

Week 1 Meal Plan: Vegan

Breakfast:

See Shake Recipes
Oatmeal with Berries (optional)
Veggie Hash (optional)

Dinner:

Enchiladas & Cilantro Lime Rice
Taco Salad & Guacamole
Pumpkin Seed & Green Chili Posole
Tomato Basil Soup & Grilled Cheese
Chipotle Black Bean & Rice Skillet
Leftover Night
Dine Out Night

Lunch:

Repeat shakes or dinner leftovers

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

Snacks:

- * Almonds *(Any preferred nut other than peanuts)*
- * Green apples with Almond Butter
- * Berries
- * Hummus w/ raw veggies
- * Salsa w/ brown rice chips
- * Arbonne Fit Chews
- * Arbonne Energy Fizz Sticks

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 I personally prefer, it's listed in ().

You will be able to find these items at stores like Whole Foods, Sprouts, Trader Joes and Drug Emporium. Also, some conventional grocery stores (i.e. Kroger) have organic & health food sections.

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.

If any of the meal choices above do not appeal to you, pick another meal from the "Recipes" file and alter your grocery list accordingly.

PRODUCE:

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
Lg. Cont.	Spinach	Shakes, 1,5	
	Lettuce (Romaine)	2	
Preference	Strawberries	Opt Snack/Shakes	
Preference	Blueberries	Opt Snack/Shakes	
Preference	Green Apples	Opt Snack	
3	Limes	1,5	
2	Lemons	Water, Opt Shakes	
3 small	Yellow Onion	2,3,5	
	Cilantro	1,2,3,5	
3	Avocado	2,5	
2 small	Zucchini	1,3	
3	Roma Tomatoes	2	
	Jalapeno pepper	2	
3 large	Poblano chile peppers	3	
1	Serrano chile pepper	3	
2	Ancho chiles peppers, dried	3	
1.5 lbs	Tomatillos	3	
2 bulbs	Garlic	1,2,3,4	
	Basil	4	

DAIRY/COLD:

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
1-2	Unsweetened Almond Milk	Shakes	
	Mozzarella cheese shreds (Daiya or other rice/almond base)	4	
	Cheddar cheese shreds (Daiya or other rice/almond base)	Opt 1,4	
	Hummus (no sugar, vinegar)	Snack	

FROZEN:

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
	Frozen Mixed Berries	Opt Shakes	
	Frozen Strawberries	Opt Shakes	
	GF Tortillas (Rudi's)	1	
	GF Bread (Udi's)	4	

PANTRY:

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
	Gluten-Free Oats (Bobs Red Mill)	Opt BF, Shakes	
	Coconut Sugar (crystals)	Opt BF, 4	
	GF flour (almond or brown rice flour best options)	1	
	Chili powder	1,5	
	Cayenne Powder (aka Red Pepper)	1	
	Oregano	1,3	
	Cumin	1,3	
	Garlic Powder	1	
	White Pepper	1	
	Olive Oil	4,5	
	Coconut Oil	5	
1 bag	Brown rice	1,2,5	
3 quarts	Vegetable Broth	1,2,3	
3 cans	Black Beans	1,2,5	
4 cans	White Beans	3	
2 cans	Crushed Tomatoes	4	
1 can	Whole Tomatoes	4	
1-16oz can	Tomato Sauce	1	
1 can	Coconut Milk (full fat)	4	
Preference	Raw Almonds	Opt Snack	
1 cup	Salted, roasted pumpkin seeds (aka Pepitas)	3, snack	
	Rice or bean chips	2,3	
	Flax or Chia Seeds	Shakes	
Preference	Almond Butter	Opt Shakes, Snack	
	Sea Salt		
	Unsweetened Cocoa (Organic, GF)	1	

Dinner Recipes

1) Enchiladas & Homemade Sauce

- 8 GF Tortillas (Rudi's)
- 3 cups fresh spinach
- 2-3 garlic cloves, finely chopped
- 1 tablespoon fresh lime juice
- 1 15oz can black beans, drained and rinsed
- 1 cup diced zucchini
- 1-2 tablespoons chili powder
- 1 teaspoon salt

For the Sauce

- 2 tablespoons any GF flour (almond or brown rice flour best choice)
- 1 teaspoon unsweetened cocoa
- 2 tablespoons chili powder
- 1 teaspoon cayenne chili powder, or more to taste (optional)
- 1 teaspoon dried oregano or marjoram
- 2 teaspoons ground cumin
- 2 teaspoons granulated garlic powder
- 2 cups vegetable broth
- 1 cup water
- 1 can tomato sauce (16 oz)
- salt to taste

Optional Toppings

- Vegan cheese
- Fresh cilantro

Preheat oven to 350°F.

