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# Sample Meal Plan

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## DAY 1

Peanut Noodles with Vegetables

Cajun Cauliflower Bowl

Avocado, Tomato & Corn Salad

## DAY 2

Cajun Cauliflower Bowl (Leftovers)

Spinach Potato Tacos

**Chia Pudding**  
with strawberries

## DAY 3

Peanut Noodles with Vegetables (Leftovers)

Quinoa Sweet Potato Salad

Avocado, Tomato & Corn Salad (Leftovers)

## DAY 4

Spinach Potato Tacos (Leftovers)

Santa Fe Penne

Lemon Bliss Balls

## DAY 5

Santa Fe Penne (Leftovers)

Quinoa Sweet Potato Salad (Leftovers)

Lemon Bliss Balls (Leftovers)

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# Peanut Noodles with Vegetables

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**30 min, 4 servings - 2 for Day 1, 2 for Day 3**

This peanut noodle dish is a hit with children but consider adding the crushed red pepper flakes to individual portions before serving if you have little ones.

## GET READY

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### 1 COOK NOODLES

Cook the noodles according to the package instructions. Drain well in a colander.

### 2 PREPARE PRODUCE

Grate ginger and mince garlic. Slice scallion.

### 3 MAKE SAUCE

Combine 1 cups of water, peanut butter, maple syrup, soy sauce, ginger, and garlic in a saucepan. Stirring the sauce continuously, bring to a boil, then reduce heat to medium-low and cook until sauce thickens, around 5 to 7 minutes.

Add the vegetables, red pepper flakes and cook for 4 to 6 minutes. Season with salt to taste.

## BRING IT TOGETHER

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### 4 SERVE

Add the noodles to the peanut and vegetable sauce. Using tongs, toss the noodles to coat them with sauce. Garnish with scallions and serve.

Store any leftover pasta in an airtight container in the refrigerator for up to 3 days.

## INGREDIENTS

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8 ounces brown rice noodles  
*(≈ 4 cups cooked)*

### FOR THE SAUCE

2 tablespoons fresh ginger  
*grated*

3 cloves garlic  
*minced (≈ 1 tablespoons)*

1/4 cup peanut butter

2 tablespoons pure maple syrup

3 tablespoons low-sodium soy sauce  
*(or tamari)*

24 ounces frozen stir fry vegetable mix  
*(≈ 6 cups)*

1 pinch crushed red pepper flakes  
*(optional)*

sea salt

### FOR SERVING

2 scallions  
*(white & green parts) thinly sliced*

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# Cajun Cauliflower Bowl

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**15 min, 4 servings - 2 for Day 1, 2 for Day 2**

Allow about 5 minutes extra to prepare the grains if you are making this recipe from start to finish in one day.

## GET READY

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### 1 PREPARE GRAINS

Combine the quinoa and 2 cups of water in a saucepan and bring to a boil over high heat. Reduce the heat to low, cover, and simmer for 20 minutes. Remove the pan from the heat and let it cool, then fluff the quinoa with a fork.

### 2 PREPARE PRODUCE

Chop leek. Mince garlic. Cut cauliflower. Dice tomatoes. Juice lemon.

## BRING IT TOGETHER

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### 3 COOK VEGETABLES

Put the cauliflower in a stockpot and sauté over medium heat, stirring occasionally and adding water to the pan as needed to keep it from sticking to the pan, for about 6 minutes, until it softens. Add the corn, leeks, and garlic and cook until the vegetables are tender, about 4 minutes. Stir and add water 1 to 2 tablespoons at a time as needed, to keep the vegetables from sticking to the stockpot.

Add the beans, tomatoes, parsley (if using), and Cajun seasoning and stir to coat the vegetables with the seasonings. Season with salt and pepper to taste. Cook until the mixture is heated through, about 2 minutes. Add the lemon juice and and gently stir to combine.

### 4 ASSEMBLE & SERVE

Serve cauliflower mixture warm over quinoa, adding hot sauce as desired.

Store any leftovers in an airtight container in the refrigerator for up to 3 days.

## INGREDIENTS

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1 cup quinoa  
*rinsed & drained (≈4 cups cooked)*

2 leeks  
*(white and light green parts only), finely chopped (≈1 cups)*

4 cloves garlic  
*minced*

1 pound cauliflower  
*(fresh or frozen), cut into 1-inch florets (≈6 cups)*

2 tomatoes  
*diced (≈2 cups)*

1/4 cup fresh lemon juice

10 ounces frozen corn  
*(≈2 cups)*

2 tablespoons fresh parsley  
*(optional) finely chopped*

2 (15-oz) cans kidney beans  
*drained & rinsed (≈3 cups)*

2 teaspoons Cajun seasoning

sea salt

freshly ground black pepper

hot sauce  
*(optional)*

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# Avocado, Tomato & Corn Salad

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15 min, 4 servings - 2 for Day 1, 2 for Day 3

## GET READY

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### 1 PREPARE PRODUCE

Cut lettuce. Dice tomato. Chop scallion and cilantro. Dice avocado. Juice lemon.

