fresh-squeezed **lemon juice**
8. **salt** (light amount) & **pepper**

2) Chickpea Quinoa Power Bowl

Yields 4 servings

Ingredients:

- 1 can chickpeas, drained & rinsed
- 4 Tbsp lemon juice (fresh squeezed)
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp onion powder
- 1 cup dry quinoa
- 16 oz vegetable broth
- 2 (14.5oz) cans fire-roasted tomatoes
- 2 cups chopped carrots
- 4 cups tightly packed chopped kale
- 3 tsp olive oil
- 3 Tbsp minced fresh garlic
- 2/3 cup basil pesto (optional, see recipe on #5) or pre-made in deli/produce section)
- Salt & pepper, to taste



Instructions:

1. In a large baggie, place chickpeas, lemon juice, garlic powder, paprika and onion powder. Seal bag and shake – set aside.
2. In a saucepan, combine dry quinoa and chicken broth.
3. Cover and bring to a boil.
4. Once boiling, reduce to simmer for 15 minutes.
5. Remove from heat and set aside
6. In a large pot add olive oil, kale and carrots. Sauté until carrots are al dente, add garlic and S&P to taste and mix well.
7. Add roasted tomatoes, quinoa, chickpea mixture and combine. Cook for 2 minutes.
8. Add pesto (optional) and stir. Serve immediately.

3) Avocado Chickpea Salad

Serves 1

Ingredients:

- ½ medium avocado
- Juice of ½ lime
- 1-2 teaspoons course brown mustard
- ½ teaspoon garlic powder
- Salt & pepper to taste
- 1 cup chickpeas, coarsely mashed
- ½ cup chopped vegetables of choice (I used chopped radishes, carrots, and purple cabbage in mine)
- 1 cucumber, optional (for serving salad mix one)



Instructions:

1. In a small bowl, mash the avocado with the lime juice and mix in the brown mustard, garlic powder, and salt and pepper.
2. Mix in the chopped chicken breast and chopped veggies.
3. HINT: If you need to store this in the fridge, keep the avocado seed in the container with the the salad. The avocado seed helps to slow browning and oxidation of the avocado! This works for any avocado-based foods, like guacamole.

4) Tomato Basil Sandwiches

Serves: 2 sandwiches

Ingredients:

- 8 slices GF bread
- 2/3 cup Mozzarella Shreds (Daiya)
- 3 plum tomatoes, cut into thick slices
- 1 cup fresh basil pesto, recipe below (or use the store-bought stuff OR Fresh Basil leaves)
- Freshly ground black pepper
- Extra-virgin olive oil



Instructions:

1. If you have a panini press, turn it on to warm up; otherwise, set a skillet over medium heat.
2. Assemble sandwich by smearing insides of bread slices with pesto.
3. Arrange a layer of sliced tomato and season with a few turns of fresh pepper. Layer the mozzarella slices over the top and then place another piece of bread on top to make the sandwich.
4. Drizzle olive oil over skillet's surface and place sandwiches on the hot skillet or panini press. If using a skillet, place another heavy skillet over the top to form a "press".
5. Turn after 2 to 3 minutes and replace weight. The sandwich is ready when golden brown and mozzarella has melted around the edges.

Basil pesto

Ingredients:

- ½ cup pine nuts
- 2 cups fresh basil leaves
- 1 cup fresh Italian parsley leaves
- ½ cup Parmesan (Galaxy Foods, Rice base)
- 2 garlic cloves ¼
- teaspoon salt
- ½ cup extra-virgin olive oil

Toast pine nuts in a skillet over medium heat until fragrant, about 5 minutes. Combine pesto ingredients in a food processor and pulse until well combined but still rough-textured.

• Guacamole

- 2 ½ Haas avocados, halved, seeded and peeled
- 1 lime, juiced
- ½ teaspoon kosher salt
- ½ teaspoon ground cumin
- ½ teaspoon cayenne
- ½ medium onion, diced
- ½ jalapeno pepper, seeded and minced
- 2 Roma tomatoes, seeded and diced
- 1 tablespoon chopped cilantro
- 1 clove garlic, minced



In a large bowl mix the scooped avocado pulp and lime juice, toss to coat. Using a potato masher (or fork) add the salt, cumin, and cayenne and mash. Then, fold in the onions, jalapeno, tomatoes, cilantro, and garlic. Let sit at room temperature for 1 hour and then serve. Tips: Serve with Rice Chips. If you don't eat it all, put in ZIPLOCK BAG, squeeze ALL air out & place in fridge. This will keep avocado from browning. Eat within 1-2 days as a snack.

5) Slow Cooker White Bean Stew

Serves 10-12

- 2 lbs white beans
- 2 lg carrots, peeled & diced
- 3 lg celery stalks, diced
- 1 onion, diced
- 3 cloves garlic, minced
- 1 bay leaf
- 1 tsp each: dried rosemary, thyme & oregano
- 10-12 cups water
- 2 TBS salt (add more at end if needed)
- Ground black pepper, to taste
- 1 28oz can diced tomatoes (I like Muir Glen Organic Fire Roasted)
- 6 cups roughly chopped leafy greens (spinach, chard, kale)
- 2 cups cooked Brown Rice (optional)



Sort through and rinse beans several times in cool water. Add to the slow cooker along with the diced carrots, celery, onions, garlic, bay leaf and dried herbs. Add the water. (Use less for a thicker stew, more for more of a soup.) Cover and cook on high for 3 hours, or low for 6 hours. Remove lid from slow cooker and add the salt and pepper, and diced tomatoes. Let cook for another 1-1 ½ hours, or until beans are very soft. (If they are already soft after the initial cooking time, different kinds of beans may vary in cooking time, then add the tomatoes and greens and serve immediately.) Before serving, stir in the chopped greens. Serve over hot cooked brown rice (optional).

Additional Recipe

Apple Crisp

Ingredients:

- 5 Granny Smith Apples, peeled, cored, diced
- 1/2 cup coconut oil, melted
- 1 cup chopped nuts (optional)
- 1 cup coconut flour, sifted (almond flour should work too)
- 1 cup unsweetened shredded coconut
- 4 "flax eggs"
- 2-3 Tablespoons brown rice syrup or coconut syrup
- 3/4 teaspoon salt
- 2 Tablespoon cinnamon



Instructions:

Preheat oven to 350 F. Peel, core and slice apples. Place apples in 11" baker. Warm coconut oil in a pan, if not already melted. Chop nuts, if using them. Add nuts, coconut oil, coconut flour, flaked coconut, syrup, salt & cinnamon into a large bowl. Mix well, and taste if desired. Adjust honey to taste. Then add "eggs", and mix till it all gets crumbly. Sprinkle mixture evenly over apples. Be sure to cover apples completely, to seal in the juices and keep the apple slices moist. Bake 35-45 minutes or till apples are tender and crumbs are golden brown. Serve warm.