For the filling: Lightly sauté garlic and spinach in the lime juice until just wilted. Once cooked, add to a large bowl with black beans & other veggies. Add the chili powder and salt and mix until everything is evenly incorporated. Set bowl aside as you prepare the sauce.

For the sauce: Whisk together the flour, cocoa, and spices in a saucepan without turning on the heat. Add 1/4 cup of vegetable broth and stir into a paste. Slowly whisk in the remaining broth and the cup of water. Bring to a boil over medium heat and whisk in tomato sauce. Allow to cook for a few minutes until it thickens slightly to the consistency of tomato soup. Remove from heat and set aside. Taste for salt, you may need to add some depending on the saltiness of the vegetable broth you used.



Assembling the enchiladas: To fill the enchiladas, you need to make an assembly line. Have your tortillas, casserole dish, bowl with the filling, sauce, and a pie pan or skillet filled with 3/4 cup of the sauce ready to go. Spread a little of the enchilada sauce in your casserole dish. Drop a tortilla into your pie plate or skillet and let it get covered in sauce, flip so each side gets coated (this allows the tortilla to soften so you can roll it up into enchiladas). If your tortillas are still not softening enough even after they've been soaked in sauce, you can also gently heat them for about 30 seconds before soaking in sauce. Now, place the tortilla either in the casserole dish (the easiest way) or on an additional plate. Scoop a few spoonfuls of filling onto the left side of the tortilla and roll it up. Continue with the rest of the tortillas, packing them tightly next to each other in the casserole dish. Pour about a cup of sauce over the top of the enchiladas, save the rest of the sauce for serving later. Bake in oven uncovered for about 20-30 minutes, until the tortilla edges become crisp. Allow enchiladas to cool slightly before serving. Serve with the remaining sauce, warmed slightly. Sprinkle with vegan cheese, nutritional yeast and fresh cilantro, if using. Enjoy!

Cilantro Lime Brown Rice

Makes 8 cups *(Divided, you'll be using in recipes 1,2 and 5)*

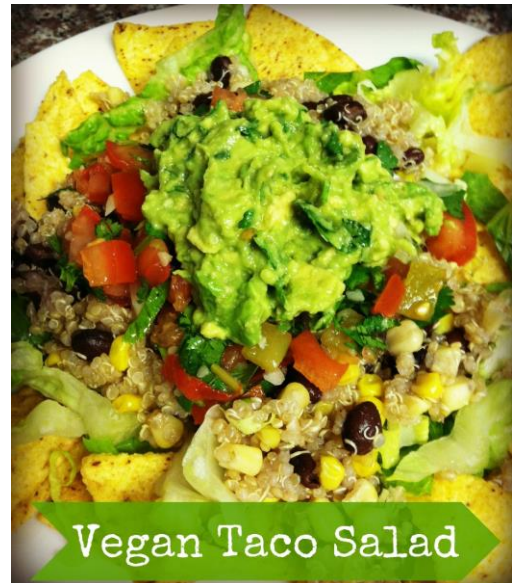
- 2-1/2 cups (1 pound) uncooked brown rice
- 4 cups (32 oz) vegetable broth (low sodium preferred)
- 2 garlic cloves, minced
- 1/4 cup fresh lime juice
- 1-1/2 tablespoons olive oil
- 1/2 to 1 teaspoon kosher salt (or to taste)
- 1-1/2 teaspoons dried oregano
- 1-1/2 teaspoons ground cumin
- 1/2 teaspoon ground white pepper
- 1-1/4 cups fresh cilantro, chopped



Add rice and vegetable broth to 3 quart pan; bring to boil over high heat, give it a quick stir, cover and lower heat to lowest simmer setting. Continue to simmer on low for 45 minutes. Remove from heat and let stand covered for 5 minutes, or until any remaining liquid in bottom of pan is absorbed. Fluff with fork. While rice cooks, whisk together the garlic, lime juice, olive oil, salt, oregano, cumin, and pepper. Pour over cooked rice, add the cilantro, and lightly toss with fork until combined. Taste and add salt, if desired. Freezes and reheats well. Rice and broth may be cooked in a rice cooker instead of on stove top. Recipe may be doubled.

2) Vegan Taco Salad

1 cup cilantro lime rice (See #1 above)
1 can of black beans, drained & rinsed
Shredded romaine lettuce
2 avocados
1 lime
3-4 tomatoes, chopped
1/4 onion, chopped
bunch of cilantro
clove of garlic, minced
1 jalapeno, diced (optional)
salt to taste
Rice/bean chips, optional



Re-heat 1 cup cilantro lime rice and add 1 can of black beans and mix well. Prepare the pico de gallo and guacamole. Mix the chopped tomatoes, onions, cilantro, garlic, jalapeno, and salt for the pico. For guacamole, mash the avocados, toss in some cilantro and lime juice from a wedge. Add garlic salt to taste. Layer lettuce and bean/rice mixture. Then add the pico de gallo and guacamole. May snack on remaining guacamole/pico with rice or bean chips.

