

# Week 1 Vegan

<b>Breakfast:</b>  See Shake Recipes under “getting started documents to print”  One shake every morning to fuel your body	<b>Dinner:</b>  1.) Middle Eastern Mujadara 2.) Tuscan Bean Soup 3.) Layered Raw Taco Salad 4.) Butternut Squash Chipotle Chili with Avocado 5.) Stuffed Squash Days 6 & 7 Leftovers
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## Lunch:

Repeat shakes or dinner leftovers

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

## Week 1 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 #
	Spinach	1,3 + Shakes
1-2 Large Heads	Romaine Lettuce	3
3 large	Avocado	3, 4
1 ½	Red Onion	3, 4
5	Yellow Onion	1, 2, 5
1 bunch	Green Onions	3
2	Red Bell Pepper	4
3 cups diced	Mushrooms	5
2 small	Acorn Squash	5
1 small	Butternut Squash	4
1	Yellow Summer Squash	2
1 medium	Zucchini	2
2 stalks	Celery	2
2 medium	Carrots	2
14	Garlic	1, 2, 4, 5
½ small	Tomatoes	3
3 cups chopped	Kale	2
1 bunch	Cilantro	1, 4
1 tbs + 1 tsp fresh juice	Lime	3
2-3 Tbs Juice	Lemon	3
1 diced	1 Green Apple	5

## DAIRY/COLD:

Qty.	Item	Meal #
1 container	Salso (Fresh without vinegar/organic) Do your best	31

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## FROZEN:

Qty.	Item	Meal #
	Frozen Mixed Berries	Optional Shakes
	Frozen Strawberries	Optional Shakes

## PANTRY:

Qty.	Item	Meal #
2 15oz cans	Black Beans	4
1 cup	Brown or Green Lentils (French Lentils)	1
1 quart + 2 cups	Organic Vegetable Broth	2, 4
2 14 oz	Diced Tomato's (no salt)	2, 4
2 14 oz	Cannellini Beans	2
1 ½ c	Organic Brown Rice	1
½ cup	Walnuts	3
1 cup	Macadamia or Cashews	3
4 Tbls	Coconut Oil	1
8 Tbls	Olive Oil	2, 4, 5
1 tsp	Fennel Seeds	5
2 tsp	Dried Sage	5
	Black Pepper	
3 tsp	Fine Grain Sea Salt	1, 3
1 Tbls + 2 tsp	Cumin	1, 3, 4
1 Tbls	Coriander	1
1 tsp ¼ tsp	Ground Cinnamon	1, 4
2 Tbls	Chili Powder	1, 3, 4
¼ tsp	Thyme	2
½ tsp	Rosemary	2
1	Bay Leaf	4
Dash	Cayenne Pepper	3
½ tsp	Red Pepper Flakes	2
½ to 1 Tbls	Chipotle Pepper in Adobo	4
2 Tbls	Ground Flaxseed	5

# Recipes Week 1

## 1. MIDDLE EASTERN MUJADARA – Serves 6



This is delish! I make tons of extra-caramelized onions for this dish. An earthy dish of rice and lentils, punctuated with fragrant garlic and toasted spices, and topped with fresh herbs and crispy, caramelized onions.

Cuisine: Middle Eastern

### INGREDIENTS

- 1 cup of brown or green lentils (I use French Lentils)
- 1.5 cups of brown rice
- 1 tablespoon cumin, ground
- 1 tablespoon coriander, ground
- 1 teaspoon cinnamon, ground
- ½ teaspoon chili powder (optional)
- 2 garlic cloves, minced
- 1 onion, chopped finely
- 2 tsps sea salt - to taste
- 4 tablespoon extra virgin olive oil
- 2 onions, sliced into half-moons (optional but highly recommended)
- ½ bunch of chopped cilantro or parsley, for serving

## INSTRUCTIONS

Rinse lentils and soak them in 4 cups of water for 20 minutes (If you don't have time to soak your lentils, that's ok - they'll just need longer to cook).

Mince garlic finely. Chop onion finely.

Heat 2 tablespoons of olive oil in a large, heavy-bottomed pot. Add cumin, coriander, cinnamon, garlic and chili, if using, and toast lightly, for about a minute. Add onions to the spices, stir until coated, and sauté until golden, stirring occasionally, about 10 minutes. If lentils were soaking, drain the water. To the pot with onions and spices, add 1 cup of lentils and enough water to coat them, plus one more cup of water and 1 teaspoon of salt. Raise heat to medium-high and cook lentils for 20 minutes if the lentils were soaked (25-30 if they weren't soaked), testing for doneness (lentils should be cooked through but not mushy).

