



21 fooddaychallenge

A 21-Day whole food plant-based journey which will CHANGE YOUR LIFE forever.

WEEK THREE MEAL PLAN

Day 1

Breakfast: Hot Quinoa Breakfast

Lunch: Roasted Corn and Black Bean Salad

Snack: Chocolate Mousse

Dinner: Crispy Potato Patties and Asparagus with Basil Pesto

Day 2

Breakfast: Scrambled Tofu

Lunch: Cream of Asparagus Soup

Snack: Tamari Roasted Chickpeas

Dinner: Ratatouille

Day 3

Breakfast: Chocolate Pumpkin Loaf

Lunch: Southwest Double Baked Potatoes

Snack: Berries and Basic Thick Cashew Cream

Dinner: Kale and Quinoa Minestrone



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Day 4

Breakfast: Whole-Grain Corn Muffin

Lunch: Almond Roasted Cauliflower and Caesar Salad

Snack: Peanut Chocolate Balls

Dinner: Creamy Potato Curry

Day 5

Breakfast: Sprouted Wheat Berries Bread

Lunch: Potato Shallot Frittata

Snack: Fruit Salad and Mint

Dinner: Moroccan Red Lentil Soup

Day 6

Breakfast: Rip's Bowl

Lunch: Hummus e Veggie Wrap

Snack: Lunchbox Chocolate Chip Cookies

Dinner: Sweet Potato Nachos

Day 7

Breakfast: Fruit(s) of choice

Lunch: Chickpea Omelet

Snack: Chocolate Lavender Chia Pudding

Dinner: Chef AJ's Disappearing Lasagna



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Day 1

Hot Quinoa Breakfast

prep 5 min · cook 25 min · makes 4

Ingredients

- 1 cup quinoa
- 2 cups filtered water
- 2 cups non-dairy milk
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cinnamon
- 1/4 cup maple syrup



Directions

Put the water and quinoa in a small saucepan and bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally, until the quinoa is tender and the mixture thickens, about 20 minutes, adding more water if necessary. When the quinoa is almost done, put the non-dairy milk, ginger, and cinnamon in another small saucepan. Warm the mixture over low heat. Divide the quinoa among 4 serving bowls. Pour the warm non-dairy milk over each serving and drizzle with maple syrup.

Source: *Eat Taste Heal*

Roasted Corn and Black Bean Salad

prep 10 min · cook 0 min · makes 4

Ingredients

- 1 bag roasted corn, frozen
- 1 can black beans, no salt added
- 1/4 avocado, diced
- 1/2 lemon, squeezed
- 1/2 red onion, chopped (optional)
- 1 tablespoon parsley (or cilantro), chopped
- 1/4 teaspoon crushed black pepper





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Directions

Defrost corn in cold water and drain. Rinse and drain black beans. Combine corn, black beans and onions (if using) in a bowl and mix. Add diced avocado. Squeeze in lemon and garnish with parsley and black pepper

Source: UC Davis Integrative Medicine

Note from Rosane: This is one of the salads I take with me when I travel. It's also my "go-to" under 5-minute recipe.

Chocolate Mousse

prep 10 min · cook 0 min · makes 6-8

Ingredients

1 (12.3-ounce) package Silken Mori-Nu Tofu
1 bag mini chocolate chips
2 tablespoons maple syrup
1 teaspoon vanilla extract
Non-dairy milk to adjust consistency



Directions

Blend everything for 5 minutes (or until the mixture is smooth, and you cannot see any dark spots (from the chocolate chips) or white spots (from the tofu) in the blender jar. Add non-dairy milk to desired consistency. Refrigerate for a couple of hours and serve! Garnish with raspberries

Source: UC Davis Integrative Medicine

Note from Rosane: This is a high calorie, high fat dessert. It is a big improvement compared to regular chocolate mousse made with cream, but that does not mean it's something you should eat every single day. Desserts are a treat. Eating fruit or whole fruit-based desserts will always be preferable. You may replace the tofu with ripe avocados. In that case, melt chocolate chips and mix all ingredients in a bowl.

Crispy Potato Patties

prep 15 min · cook 35 min · makes 3-4

Ingredients

1 pound potatoes, scrubbed thoroughly or peeled, cut into 1-inch pieces
2 tablespoons finely chopped fresh parsley
Non-dairy milk for binding



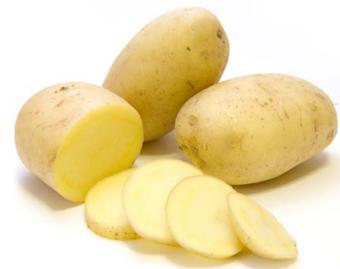
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Freshly ground black pepper
1/2 cup fine rice flour
1/2 cup shelled sunflower seeds, partially ground in a food processor

Directions

Put the potatoes in a large saucepan and add filtered water to cover well. Bring to a boil over high heat. Then, reduce the heat. Simmer gently until the potatoes are just tender enough to pierce easily with the tip of a sharp knife, about 20-30 minutes. Drain the potatoes and leave them in the colander for about 2 minutes to let excess moisture evaporate. Transfer the potatoes to a mixing bowl and, using a handheld masher, mash them thoroughly. Add parsley and pepper to taste and mash until thoroughly incorporated. Add non-dairy milk until consistency is right for a patio. Set the mixture aside.



In a small bowl, stir together the rice flour and sunflower seeds. Sprinkle the mixture onto a flat, dry work surface. Scoop up the potato mixture into 6 equal portions of about 1/3 cup each, emptying each portion onto the prepared surface. With a spatula, flatten and shape each portion into a square about 1/2-inch thick. Then, gently turn each square over to coat its second side with the sunflower seed coating. Heat a large nonstick skillet over medium heat. Add the potato patties and cook until brown, 2 to 3 minutes per side.

Source: *Eat Taste Heal*

Note from Rosane: *This recipe is always a hit with non-plant-based eaters.*

Asparagus with Basil Pesto

prep 10 min · cook 5 min · makes 4

Ingredients

2 cups fresh asparagus, coarsely chopped
1-4-1/2 cup filtered water

For Pesto

1 medium bunch or 1 cup tightly packed basil leaves
1 medium clove garlic
1/8 cup of water
1 tablespoon white miso, low sodium (optional)*
1/4 cup pine nuts





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Directions

For Pesto

Wash basil by swishing leaves in water and dry in salad spinner or between paper towels. Turn on food processor and drop in garlic until minced. Turn off food processor and add basil. Continue processing, adding water, miso* and nuts through feeder tube until mixture is creamy but not completely smooth. Store pesto in refrigerator in a jar covered with a thin layer of water on top.

