

Week 4 Meal Plan: Vegan

Breakfast:

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

Dinner:

1. Veggie Fried Rice
2. Mexican-Style Sweet
3. Old-Fashion Vegetable Soup
4. Rustic Zucchini Tian
5. Quinoa Stuffed Bell Peppers
- 6 & 7 Leftovers

Lunch:

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

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 | |
| Preference | Strawberries | Opt Snack/Shakes/1 | |
| Preference | Blueberries | Opt Snack, Shake | |
| Preference + 1 | Green Apples | Opt Snack | |
| 4 | Onions | 1,2,4,5 | |
| 1 bulb | Garlic | 2,4,5 | |
| 4 lg | Tomatoes | 4 | |
| 1 | Lemon | 4 | |
| 2 lbs | Zucchini or summer squash or mix | 4 | |
| | Italian Parsley | 2, 4 | |
| | Broccoli | 1, Snack | |
| | Carrots | 1, Snack | |
| 1/pp | Sweet Potatoes | 2 | |
| 1/pp + 1 | Red bell pepper | 2, 5 | |
| 1 | Lime | 2 | |
| 1 | Jalapeno | 5 | |

DAIRY/COLD:

| Qty. | Item | Meal # | |
|-------------|------------------------------|----------------|--|
| 1-2 | Unsweetened Almond Milk | Shakes, Opt BF | |
| Preference | Hummus | Snack | |
| | Pepper Jack 'Cheese' (Daiya) | Opt 5 | |

FROZEN:

| Qty. | Item | Meal # | |
|-------------|----------------------|---------------|--|
| Preference | Frozen Mixed Berries | Opt Shakes | |
| 2 bags | Mixed 'Soup' Veggies | 3 | |

PANTRY:

| Qty. | Item | Meal # | |
|-------------|---------------|---------------|--|
| | Olive Oil | 2, 4 | |
| | Coconut Oil | 1 | |
| | Cumin | 4 | |
| | Coriander | 4 | |
| | Salt/pepper | 1,2,3,4 | |
| | Garlic Powder | 1 | |
| | Brown Rice | 1,Opt 3 | |
| | Coconut Amino | 1 | |

| | | | |
|---------|-----------------|--------------|--|
| | Sesame Seeds | Opt 1 | |
| 1 can | Chickpeas | Opt 1 | |
| 2 cans | Black Beans | 2,5 | |
| | Cashews | Opt 1, Snack | |
| 2 cans | Diced tomatoes | 3,5 | |
| 1 jar | Spaghetti Sauce | 3 | |
| 16-32oz | Vegetable Broth | 3 | |
| | Oregano | 3 | |
| | Quinoa | 5 | |

Dinner Recipes

1) Veggie Fried Rice

Serves 4

- 2 cups cooked brown rice
- 2 TBS coconut oil
- 2 TBS coconut aminos
- 1-2 cups baby spinach, tightly-packed
- ½ cup onions, diced
- ½ broccoli, diced
- ½ cup carrots, diced
- Sesame seeds, optional
- Salt/pepper/garlic powder to taste
- Toss in cashews or chickpeas for added protein, optional



Heat skillet to medium heat and add 2 TBS coconut oil. Sauté onions, broccoli & carrots and any other desired veggies under tender. Add spinach for final few minutes. Add cooked brown rice. Add coconut amino (resembles soy sauce) and sesame seeds (optional). If mixture is getting dry, add a splash of veggie broth.

2) Mexican Style Sweet Potato

Serves 2

- 2 sweet potatoes
- 1 tablespoon extra-virgin olive oil
- 1/2 white onion, diced
- 1/2 red pepper, diced
- 1 garlic clove, minced
- 1/2 teaspoon sea salt
- 1 lime, juiced
- 1 can black beans
- Extra-virgin olive oil
- Parsley, chopped



Pop the sweet potatoes into the oven and bake at 400 degrees Fahrenheit for one hour. Remove from the oven and slice each potato lengthwise. Scoop out the insides so that there is only a thin layer remaining lining the edges. Set aside. Heat olive oil in a frying pan over medium heat, and cook the chopped vegetables until tender, about seven minutes. Season with salt to taste. Drain and rinse the black beans and add to the frying pan along with the lime juice. While the bean and vegetable combo is cooking, mash the mixture with the edge of a fork to break up the beans. Add the cooked sweet potato insides to the bean mixture and mix until thoroughly combined. Stuff each potato with the bean mixture and serve with a drizzle of extra-virgin olive oil and chopped parsley.