3) Creamy Pumpkin Seed and Green Chile Posole

1 large yellow onion, cut into wedges
3 large poblano chiles
1 serrano chile
1 1/2 pounds tomatillos, husks removed, rinsed
4 unpeeled garlic cloves
2 dried ancho chiles, stemmed and seeded
1 cup salted, roasted pumpkin seeds (pepitas), divided
4 cans white beans, rinsed and drained
5 to 6 cups vegetable broth
About 5 tsp. dried Mexican oregano, divided
1 teaspoon ground cumin
1 large zucchini, cut into large dice

Optional toppings:

Rice/bean chips, cilantro leaves, thinly sliced green onions



Preheat broiler with oven rack 3 in. from heat. Set yellow onion, poblanos, serrano, tomatillos, and garlic on a rimmed baking sheet. Broil, turning, until vegetables are browned to blackened all over, 15 to 30 minutes, moving them to a bowl as browned. Let cool. Toast

ancho chiles in a large pot over medium heat until fragrant, pressing down with tongs and turning occasionally, about 3 minutes. Turn off heat. Peel and seed poblanos and serrano. Peel garlic. Whirl serrano, garlic, onion, tomatillos and any juices, and 1/2 cup pumpkin seeds in a food processor until very smooth. Pour into pot with whole anchos (they'll fall apart as they cook). Coarsely chop poblanos and add to pot. Stir in hominy, 5 cups broth, 2 tsp. oregano, and the cumin. Cover, bring to a boil over high heat, then reduce heat and simmer, stirring occasionally, until cumin flavor is mellow, about 45 minutes. Discard any large pieces of ancho chile. Stir zucchini into posole and simmer just until tender, about 5 minutes. Stir in more broth if you'd like a thinner soup. Ladle posole into bowls and serve with remaining pumpkin seeds and oregano and other accompaniments to taste.

4) Tomato Basil Soup and Grilled Cheese

3 cloves of garlic, minced
2 tablespoons of olive oil
2 - 14 oz. cans crushed tomatoes
1 - 14 oz. can whole tomatoes
2 cups of vegetable stock
1 tsp sea salt
1 tsp coconut sugar
1/2 tsp fresh ground black pepper
1/4 cup of coconut milk/cream (from can)
3 tablespoons of fresh basil, julienned
Dairy-free/soy-free parmesan "cheese" (optional)



In a saucepan, sauté garlic in olive oil on medium heat for 1 minute - being careful not to burn the garlic. Add the crushed tomatoes. Add the whole tomatoes one at a time, squeezing them into the pan to break them up. Add the juice from the whole tomatoes, as well. Add vegetable stock, salt, pepper and sugar. Cook the soup on medium at a simmer for 10 minutes. To finish, reduce the heat to low and stir in coconut cream and basil. Serve topped with dairy-free parmesan "cheese" or a grilled 'cheese' sandwich.

Grilled cheese

Use GF bread and 2 non-dairy cheeses of your choice (cheddar & mozzarella). In a hot skillet/griddle pan, melt 2-3 tbsp "butter" & grill the sandwiches on medium heat for about 3 minutes on each side until they are brown and the cheese has melted.

5) Chipotle Black Bean and Rice Skillet (sans egg)

- 1 tablespoon olive or coconut oil
- ¼ medium onion, diced
- 1 cup brown rice, cooked
- Juice from ½ lime
- ¼ cup water
- 2 teaspoons chipotle powder
- ⅓ cup black beans, (drained and rinsed)
- 1-2 handfuls spinach
- 1/8 cup cilantro
- Avocado or salsa, for topping



In an 8" cast iron skillet, heat olive oil over medium heat. Add onion and cook for 5-6 minutes. Add 1 cup leftover cilantro lime rice, lime, and chipotle powder, black beans, and water. Cook and stir until rice and black beans are heated. Incorporate spinach and cilantro, stirring until spinach begins to wilt. Sprinkle with extra cilantro (optional) and serve. Top with avocado &/or clean salsa, if desired.

Optional Breakfast Recipes

Oatmeal with Berries

Prepare Gluten Free oats according to package instructions (use water or almond milk). Top with strawberries, blueberries, almonds (or other nuts) and optional: coconut sugar.

Veggie Hash

Saute any leftover veggies from the week in olive or coconut oil and top with avocado &/or salsa.