For Asparagus

Heat a saucepan over medium heat. Add the asparagus and cook, stirring gently until bright green, 3 to 4 minutes. Add the water, cover, and simmer just until the asparagus is tender-crisp, 1 to 2 minutes more. Transfer the asparagus to a serving bowl or individual plates. Spoon the pesto over it and serve immediately

Source: *Natural Gourmet Institute*

Day 2

Scrambled Tofu

prep 5 min · cook 15 min · makes 4

Ingredients

Spice blend:

- 2 teaspoons ground cumin
- 1 teaspoon dried thyme, crushed with your fingers
- 1/2 teaspoon ground turmeric
- 1 teaspoon salt
- 3 tablespoons water
- 3 cloves garlic, minced (or more, to taste)
- 1 pound extra-firm tofu, drained
- 1/4 cup nutritional yeast
- Fresh black pepper to taste



Directions

First stir the spice blend together in a small cup. Add water and mix. Set aside.

Preheat a large, heavy bottomed pan over medium high heat. Dry sauté the garlic in for about a minute. Break the tofu apart into bite sized pieces and sauté for about 10 minutes, using a spatula to



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stir often. Get under the tofu when you are stirring, scrape the bottom and don't let it stick to the pan, that is where the good, crispy stuff is. Use a thin metal spatula to get the job done, a wooden or plastic one won't really cut it. The tofu should get browned on at least one side, but you don't need to be too precise about it. The water should cook out of it and not collect too much at the bottom of the pan. If that is happening, turn the heat up and let the water evaporate. Add the spice blend and mix to incorporate. Add the nutritional yeast and fresh black pepper. Cook for about 5 more minutes. Serve warm.

You can include these additions to your scramble by themselves or in combination with one another:

Broccoli – Cut about one cup into small florettes, thinly slice the stems. Add along with the tofu.

Onion – Finely chop one small onion. Add along with the garlic, and cook for about 5 minutes, until translucent. Proceed with recipe.

Red Peppers – Remove stem and seed, finely chop one red pepper. Add along with the garlic and cook for about 5 minutes. Proceed with recipe.

Mushrooms – Thinly slice about a cup of mushrooms. Add along with the tofu.

Olives – Chop about 1/3 a cup of sliced olives. Add towards the end of cooking, after mixing in the nutritional yeast.

Spinach – Add about 1 cup of chopped spinach towards the end of cooking, after mixing in the nutritional yeast. Cook until completely wilted.

Carrots – Grate half of an average sized carrot into the scramble towards the end of cooking. This is a great way to add color to the scramble.

Avocado – I almost always have avocado with my scramble. Just peel and slice it and serve on top.

Source: Punk Powered Kitchen

Note from Rosane: The original recipe calls for olive oil, but that has been modified.

Cream of Asparagus Soup

prep 5 min · cook 15 min · makes 4

Ingredients

- 1/2 pound asparagus, trimmed and cut into 1/2-inch pieces
- 2 cups vegetable broth
- 1 cup filtered water (or less)
- 1 teaspoon chopped fennel fronds or fresh marjoram (optional)
- Freshly ground black pepper
- Chopped parsley or toasted almonds, for garnish





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Directions

Heat a large saucepan over medium-high heat. Add the asparagus and fennel and sauté for 4 to 5 minutes. Pour in the broth and water (you may wait to add water according to desired consistency). Bring the mixture to a boil, then reduce the heat and simmer for 10 to 12 minutes. Transfer the soup to a blender and blend until smooth. Return to the saucepan, gently rewarm, and season to taste with pepper. Ladle the soup into individual serving bowls, garnish with chopped parsley or toasted almonds and serve immediately

Source: UC Davis Integrative Medicine

Note from Rosane:

Tamari Roasted Chickpeas

prep 10 min · cook 15 min · makes 1 3/4 cups

Ingredients

- 1 (14-ounce) can chickpeas, rinsed and drained (about 1 3/4 cups)
- 2 – 2 1/2 teaspoon freshly squeezed lemon juice (balsamic vinegar is also good)
- 2 – 2 1/2 teaspoon tamari
- 1/2 teaspoon fresh rosemary, chopped (or 1 teaspoon fresh thyme or oregano) (optional, can omit if making for children)
- 1/8 teaspoon sea salt (optional)
- 1/8 – 1/4 teaspoon pure maple syrup or agave nectar



Directions

Preheat oven to 400°F. Line a baking sheet with parchment paper. On the baking sheet, add all ingredients and toss to combine. Bake for about 25 minutes, tossing chickpeas once or twice during baking, until tamari and lemon juice are absorbed (chickpeas will still be tender, not crunchy). Serve warm for appetizers or at room temperature for snacks.

Note: These chickpeas make a sensational topper for salads, pasta dishes, soups, and stir-fries. Also, leftovers can be lightly mashed with condiments for a sandwich spread, or whizzed in a mini-food processor with a touch of oil, lemon juice, and tahini for a chunkier hummus

Source: Plant Powered Kitchen

Note from Rosane: The original recipe calls for olive oil, but that has been modified.



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Ratatouille

prep 15 min · cook 40 min · makes 6

Ingredients

3-inch piece of leek, thinly sliced
1 small green bell pepper, quartered, stemmed, seeded, and thinly sliced
1 globe eggplant, peeled and thickly sliced
2 zucchini, thickly sliced
3 ripe tomatoes, peeled, and seeded, and coarsely chopped
1 clove garlic, minced (optional)
1 cup vegetable broth
2 teaspoons dried oregano
1 teaspoon dried marjoram
Freshly ground black pepper



Directions

Preheat the oven to 350F. Heat a saucepan over medium-low heat and dry sauté leek, bell pepper, eggplant, and zucchini, stirring frequently, for 5 minutes. Stir in tomatoes, garlic, stock, oregano, marjoram and black pepper to taste.

Transfer the mixture to a casserole, cover, and bake for 30 minutes. Remove the casserole from the oven and take off the lid. Preheat the broiler. Broil, uncovered, about 5 minutes.

Source: *Eat Taste Heal*

Day 3

Chocolate Pumpkin Loaf

prep 20 min · cook 60 min · makes one 8x4-inch loaf

Ingredients

1/4 cup unsweetened applesauce
1/3 cup unsweetened cocoa powder
1 1/2 cups all-purpose flour
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg



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- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cloves
- 3/4 teaspoon baking soda
- 3/4 teaspoon salt
- 1 cup pumpkin puree (about 1/2 of a 15-ounce can)
- 1 cup dry sweetener (sucanat, date sugar, maple sugar)
- 3 tablespoons almond butter, at room temperature
- 1 teaspoon pure vanilla extract
- 1/2 cup grain-sweetened chocolate chips

Directions

Preheat the oven to 350°F. Have ready an 8 x 4-inch nonstick or silicone baking pan. Also, boil some water in a tea kettle (no need to measure yet).

Combine the applesauce and cocoa powder in a large mixing bowl. In a separate bowl, sift together the flour, cinnamon, nutmeg, ginger, cloves, baking soda, and salt. Measure out 1/3 cup of the boiling water and pour it into the bowl with the chocolate mixture, mixing quickly to make a smooth chocolate sauce. Add the pumpkin, sweetener, almond butter, and vanilla and mix well. Dump about half of the flour mixture into the chocolate mixture and gently stir just to incorporate, then measure out 1 tablespoon of the boiling water, add it to the mixture, and stir again. Add the rest of the flour mixture, and another tablespoon of boiling water, and stir just until smooth (do not overmix). Fold in the chocolate chips.