While lentils are cooking, rinse your rice 3-5 times in cold water, until water comes out clean. Let rice soak in 4 cups of water while lentils are cooking.

When lentils are cooked through but not mushy, to the same pot as the lentils add rice, 1 teaspoon of salt and 2 cups of water (if using whole-grain rice, you'll want more water, about 2.5 cups). Cover with a lid, raise heat to medium-high and bring to a boil. Once water is boiling, lower heat to very low and let cook for about 25 minutes, until most of the water has evaporated and rice is cooked through. Fluff rice through gently with a fork, cover with lid and let rest for another 10 minutes.

Optional: While rice is cooking, heat 2 tablespoons of oil in a pan. When oil has heated through, add slivered onions. Let cook on low-medium heat until onions have browned and caramelized.

Chop cilantro or parsley finely.

When rice is cooked through, pour contents of pot into big serving platter. Mix rice and lentils gently. Top with chopped herbs and caramelized onions.

## 2. Easy Tuscan Bean Soup – 8-10 Servings



### Ingredients

- 2 tablespoons extra virgin olive oil
- 1 medium yellow onion, diced
- 2 medium carrots, diced
- 2 stalks celery, diced
- 1 medium zucchini, diced
- 1 yellow summer squash, diced
- 4 cloves garlic, pressed
- ¼ teaspoon red pepper flakes
- ¼ teaspoon dried thyme
- ½ teaspoon dried rosemary
- 1 quart vegetable (or chicken) broth
- 2 (14 ounce) cans cannellini beans, drained and rinsed
- 1 (14 ounce) can no-salt-added diced tomatoes with juices
- 3 cups chopped kale, ribs removed
- 2 teaspoons salt
- 1 teaspoon freshly ground black pepper

### Instructions

1. Heat 2 tablespoons of olive oil in a 6 quart or larger Dutch oven over medium-high heat. Add the onions, carrots, celery, zucchini, and squash. Sauté for 4 minutes.
2. Add the garlic, red pepper flakes, thyme and rosemary. Cook 30 seconds.

3. Stir in the broth, beans, and tomatoes. Bring the contents to a boil, then turn the heat down to low and add the chopped kale. Cover the pot and simmer for 15 minutes.
4. Use an immersion blender\* to partially puree the soup, leaving some chunks of beans vegetables for texture.
5. Add the salt and pepper. Taste and adjust seasonings as needed.

### 3. Layered Raw Taco Salad – 2 Servings



*Don't let the long ingredient list put you off; the entire recipe took me about 30 minutes or so. Feel free to adapt this salad depending on what you have in your kitchen.*

#### ***Walnut Taco Meat:* (adapted from my taco meat recipes) (yield: scant 1/2 cup)**

- 1/2 cup walnuts, soaked for 2-8 hours
- 1 1/2 tsp chili powder
- 1/2 tsp cumin powder
- fine grain sea salt, to taste
- cayenne pepper, to taste (optional)

#### ***Cashew or Macadamia cream:* (yield: 1 heaping cup)**

- 1 cup macadamia (or cashew) nuts, soaked in water for 2-8 hours
- 11-12 tbsp water (use as needed to achieve desired consistency)
- 2-3 tbsp fresh lemon juice, to taste

- fine grain sea salt, to taste (I used just over 1/4 tsp)

***3-Minute Guacamole: (yield: 3/4 cup)***

- 1 large ripe avocado
- 1/4 cup chopped red onion
- 1/2 small tomato, chopped
- 1/2 tsp ground cumin
- 1 tbsp + 1 tsp [fresh](#) lime juice
- 1/4 tsp fine grain sea salt, or to taste

***Other salad ingredients:***

- greens of choice
- salsa
- green onion (optional)

**Taco meat:** In a food processor (or by hand), pulse (or chop) the ingredients until combined. Make sure to leave the walnuts chunky. Remove and set aside.

**Cream sauce:** Drain and rinse the soaked nuts. Add them into a processor and process. Stream in about 1/2 cup water and a couple tablespoons of lemon juice. Add more water as needed to achieve your desired consistency. The nut sauce should be super smooth and not grainy. Add salt to taste.