3) Old-Fashioned Vegetable Soup

Serves 8

2 bags frozen 'soup' veggies
1 can tomatoes, diced or crushed
1 jar spaghetti sauce (Muir Glen Italian Herb)
2-4 cups vegetable broth
Salt/pepper to taste
Oregano to taste
1 bay leaf
Brown rice or quinoa, optional



In large saucepan, add 2 bags frozen mixed veggies (try to avoid mixes with corn), 1 can

diced or crushed tomatoes, 1 jar spaghetti sauce and 2-4 cups vegetable broth to your desired consistency. Season according to taste. We like salt/pepper/oregano and 1 bay leaf. If you want to add some healthy grain to this, feel free to add in COOKED brown rice or quinoa. Quinoa is always your healthiest grain choice.

4) Rustic Zucchini Tian

Serves 4



3 lbs zucchini or summer squash-sliced into ¼ inch discs
¼ c chopped Italian parsley

2 large onions, sliced
2 T olive oil
10 garlic cloves, roughly chopped
4 large tomatoes, diced
1 small Lemon-zest and 1 T juice
2 tsp cumin seeds (whole)
1 tsp ground coriander
½ tsp kosher salt, plus more for sprinkling
Cracked pepper

In a large heavy bottomed, oven proof skillet (cast iron works great), heat olive oil until hot on medium heat. Add onions and sauté for 20 minutes, stirring occasionally until golden brown. Add garlic, stirring more frequently, until garlic is lightly browned. Turn heat to med- low and add diced tomatoes, lemon zest and lemon juice, salt, pepper and spices. Simmer on low until tomatoes cook down a little, about 5 minutes. This will seem like a fairly “dry” tomato sauce, but remember, zucchini will release their liquids in while baking.

Remove all but 1/3 of the rustic tomato sauce, placing 2/3 in a separate bowl. Spread the remaining tomato sauce (about 1/2 C) evenly on the bottom of the pan. Place one single layer of zucchini in slightly overlapping concentric circles. Sprinkle with a pinch of kosher salt and pepper. Spread another third of the rustic tomato sauce over the zucchini, as evenly as possible. It won't seem like a lot, but don't worry. Add the second final layer of slightly overlapping zucchini. Sprinkle with salt, pepper and the rest of the tomato sauce. Cover with foil. Place in 350 F oven for 45 minutes. Uncover and give a good shake, and bake uncovered for additional 20 minutes. Let stand 15 minutes before serving. Sprinkle with parsley and a give a drizzle of olive oil.

5) Quinoa Stuffed Bell Peppers

Serves 8

- 1 medium onion, chopped
- 1 Tbsp olive oil
- 2 ribs celery, chopped
- 1 Tbsp ground cumin
- 2 cloves garlic, minced
- 1 jalapeno, seeded and chopped
- 1 can diced tomatoes, drained, liquid reserved
- 1 can black beans, rinsed, drained
- 3/4 cup quinoa
- 1 1/2 cups water
- 3 large red bell peppers, halved lengthwise, ribs removed
- Salt/pepper
- 1 cup Pepper Jack Cheese Optional



Heat oil in saucepan over medium heat. Sauté onion, celery and jalapeno for about 5 minutes, until soft, then add cumin and garlic and cook for an additional minute. Stir in drained tomatoes (reserving liquid) and cook for 5 minutes until most of the liquid has evaporated. Stir in black beans, quinoa and 1 1/2 cups water. Cover and bring to a boil. Reduce heat to medium-low and simmer for about 20 minutes, or until quinoa is tender. Stir in 1 cup of cheese and season with salt and pepper, if desired. Preheat oven to 350 degrees F and pour reserved liquid from tomatoes in the bottom of your baking dish. Fill each halved bell pepper with 3/4 cup quinoa mixture and place in baking dish. Cover with foil and bake 40 minutes. Transfer stuffed bell peppers onto serving dish and drizzle pan juices over top. Enjoy!