Spoon the batter into the prepared loaf pan. It will be good and thick. You can smooth out the top with a spatula. Bake for 55 to 60 minutes. Stick a steak knife into the center of the loaf to check for doneness. A little bit of wetness is okay, since it could be from a chocolate chip, but the knife should come out mostly dry.

Remove the loaf from the oven. Let it cool for 10 minutes, then run a knife around the edges and carefully invert the loaf onto a cooling rack to cool most of the way. It's yummy a little bit warm or thoroughly cooled. Slice and serve!

Note: The boiling water needs to be added alternately as you add the dry ingredients to the wet. Follow the directions for the best results.

Source: *Forks Over Knives*



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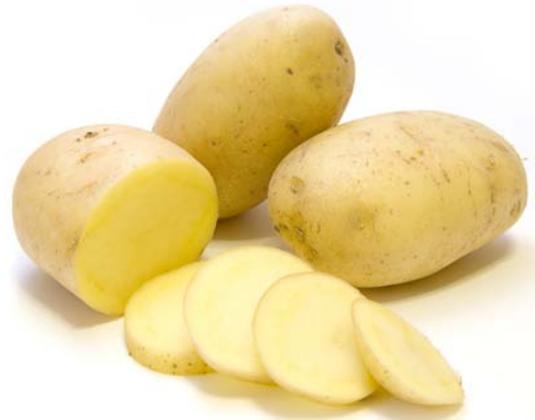
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Southwest Double Baked Potatoes

prep 30 min · cook 90 min · makes 6

Ingredients

- 6 large Russet potatoes
- 1 medium yellow onion, diced small
- 1 red bell pepper, diced small
- 1 jalapeno pepper, seeded and minced
- 2 cloves garlic, minced
- 1 tablespoon cumin seeds, toasted and ground
- 2 teaspoons ancho chile powder
- 1 10-ounce package frozen corn
- 1 15-ounce can black beans, drained and rinsed
- 1 teaspoon sea salt (optional)
- 1/2 cup cilantro, chopped
- 1/2 cup chopped green onion
- 1 12-ounce package extra firm silken tofu, drained



Directions

Preheat oven to 350° F. Rinse and scrub the potatoes. Place on a baking sheet and bake for 1 hour. Let cool. Sauté the onions and red pepper in a large skillet 7 to 8 minutes until the onions start to brown. Add water 1 to 2 tablespoons at a time to keep the vegetable from sticking. Add the jalapeno peppers, garlic, cumin, and chile powder, and sauté another minute. Add the corn, black beans, sea salt (if using) and cilantro. Puree the silken tofu in a food processor or blender. Add the tofu to the vegetable mixture and mix well. When the potatoes are cool, slice in half lengthwise, and scoop out the inside, leaving a 1/4-inch wide rim. Divide the filling evenly between the potato halves and bake for 30 minutes.

Source: *Forks Over Knives*

Basic Thick Cashew Cream

prep 5 min · cook 0 min · makes 1 3/4 cup

Ingredients

- 5 oz (about 1 cup or 142 grams) whole raw cashews, rinsed and soaked 3 to 4 hours or overnight
- 2/3 cup (160 ml) water, at room temperature
- 1/4 cup (60 ml) agave syrup or pure maple syrup, Grade B or dark amber
- 1 teaspoon (5 ml) pure vanilla extract



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1/4 teaspoon guar gum

Directions

Drain the cashews in a strainer. Put the rinsed nuts into a blender (I use a Vitamix) and add the water, agave or maple syrup, and vanilla. Blend, starting on low, and quickly increase the speed to high. Blend for about 1 minute until the cream is perfectly smooth.

If you are using a standard blender, stop the machine and push any pieces of unblended cashews down into the cream; blend for an additional minute. With the motor turned off, add the guar gum directly onto the cream, making sure it doesn't land on the sides of the container. Blend on low for 30 seconds, then increase the speed to high and blend for 1 minute. Pour and scrape the cream out of the blender while it is warm, it is very thick.



Keeping: Pour the cream into a container, cover, and refrigerate for up to three days or freeze for up to two months. You can freeze cashew cream in silicone ice cube trays, defrosting only the amount you need and giving the defrosted cream a good whisk before using. Store the frozen cubes in a zipper-lock bag until needed.

To make the smoothest and best-tasting cashew cream, start with soaked whole raw cashews. If you want to speed the soaking process, use boiling water. The cashews will be soft enough to blend in one hour. If using a high-speed blender, the Cashew Cream will be thick and smooth in minutes. If using a standard blender, blend the nuts in batches, processing longer. Stop the blender for a few minutes to clean the sides of the container.

Source: Fran Costigan

Kale and Quinoa Minestrone

prep 15 min · **cook** 55 min · **makes** 8

Ingredients

- 1 large yellow onion, diced
- 3 medium carrots, diced
- 2 stalks celery, diced
- 2 cups diced, fresh zucchini
- 2 cups green beans, cut into 1-inch segments
- 1 red bell pepper, diced





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- 3 cloves garlic, minced
- 1 (32 ounce) carton unsalted or low sodium vegetable broth
- 1 (28 ounce) can crushed tomatoes
- 3 cups water
- 3 1/2 tablespoon chopped fresh parsley
- 1 teaspoon dried rosemary, crushed
- 3/4 teaspoon dried thyme
- Salt (optional) and freshly ground black pepper, to taste
- 3/4 cup dry quinoa
- 1 (15 ounce) can cannellini beans, drained and rinsed
- 1 (15 ounce) can chickpeas, drained and rinsed

Directions

In a large stockpot, add diced onion, carrots and celery and sauté about 5 minutes, until softened. Add in zucchini, green beans, red bell pepper and saute 2 minutes, then add garlic and cook 1 minute longer. Add in vegetable broth, crushed tomatoes, water, parsley, rosemary, thyme, granulated sugar, season with salt (if using) and pepper to taste and bring mixture to a boil, then reduce heat to medium and allow soup to gently boil, uncovered for about 20 minutes. Add in dry quinoa then cover and cook 15 - 20 minutes longer. Add cannellini beans, chick peas, kale and lemon juice and cook, uncovered, until kale has wilted, about 5 minutes.

Source: *Mind Body Green, Cooking Classy*

Day 4

Whole-Grain Corn Muffin

prep 20 min · **cook** 20 min · **makes** 12

Ingredients

- 1 1/2 tablespoon ground flaxseed
- 1 cup unsweetened plain almond milk
- 1/2 cup unsweetened applesauce
- 1/2 cup 100% pure maple syrup
- 1 cup corn meal
- 1 cup oat flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder





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1/2 teaspoon salt
1 cup frozen corn kernels, thawed

Directions

Preheat oven to 375°F. In a small bowl, combine flaxseed with almond milk and set aside to allow it to gel for 5 minutes. In a large mixing bowl, stir applesauce and maple syrup together and add in flaxseed/almond milk mixture. Then sift in corn meal, oat flour, baking soda, baking powder, and salt. Stir until well-combined, but avoid over-mixing. Add in the corn kernels. Either using a silicone 12-cup muffin pan or a 12-cup muffin pan lined with paper, spoon out equal portions of batter into the cups. Bake for 20 minutes or until toothpick comes out clean when inserted into the center. Serve warm.