**Guacamole:** In a medium-sized bowl, mash the avocado flesh with a fork, leaving some chunks. Stir in the chopped tomato, red onion, lime juice, and seasonings to taste.

**To assemble:** (per bowl) Add a hefty base of greens in a large bowl followed by a heaping 1/4 cup scoop of guacamole in the middle. Spoon on 2 T of salsa over the greens followed by half of the taco meat. Drizzle a couple tablespoons over top the taco meat. Garnish with a chopped green onion and leftover chopped tomato and red onion.



## 4. Vegetarian Butternut Squash Chipotle Chili with Avocado –

**Serves 3-4**



Hearty, spicy and sweet vegetarian chili made with butternut squash and black beans. Top with creamy avocado for an easy meal that satisfies vegans, carnivores and gluten-free eaters alike. This recipe serves 3 to 4. This chili is very hearty, but feel free to add another can of tomatoes or more vegetable broth if you want to thin it out a bit. Double the recipe for a crowd.

### **INGREDIENTS**

- 2 tablespoons olive oil
- 1 medium red onion, chopped
- 2 red bell peppers, chopped
- 1 small butternut squash (1½ pounds or less), peeled and chopped into ½-inch cubes
- 4 garlic cloves, pressed or minced
- 1 tablespoon chili powder
- ½+ tablespoon chopped chipotle pepper in adobo\* (start with ½ tablespoon and add more to taste, I thought mine was just right with 1 tablespoon)
- 1 teaspoon ground cumin
- ¼ teaspoon ground cinnamon
- 1 bay leaf
- 2 cans (15 ounces each) black beans, rinsed and drained, or 3 cups cooked black beans

- 1 small can (14 ounces) diced tomatoes, including the liquid\*\*
- 2 cups vegetable broth (or one 14-ounce can)
- Salt, to taste
- 2 Avocados from Mexico, diced
- Optional additional garnishes: Chopped fresh cilantro and/or red pepper flakes

## **INSTRUCTIONS**

1. In a 4- to 6-quart Dutch oven or stockpot over medium heat, warm the olive oil until shimmering. Add the onion, bell pepper and butternut squash and cook, stirring occasionally, until the onions are turning translucent.
2. Turn the heat down to medium-low and add the garlic, chili powder, ½ tablespoon chopped chipotle peppers, cumin and cinnamon. Cook, stirring constantly, until fragrant, about 30 seconds. Add the bay leaf, black beans, tomatoes and their juices and broth. Stir to combine and cover for about 1 hour, stirring occasionally. Taste about halfway through cooking and add more chopped chipotle peppers if you'd like.
3. You'll know your chili is done when the butternut squash is nice and tender and the liquid has reduced a bit, producing the hearty chili consistency we all know and love. Add salt to taste.
4. Serve the chili in individual bowls, topped with plenty of diced avocado. Sprinkle of red pepper flakes (optional).
5. Sprinkle of Cilantro (optional).

## 5. STUFFED SQUASH – 4 SERVINGS



### INGREDIENTS –

- 2 small acorn squash
- 4 tablespoons extra virgin olive oil, divided
- 1 medium yellow onion, diced (about 1 cup)
- 4 cloves garlic, minced
- 1 pound ground turkey or chicken (***Vegetarian option***: use 3 cups diced mushrooms)
- 1 medium apple, diced
- 1 teaspoon fennel seeds
- 2 teaspoons dried sage
- sea salt and fresh ground black pepper, to taste
- 2 eggs, beaten (vegan option: mix 2 tablespoons ground flaxseed with 6 tablespoons water)

Heat oven to 400 degrees

Place the squash on a cutting board and slice in half. Scoop out the seeds. Place on a baking sheet and set aside.

Heat 2 tablespoons of the oil in a sauté pan over medium heat. Add the onion, garlic and sauté for 4-5 minutes to soften, and then add the turkey and cook until no longer pink, about 5-7 minutes. Vegetarian Option: Cook mushrooms instead of Turkey or Chicken)

Add the diced apple, fennel and sage to the pan and cook for 4-5 minutes. Season with the salt and pepper.

Remove from heat and stir in the eggs (or ground flaxseed and water). Divide the mixture amongst the squash halves and brush the tops with the remaining oil. Place in the oven and cook for 30-35 minutes or until the squash is fork tender.

To serve, place one of the stuffed squash halves on your plate and enjoy!