Source: *Forks Over Knives*

Almond Roasted Cauliflower

prep 5 min · **cook** 35-45 min · **makes** 2

Ingredients

4 – 4 1/2 cups cauliflower flowerets (about 1 medium cauliflower, with bite-sized flowerets cut and used)
1/8 teaspoon (rounded) sea salt (optional)
Freshly ground black pepper (optional if making for kids)
2 tablespoons almond meal (try tiger nut flour for nut-free version)
1 tablespoon nutritional yeast



Directions

Preheat the oven to 425°F. Line a rimmed baking sheet or 8x12-inch baking pan with parchment paper. Toss the cauliflower with sea salt and pepper (if using). Transfer to the prepared pan. Bake for 20 minutes, tossing once or twice. At the 20-minute mark, check the doneness and color of the cauliflower. If it has started to soften, turning a golden color, add the almond meal and nutritional yeast and toss again. If, at 20 minutes, it is not at this stage, let it bake for another 10 minutes and then add the almond meal and nutritional yeast. Bake for another 10 to 15 minutes or more, tossing again once, until the cauliflower is golden brown and fully softened. Remove from the oven and season with additional salt and pepper, if desired. Serve warm!

Source: *Plant Powered Kitchen*



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Caesar Salad

prep 10 min · cook 0 min · makes 4

Ingredients

For the salad

1 package Romaine lettuce

For the dressing

2 cups water

1 (15-ounce) can cannellini beans,
drained and rinsed

3 cloves garlic

3/4 cup lemon juice

4 tablespoons low sodium miso

6 tablespoons nutritional yeast

1 tablespoon rice vinegar

1/2 teaspoon xanthan gum



Directions

Place all ingredients for the dressing in blender and blend until smooth. Add xanthan gum and blend again briefly. Use whole leaves of Romaine lettuce. Toss the lettuce and dressing and serve.

Note: This dressing is delicious on baked potatoes and steamed veggies.

Source: Unprocessed

Peanut Chocolate Bites

prep 15 min · cook 0 min · makes 8-10

Ingredients

1 cup peanuts, roasted (no salt or oil added)

1 cup pitted dates

1-2 tablespoons cocoa powder



Directions



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In a food processor fitted with the "S" blade, process the peanuts until flour-like consistency. Add cocoa (or carob) powder and vanilla extract. Add dates, a few at a time, until you can roll a ball from the mixture. Roll the mixture into balls and roll the balls in crushed peanuts or cocoa or carob powder.

Source: UC Davis Integrative Medicine

Note from Rosane: Instead of dates, you can use 1-2 tablespoons of sucanat and 1 tablespoon of green banana biomass

Creamy Potato Curry

prep 15 min · cook 45 min · makes 6

Ingredients

1/2 cup cashews, soaked in 1 cup of water at least 30 minutes
6 Yukon Gold Potatoes, chopped into 1 inch pieces
1 yellow onion, diced
3 carrots, peeled and diced
1/2 head cauliflower, chopped
1 tablespoon curry powder
1 tablespoon ground cumin
1 tablespoon ground coriander
1 bunch kale (about 10 leaves)
2 cups frozen green peas, thawed
1 (15-ounce) can garbanzo beans, drained and rinsed



Directions

First, make sure your cashews are soaking in water. The longer they soak, the creamier the dish will be. Place the potatoes and 2 cups of water in a large pot. Cover and bring to a boil, then add the onion and carrot. Reduce the heat to medium-low-medium and simmer, covered, for 10 minutes, stirring occasionally. Add the cauliflower, curry powder, cumin, and coriander, and continue cooking, covered, for 15 minutes. Meanwhile, transfer the cashews and their soaking water to a blender. Blend until smooth, then stir the cashew cream into the pot. Add the kale, peas, and garbanzo beans, and simmer for 5 minutes more, or until the potatoes are completely cooked and the kale is tender.

Source: Forks Over Knives

Note from Rosane: To reduce calories and total fat content of the recipe, you may replace 1/2 cup cashews with 1/3 cup green banana biomass.



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Day 5

Sprouted Wheat Berries Bread

prep min · cook 0 min · makes 4

Ingredients

2 tablespoons caraway seeds
2 cups (1/4 pound) sprouted wheat berries
1 carrot, grated
1 apple, grated
2 tablespoons freshly ground flax seeds
1/2 teaspoon salt
Cornmeal for dusting



Directions

Preheat the oven to 350F. Spread the caraway seeds in a single layer on a dry baking sheet. Bake them, stirring occasionally, until lightly browned and aromatic, 5 to 10 minutes. Transfer to a dish to cool, and set aside.

Grind the sprouts to a coarse purée in a food processor with the stainless steel blade. Transfer the wheat berries to a mixing bowl, add the carrot, apple, caraway, flax, and salt, and stir to form a fairly thick dough. With your hands, gather the mixture into a large ball. Wrap it in cheesecloth and squeeze over the sink to remove excess moisture. Dust the baking sheet with cornmeal. Form the dough into a loaf shape and place it on the prepared baking sheet. Alternatively, press the mixture into a small loaf pan and then unfold it onto the baking sheet. Dust the top of the loaf with more cornmeal. Bake the loaf until it forms a nice crust and is firm but still moist inside, 3 to 4 hours.

Use a serrated knife to cut the loaf into slices 1/3 to 1-2-inch thick. Serve with your favorite spread – e.g. nut or seed butter, hummus, avocado.

Source: *Eat Taste Heal*



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Potato Shallot Frittata

prep 10 min · cook 60 min · makes 4 -6

Ingredients

For sauté

- 1-2 tablespoons water
- 3/4 cup shallots, chopped
- 2 cups red or Yukon gold potato, cut in small cubes (peeling optional)
- 1/4 teaspoons sea salt (optional)
- Pinch black pepper
- 1 – 1 1/4 cups combination of red, yellow, or orange bell pepper, chopped

Base mix

- 1/2 cup raw cashews 3/4 cup plain unsweetened non-dairy milk (almond or soy preferred) (+ another 1-2 tablespoons to reserve)
- 1 tablespoon freshly squeezed lemon juice
- 1 large clove garlic 2 teaspoon brown rice miso (or other light miso)
- 1/2 teaspoon ground mustard
- 1/2 teaspoon (touch scant) sea salt (optional)
- Freshly ground black pepper to taste
- 1 (12-ounce) package extra-firm tofu
- 1/4 teaspoon dill seeds
- 1/2 teaspoon agar powder
- 2 teaspoon fresh thyme or oregano, chopped

Topping

- 1/4 cup oat bran (use gf certified for gluten-free option, or substitute gluten-free breadcrumbs)
- 1 tablespoon nutritional yeast
- Couple pinches sea salt (optional)



Directions

Preheat oven to 375°F. In a skillet over medium heat, add the water shallots, potatoes, sea salt and pepper. Cook, stirring occasionally, until potatoes are cooked through and golden, about 15-20 minutes (add a teaspoon or two of water if potatoes are sticking, to deglaze the pan). Add the bell pepper and cook through for another couple of minutes.



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Meanwhile, in a blender (see note), add the cashews, milk, lemon juice, garlic, miso, ground mustard, salt and pepper, tofu, dill seeds, and agar. Blend until smooth and creamy. Once vegetables are cooked, transfer to a bowl and stir in the tofu mixture (scrape out as much of the tofu batter as possible, and use another 1-2 tablespoon of milk if needed to help loosen the mixture), as well as the fresh thyme/oregano.

Transfer mixture to a lightly oiled glass pie plate (or other baking dish), and smooth out. In a small bowl, combine the topping ingredients and sprinkle over top of frittata. Bake for 40 – 45 minutes, then set oven to broil and cook for another couple of minutes to crisp up the topping slightly. Remove from oven and let cool about 10-15 minutes, then cut in wedges or scoop portions to serve.

Source: *Plant Powered Kitchen*

Note from Rosane: *The original recipe calls for olive oil, but that has been modified.*

Fruit Salad and Mint

prep min · cook 0 min · makes 4

Ingredients

- Juice of 2 ripe oranges
- 1 ripe mango, peeled, pitted, and cut into bite-sized pieces
- 1 pint strawberries, sliced
- 1 ripe pear, peeled, cored, and cut into bite-sized pieces
- 3/4 cup seedless grapes, halved
- 12 mint leaves, torn
- Pinch of cardamon (optional)



Directions

In a mixing bowl, add the orange juice and remaining ingredients and stir gently until combined. Cover the bowl and chill in the refrigerator for 30 minutes. Serve chilled.

Source: *UC Davis Integrative Medicine*



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Moroccan Red Lentil Soup

prep 10 min · cook 60 min · makes 4-6

Ingredients

1 onion, chopped
4 ribs celery, chopped
6 cups vegetable broth
1 1/2 chopped tomatoes
1 cup dried red lentils
1 (15-ounce) can chickpeas, drained and rinsed
1 bay leaf
1/2 teaspoons ground turmeric
1/4 teaspoons freshly ground black pepper
1/3 cup orzo
2 tablespoons fresh lemon juice



Directions

Pour 1/2 cup of water, the onion and celery into a large soup pot. Cook, stirring occasionally, until the vegetables begin to soften. Add broth, tomatoes, lentils, chickpeas, bay leaf, turmeric, and black pepper. Bring to a boil, reduce the heat to a simmer. Cover and simmer until the lentils are tender, about 45 minutes.

Stir in the orzo, and lemon juice. Cook 10 minutes longer, until the orzo is al dente. Serve hot.

Source: *The McDougall Program*

Day 6

Rip's Bowl

prep min · cook 0 min · makes 4

Ingredients

1/4 cup raw old-fashioned oats
1/4 cup Grape Nuts or Ezekiel brand equivalent
1/4 cup bite-size shredded wheat
1/4 cup Uncle Sam cereal
1 tablespoon ground flaxseed meal





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2 tablespoons raisins
2 tablespoons walnuts
1 banana, sliced
1 kiwi, sliced
Segments of one grapefruit and juice
3/4 cup non-dairy milk of choice

Directions

Toss all ingredients except the grapefruit and milk substitute into a bowl. After cutting grapefruit in half, use a small, sharp knife to remove the segments. Add segments to the top of the bowl and squeeze in the juice. Top the bowl with non-dairy milk.

Variations: In a pinch, simply add water (the fruits blend with the water and give it a sweet taste). No two bowls are ever quite the same, depending on which fruits are in season and the non-dairy milk you have on hand.

Source: Engine 2 Diet

Note from Rosane: You may choose to buy Rip's Big Bowl boxed cereal at Whole Foods Market. In that case, you'll only have to add non-dairy milk and fruit of choice to the cereal.

Homemade Nut Milk

prep 10 min · cook 0 min · makes 4 cups

Ingredients

1 cup nuts, soaked overnight
4 cups water

Directions

Soak nuts in water overnight. Add ingredients into a high-speed blender and blend until smooth. Pour nut milk into a nut bag or cheesecloth fabric and allow to strain. Transfer nut milk into a glass jar. Store nut milk in the fridge for up to one week. Shake and serve chilled.

Variations

Chocolate Milk

1/4 cup cocoa powder
2 teaspoons vanilla extract
4 dates (optional)





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1 cup nuts, soaked overnight
4 cups water

Vanilla Milk

1/2 vanilla bean (or 2 teaspoons vanilla extract)
4 dates (optional)
1 cup nuts, soaked overnight
4 cups water

Source: UC Davis Integrative Medicine

Note from Rosane: Nut milks are super easy to make. If you're just starting out, choose almonds. You may also create some delicious variations like vanilla, or chocolate milk.

Hummus and Veggie Wrap

prep 5 min · cook 0 min · makes 1

Ingredients

1 (12 inch) tortillas
1/2 cup hummus
1/8 cup cucumber
1/8 cup red or yellow bell pepper
1/8 cup shoestring carrots
3 slices red onions
alfalfa sprout
lettuce



Directions

Heat tortilla up in toaster oven for a couple of minutes to make it pliable. Spread hummus over tortilla. Add assorted veggies. Add lettuce last. Roll up and slice in half or eat whole.

Source: UC Davis Integrative Medicine

Note from Rosane: Use oil-free tortillas. Use rice tortillas for gluten-free option.

Lunchbox Chocolate Chip Cookies

prep min · cook 0 min · makes 4

Ingredients

1/3 cup unsweetened applesauce
1/3 cup almond butter



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- 1/2 cup dry sweetener*
- 1 tablespoon ground flaxseeds
- 2 teaspoons pure vanilla extract
- 1 1/3 cups oat flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup sorghum flour, or whole wheat pastry flour
- 1/2 cup grain-sweetened chocolate chips



Directions

Preheat the oven to 350°F. Line two large baking sheets with parchment paper or Silpat baking mats. In a large bowl, use a strong fork to beat together the applesauce, almond butter, dry sweetener, and flaxseeds. Once relatively smooth, mix in the vanilla. Add in the oat flour, baking soda, and salt and mix well. Add the sorghum flour and chocolate chips and mix well. Drop spoonfuls of batter onto the prepared baking sheets in about 1 1/2-tablespoon scoops, about 2 inches apart.

Flatten the cookies a bit, so that they resemble thick discs (they won't spread much at all during baking). Bake for 8 to 10 minutes. The longer you bake them, the crispier they will be. Remove the cookies from the oven and let them cool on the sheets for 5 minutes, and then transfer to a cooling rack to cool completely.

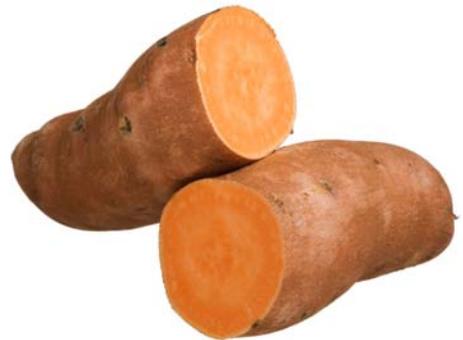
Source: Punk Powered Kitchen, Forks Over Knives

Sweet Potato Nachos

prep 10 min · **cook** 35 min · **makes** 4

Ingredients

- Sweet potatoes (one per person)
- Smoked paprika
- Toppings
- Oil-free refried beans
- Chopped tomato
- Corn
- Onion
- Jalapeño peppers
- Olives
- Cilantro





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Directions

Preheat oven to 450°F. Cut sweet potato into uniform slices, approximately 1/4-inch pieces. Place on Silpat or non-stick baking sheet and sprinkle with smoked paprika. Bake for 20 minutes, flip over and bake for another 10-15 minutes until done. These are the "chips" part of your nachos.

Note: You can create a "nacho bar" and let your guests build their own nachos.

Source: Unprocessed

Day 7

Chickpea Omelet

prep 10 min · **cook** 30 min · **makes** 3 6-inch omelets

Ingredients

1 cup chickpea flour
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/4 teaspoon white pepper
1/4 teaspoon black pepper
1/3 cup nutritional yeast
1/2 teaspoon baking soda
3 green onions (white and green parts), chopped
4 ounces sautéed mushrooms (optional)



Directions

Combine the chickpea flour, onion powder, garlic powder, white pepper, black pepper, nutritional yeast, and baking soda in a small bowl. Add 1 cup water and stir until the batter is smooth. Heat a frying pan over medium heat. Pour the batter into the pan, as if making pancakes. Sprinkle 1 to 2 tablespoons of the green onions and mushrooms into the batter for each omelet as it cooks. Flip the omelet. When the underside is browned, flip the omelet again,

and cook the other side for a minute. Serve your amazing Chickpea Omelet topped with tomatoes, spinach, salsa, hot sauce, or whatever heart-safe, plant-perfect fixings you like.

Source: *Prevent and Reverse Heart Disease Cookbook, Forks Over Knives*



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Chocolate Lavender Chia Pudding

prep 20 min · cook 0 min · makes 1

Ingredients

- 1 1/2 cups non-dairy milk of choice
- 1 tablespoon dried culinary lavender
- 4 Medjool dates, pitted and soaked in boiling water for 10 minutes
- 1 teaspoon vanilla extract
- 1/4 cup raw cacao powder
- pinch of sea salt (optional)
- 1/4 cup chia seeds



Directions

Bring to boil your milk of choice, then turn off heat and add lavender. Let steep for 20 minutes, then pour milk through fine-mesh strainer into blender. Blend lavender milk with dates (or sweetener of choice), vanilla, cacao, and sea salt until very smooth, then mix with chia seeds in a jar or bowl. Cover, and put in fridge four hours or overnight, stirring after one hour to prevent clumps. Serves one, although you can double or triple the recipe and eat it throughout the week.

Source: *One Green Planet*

Chef AJ's Disappearing Lasagna

prep 30 min · cook 70 min · makes 8

Ingredients

- 2 boxes no boil rice lasagna noodles
- 6 cups no oil marinara sauce
- 2 cans cannellini beans, drained and rinsed
- 2 ounces fresh basil leaves
- 1 cup pine nuts, raw cashews or hemp seeds
- 2 cloves garlic
- 1/4 cup low sodium miso
- 1/4 cup nutritional yeast
- 1/4 cup fresh lemon juice
- 1/8 teaspoon red pepper flakes
- 1 can (4 ounces) sliced olives, rinsed and drained (optional)





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2 pounds frozen, chopped spinach (defrosted, drained with all of the liquid squeezed out) OR 1 pound frozen kale (defrosted, drained with all of the liquid squeezed out)

2 pounds sliced mushrooms

1/4 cup low sodium tamari or raw coconut aminos

one large red onions, finely diced

Directions

Make the filling in a food processor fitted with the “S” blade by adding the beans, 2 ounces of basil, 2 cloves of garlic, 1/4 cup each lemon juice, miso and nutritional yeast, 1 cup of pine nuts and 1/8 of a teaspoon of red pepper flakes.

Puree until smooth. Add drained spinach or kale and process again. In a large non-stick sauté pan, sauté the onion in 2 tablespoons of water until translucent, about 8 minutes, adding more water if necessary. Add garlic, mushrooms and tamari and sauté until browned. Taste mixture, adding chopped garlic and more tamari as you like. Cook until mushrooms appear to be glazed and there is no more liquid left in the pan.

Pour 3 cups of the sauce in a lasagna pan or 9°—13” pan. Place one layer of the no boil noodles on top. Cover the noodles with half of the bean/spinach mixture, then with half of the mushroom mixture. Place another layer of noodles on the mushroom mixture and add the

remaining half of the bean/spinach mixture and the remaining half of the mushroom mixture. Place one more layer of noodles on top of the mushroom mixture and smother evenly with the remaining 6 cups of sauce. Sprinkle the sliced olives on top of the sauce along with a liberal sprinkling of faux Parmesan. Bake uncovered in a preheated 375°F oven for an hour. Let it sit for 10 minutes before slicing.

Note: If you have time, marinate the sliced mushrooms in tamari or raw coconut aminos several hours in advance or even the night before. Make sure that the top layer of noodles is fully covered with sauce.

Source: Chef AJ, UC Davis Integrative Medicine



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Week Three Meal Plan Grocery List

Day 1

Hot Quinoa Breakfast

Beverages

- 2 cups filtered water

Dairy

- 2 cups non-dairy milk

Pasta, Rice and Beans

- 1 cup quinoa

Sauces and Condiments

- 1/4 cup maple syrup

Spices and Seasonings

- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger

Roasted Corn and Black Bean Salad

Canned and Jar Goods

- 1 can black beans, no salt added

Produce

- 1/4 avocado, diced
- 1 bag roasted corn, frozen
- 1/2 lemon, squeezed
- 1/2 red onion, chopped (optional)

Spices and Seasonings

- 1/4 teaspoon crushed black pepper
- 1 tablespoon parsley (or cilantro), chopped

Chocolate Mousse

Baking Goods

- 1 bag mini chocolate chips

Miscellaneous

- 1 (12.3-ounce) package Silken Mori-Nu Tofu



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Sauces and Condiments

- 2 tablespoons maple syrup

Spices and Seasonings

- 1 teaspoon vanilla extract

Crispy Potato Patties

Baking Goods

- 1/2 cup fine rice flour

Dairy

- Non-dairy milk for binding

Produce

- 1 pound potatoes, scrubbed thoroughly or peeled, cut into 1-inch pieces

Bulk Items

- 1/2 cup shelled sunflower seeds, partially ground in a food processor

Spices and Seasonings

- Freshly ground black pepper
- 2 tablespoons finely chopped fresh parsley

Asparagus with Basil Pesto

Beverages

- 1-4-1/2 cup filtered water
- 1/8 cup of filtered water

International Cuisine

- 1 tablespoon white miso, low sodium (optional)*

Produce

- 2 cups fresh asparagus, coarsely chopped
- 1 medium bunch or 1 cup tightly packed basil leaves
- 1 medium clove garlic

Snacks

- 1/4 cup pine nuts

Day 2

Scrambled Tofu

Baking Goods

- 1/4 cup nutritional yeast



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Beverages

- 3 tablespoons water

Dairy

- 1 pound extra-firm tofu, drained

Produce

- 3 cloves garlic, minced (or more, to taste)

Spices and Seasonings

- Fresh black pepper to taste
- 2 teaspoons ground cumin
- 1/2 teaspoon ground turmeric
- 1 teaspoon salt
- 1 teaspoon dried thyme, crushed with your fingers

Cream of Asparagus Soup

Beverages

- 1 cup filtered water (or less)

Canned and Jar Goods

- 2 cups vegetable broth

Miscellaneous

- 1 teaspoon chopped fennel fronds or fresh marjoram (optional)

Produce

- 1/2 pound asparagus, trimmed and cut into 1/2-inch pieces

Spices and Seasonings

- freshly ground black pepper
- chopped parsley or toasted almonds, for garnish

Tamari Roasted Chickpeas

Canned and Jar Goods

- 1 can (14-ounce) chickpeas, rinsed and drained (about 1 3/4 cups)

Produce

- 2 – 2 1/2 teaspoon freshly squeezed lemon juice (balsamic vinegar is also good)
- 1/2 teaspoon fresh rosemary, chopped (or 1 teaspoon fresh thyme or oregano) (optional, can omit if making for children)

Sauces and Condiments

- 1/8 – 1/4 teaspoon pure maple syrup or agave nectar
- 2 – 2 1/2 teaspoon tamari

Spices and Seasonings

- 1/8 t teaspoon sea salt (optional)



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Ratatouille

Canned and Jar Goods

- 1 cup vegetable broth

Produce

- 1 small green bell pepper, quartered, stemmed, seeded, and thinly sliced
- 1 clove garlic, minced (optional)
- 1 globe eggplant, peeled and thickly sliced
- 3-inch piece of leek, thinly sliced
- 3 ripe tomatoes, peeled, and seeded, and coarsely chopped
- 2 zucchini, thickly sliced

Spices and Seasonings

- freshly ground black pepper
- 1 teaspoon dried marjoram
- 2 teaspoons dried oregano

Day 3

Chocolate Pumpkin Loaf

Baking Goods

- 1 1/2 cups all-purpose flour
- 3/4 teaspoon baking soda
- 1/3 cup unsweetened cocoa powder
- 1 cup dry sweetener (sukanat, maple sugar)

Canned and Jar Goods

- 3 tablespoons almond butter, at room temperature
- 1/4 cup unsweetened applesauce
- 1 cup pumpkin puree (about 1/2 of a 15-ounce can)

Miscellaneous

- 1/2 cup grain-sweetened chocolate chips

Spices and Seasonings

- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1 teaspoon pure vanilla extract



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Southwest Double Baked Potatoes

Canned and Jar Goods

- 1 (15-ounce) can black beans, drained and rinsed

Dairy

- 1 (12-ounce) package extra firm silken tofu, drained

Frozen Foods

- 1 (10-ounce) package frozen corn

Produce

- 1 red bell pepper, diced small
- 1/2 cup cilantro, chopped
- 2 cloves garlic, minced
- 1/2 cup chopped green onion
- 1 jalapeno pepper, seeded and minced
- 1 medium yellow onion, diced small
- 6 large Russet potatoes

Spices and Seasonings

- 2 teaspoons ancho chile powder
- 1 tablespoon cumin seeds, toasted and ground
- 1 teaspoon sea salt, more or less to taste (optional)

Berries and Basic Thick Cashew Cream

Baking Goods

- 1/4 cup (60 ml) agave syrup or pure maple syrup, Grade B or dark amber
- 1/4 teaspoon guar gum

Beverages

- 2/3 cup (160 ml) water, at room temperature

Bulk Items

- 5 oz (about 1 cup or 142 grams) whole raw cashews

Spices and Seasonings

- 1 teaspoon (5 ml) pure vanilla extract

Kale and Quinoa Minestrone

Beverages

- 3 cups water

Canned and Jar Goods

- 1 (15 ounce) can cannellini beans, drained and rinsed



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- 1 (15 ounce) can chick peas, drained and rinsed (aka garbanzo beans)
- 1 (28 ounce) can crushed tomatoes
- 1 (32 ounce) carton unsalted or low-sodium vegetable broth

Pasta, Rice and Beans

- 3/4 cup dry quinoa

Produce

- 1 red bell pepper, diced
- 3 medium carrots, diced
- 2 stalks celery, diced
- 3 cloves garlic, minced
- 2 cups green beans, cut into 1-inch segments
- 2 (heaping) cups chopped fresh kale, thick ribs removed
- 1 tablespoon lemon juice
- 1 large yellow onion, diced
- 1 teaspoon dried rosemary, crushed
- 2 cups diced, fresh zucchini

Spices and Seasonings

- 3 1/2 tablespoon chopped fresh parsley
- Freshly ground black pepper, to taste
- 3/4 teaspoon dried thyme

Day 4

Whole-Grain Corn Muffin

Baking Goods

- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 cup corn meal

Breads and Cereals

- 1 cup oat flour

Canned and Jar Goods

- 1/2 cup unsweetened applesauce

Dairy

- 1 cup unsweetened plain almond milk

Frozen Foods

- 1 cup frozen corn kernels, thawed



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Miscellaneous

- 1/2 teaspoon salt

Sauces and Condiments

- 1/2 cup 100% pure maple syrup

Spices and Seasonings

- 1 1/2 tablespoon ground flaxseed

Almond Roasted Cauliflower

Baking Goods

- 2 tablespoon almond meal (try tiger nut flour for nut-free version)
- 1 tablespoon nutritional yeast

Miscellaneous

- 4 – 4 1/2 cups cauliflower flowerets (about 1 medium cauliflower, with bite-sized flowerets cut and used)

Spices and Seasonings

- freshly ground black pepper (optional if making for kids)
- 1/8 teaspoon (rounded) sea salt (optional)

Caesar Salad

Baking Goods

- 6 tablespoons nutritional yeast
- 1/2 teaspoon xanthan gum

Beverages

- 2 cups water

Canned and Jar Goods

- 1 (15-ounce) can cannellini beans, drained and rinsed

International Cuisine

- 4 tablespoons low sodium miso

Oils and Dressings

- 1 tablespoon rice vinegar

Produce

- Romaine lettuce
- 3 cloves garlic
- 3/4 cup lemon juice

Peanut Chocolate Bites

Baking Goods

- 1-2 tablespoons cocoa powder



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Produce

- 1 cup pitted dates

Bulk Items

- 1 cup peanuts, roasted (no salt or oil added)

Creamy Potato Curry

Miscellaneous

- 3/4 cup unroasted cashews (if using roasted cashews, skip the toasting step)

Pasta, Rice and Beans

- 6 cups cold basmati rice

Produce

- 3 cloves garlic, minced
- 1 tablespoon fresh minced ginger
- 6 ounces green beans (about 1 1/2 cups), ends removed, sliced into 1 inch pieces
- 2 tablespoons fresh lime juice
- 2 mangos, peeled, sliced into 1/2 inch pieces (about 1 1/2 cups)
- 1 medium red onion, diced medium
- 1 tomato, cut into 1/2 inch pieces

Sauces and Condiments

- 1 tablespoon sriracha hot sauce
- 3 tablespoons tamari

Spices and Seasonings

- 2 teaspoons crushed coriander seed
- 1/4 teaspoon red pepper flakes

Day 5

Sprouted Wheat Berries Bread

Baking Goods

- Cornmeal for dusting

Miscellaneous

- 2 cups (1/4 pound) sprouted wheat berries

Produce

- 1 apple, grated
- 1 carrot, grated

Spices and Seasonings

- 2 tablespoons caraway seeds



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- 2 tablespoons freshly ground flax seeds
- 1/2 teaspoon salt

Potato Shallot Frittata

Baking Goods

- 1 tablespoon nutritional yeast
- 1/4 cup oat bran (use GF certified for gluten-free option)

Beverages

- 1-2 tablespoon water

Dairy

- 1 package (12-ounce) extra-firm tofu

Miscellaneous

- 1/2 teaspoon agar powder
- 1/2 cup raw cashews 3/4 cup plain unsweetened non-dairy milk (almond or soy preferred) (+ another 1-2 tablespoon to reserve)
- 1 large clove garlic 2 teaspoon brown rice miso (or other light miso)
- 1 – 1 1/4 cups combination of red, yellow, or orange bell pepper, chopped
- 1/2 teaspoon ground mustard 1/2 teaspoon (touch scant) sea salt
- pinch black pepper

Produce

- 1 tablespoon freshly squeezed lemon juice
- 3/4 cup shallots, chopped
- 2 cups red or Yukon gold potato, cut in small cubes (peeling optional)

Spices and Seasonings

- 1/4 teaspoon dill seeds
- Freshly ground black pepper to taste
- Couple pinches sea salt
- 2 teaspoons fresh thyme or oregano, chopped

Fruit Salad and Mint

Miscellaneous

- Juice of 2 ripe oranges

Produce

- 3/4 cup seedless grapes, halved 12 mint leaves, torn
- 1 ripe mango, peeled, pitted, and cut into bite-sized pieces
- 1 ripe pear, peeled, cored, and cut into bite-sized pieces
- 1 pint strawberries, sliced



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Spices and Seasonings

- pinch of cardamon (optional)

Moroccan Red Lentil Soup

Canned and Jar Goods

- 1 can (15-ounce) chickpeas, drained and rinsed
- 6 cups vegetable broth

Miscellaneous

- 1/4 teaspoon freshly ground black pepper
- 1/2 teaspoon ground turmeric

Pasta, Rice and Beans

- 1 cup dried red lentils
- 1/3 cup orzo

Produce

- 2 tablespoons fresh lemon juice
- 1 onion, chopped
- 4 ribs celery, chopped
- 1 1/2 chopped tomatoes

Spices and Seasonings

- 1 bay leaf

Day 6

Rip's Bowl

Breads and Cereals

- 1/4 cup raw old-fashioned oats

Miscellaneous

- 1/4 cup Grape Nuts or Ezekiel brand equivalent
- 1 tablespoon ground flaxseed meal
- 3/4 cup non-dairy milk of choice
- Segments of one grapefruit and juice
- 1/4 cup Uncle Sam cereal
- 1/4 cup bite-size shredded wheat

Produce

- 1 banana, sliced
- 1 kiwi, sliced
- 2 tablespoons raisins



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Snacks

- 2 tablespoons walnuts

Homemade Nut Milk

Beverages

- 4 cups water

Bulk

- 1 cup nuts, soaked overnight

Hummus and Veggie wrap

Breads and Cereals

- 1 (12 inch) tortillas

Canned and Jar Goods

- 1/2 cup hummus

Miscellaneous

- alfalfa sprout
- 1/8 cup shoestring carrots

Produce

- 1/8 cup bell pepper
- 1/8 cup cucumber
- lettuce
- 3 slices red onions
- 1/8 cup diced tomato

Lunchbox Chocolate Chip Cookies

Baking Goods

- 1/2 teaspoon baking soda
- 1/4 cup sorghum flour, or whole wheat pastry flour
- 1/2 cup dry sweetener (sucanat, date sugar, maple sugar)

Breads and Cereals

- 1 1/3 cups oat flour

Canned and Jar Goods

- 1/3 cup almond butter
- 1/3 cup unsweetened applesauce

Miscellaneous

- 1/2 cup grain-sweetened chocolate chips
- 1 tablespoon ground flaxseeds



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Spices and Seasonings

- 1/2 teaspoon salt
- 2 teaspoons pure vanilla extract

Sweet Potato Nachos

Canned and Jar Goods

- Oil-free refried beans
- Olives

Produce

- Cilantro
- Corn
- Jalapeño peppers
- Onion
- Sweet potatoes (one per person)
- Chopped tomato

Spices and Seasonings

- Smoked paprika

Day 7

Fruit(s)

Produce

- Fruit of choice

Chickpea Omelet

Baking Goods

- 1/2 teaspoon baking soda
- 1 cup chickpea flour
- 1/3 cup nutritional yeast

Miscellaneous

- 4 ounces sautéed mushrooms (optional)

Produce

- 3 green onions (white and green parts), chopped

Spices and Seasonings

- 1/4 teaspoon black pepper



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- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon white pepper

Chocolate Lavender Chia Pudding

Baking Goods

- 1/4 cup raw cacao powder

Miscellaneous

- 1/4 cup chia seeds
- 1 tablespoon dried culinary lavender
- 1 1/2 cups non-dairy milk of choice

Produce

- 4 Medjool dates, pitted and soaked in boiling water for 10 minutes (can substitute 2 tablespoons of agave, rice malt syrup, whatever)

Spices and Seasonings

- pinch of sea salt (optional)
- 1 teaspoon vanilla extract

Chef AJ's Disappearing Lasagna

Baking Goods

- 1/4 cup nutritional yeast

Canned and Jar Goods

- 2 cans cannellini beans, drained and rinsed
- 1 can (4-ounce) sliced olives, rinsed and drained (optional)

Frozen Foods

- 2 pounds frozen, chopped spinach (defrosted, drained with all of the liquid squeezed out) OR 1 pound frozen kale (defrosted, drained with all of the liquid squeezed out)

International Cuisine

- 1/4 cup low sodium miso

Miscellaneous

- 2 boxes no boil rice lasagna noodles
- 6 cups no oil marinara sauce

Produce

- 2 ounces fresh basil leaves
- 2 cloves garlic
- 1/4 cup fresh lemon juice
- 2 pounds sliced mushrooms
- one large red onions, finely diced



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Sauces and Condiments

- 1/4 cup low sodium tamari or raw coconut aminos

Snacks

- 1 cup pine nuts, raw cashews or hemp seeds

Spices and Seasonings

- 1/8 teaspoon red pepper flakes