## BRING IT TOGETHER

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### 2 MAKE & SERVE

Toss lettuce, tomatoes, corn, scallions, cilantro, and avocado in a bowl with lemon juice and paprika (if using); season with salt and pepper to taste.

Avocado doesn't keep well, but if necessary, store the salad in an airtight container in the refrigerator for up to 2 days.

## INGREDIENTS

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8 ounces lettuce  
*cut into large pieces (≈ 8 cups)*

2 tomatoes  
*cut into medium dice (≈ 2 cups)*

2 scallions  
*(white & green parts) thinly sliced (≈ 1/2 cups)*

1/4 cup fresh cilantro  
*(optional) finely chopped*

1 avocado  
*cut into small dice*

1/4 cup fresh lemon juice

10 ounces frozen corn  
*thawed (≈ 2 cups)*

1 pinch paprika  
*(optional)*

sea salt

freshly ground black pepper

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# Spinach Potato Tacos

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**25 min, 4 servings - 2 for Day 2, 2 for Day 4**

If you or members of your family are not familiar with spicy foods, you may want to sauté the poblanos separately and add them to individual portions at the end.

Allow 10 minutes extra to steam the potatoes if you are preparing this recipe from start to finish in one day.

## GET READY

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### 1 STEAM POTATOES

Scrub and dice potatoes, then steam in a steamer insert set over boiling water, covered, until tender when pierced with a fork, about 10 minutes. Remove from heat and uncover pot.

### 2 PREPARE PRODUCE

Dice onion. Seed and mince poblano (if using). Mince garlic. Chop cilantro (if using).

## BRING IT TOGETHER

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### 3 COOK VEGETABLES

Sauté onions and poblanos in a saucepan over medium heat, stirring frequently, until onion is tender and translucent, about 10 minutes. . Stirring frequently and adding water 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking to pan. Add garlic and cook until fragrant, about 1 minute more.

Add spinach and  $\frac{1}{4}$  cup of water, cover pot, and cook until spinach is wilted, about 4 minutes.) Add the potatoes and cook until heated through, 2 to 3 minutes. Season with salt and pepper to taste.

### 4 HEAT TORTILLAS

Heat tortillas in a skillet over medium heat until pliable, about 20 seconds on each side. Cover with a damp cloth to keep soft until serving.

### 5 ASSEMBLE & SERVE

Place about  $\frac{1}{4}$  cup of spinach-potato mixture in center of each tortilla. If using, scatter the cilantro over tacos. Serve immediately.

Store any leftover filling in an airtight container in the refrigerator for up to 3 days.

## INGREDIENTS

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### FOR THE FILLING

3 Yukon Gold potatoes  
*scrubbed & diced ( $\approx 3$  cups)*

1  $\frac{1}{2}$  yellow onions  
*diced ( $\approx 3$  cups)*

1 poblano pepper  
*(optional) seeded & minced ( $\approx \frac{3}{4}$  cups)*

2 cloves garlic  
*minced ( $\approx 1$  teaspoons)*

12 ounces spinach

sea salt

freshly ground black pepper

### FOR SERVING

12 corn tortillas

$\frac{1}{2}$  cup fresh cilantro  
*(optional) finely chopped*

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# Chia Pudding with strawberries

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**15 min, 2 servings - 2 for Day 2**

If you do not have a food processor or blender, simply mix all the ingredients in a bowl, then chill in the refrigerator for at least 1 hour before serving.

Allow 60 minutes extra to let the pudding set if you are preparing this recipe from start to finish in one day.

## GET READY

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### 1 PREPARE PUDDING

Combine chia seeds, plant milk, cinnamon, vanilla, and maple syrup in a food processor or blender and puree for 1 minute. Chill in the refrigerator for at least 1 hour before serving.

### BRING IT TOGETHER

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### 2 SERVE

Stir pudding well, top with strawberries, and serve.

Store any leftover pudding in an airtight container in the refrigerator for up to 3 days.

## INGREDIENTS

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1/4 cup chia seeds

1 cup plant milk

1/2 teaspoon ground cinnamon

1/2 teaspoon pure vanilla extract

2 tablespoons pure maple syrup

6 ounces fruit of your choice  
(≈ 1 cups)

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# Quinoa Sweet Potato Salad

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**10 min, 4 servings - 2 for Day 3, 2 for Day 5**

Allow around 25 minutes extra to prepare grains and steam potatoes if you are making this recipe from start to finish in one day.

## GET READY

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### 1 PREPARE GRAINS

Bring quinoa and 2 cups of water to a boil in a saucepan. Reduce heat to low, cover, and simmer for 20 minutes. Remove from heat and let cool; fluff quinoa with a fork.

### 2 STEAM POTATOES

Scrub and dice sweet potato, then steam in a steamer insert set over boiling water, covered, until tender when pierced with a fork, about 10 minutes. Remove from heat and uncover pot to let cool.

## BRING IT TOGETHER

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### 3 PREP VEGETABLES

Chop scallions and parsley; juice orange (if necessary). Toss all salad ingredients in a mixing bowl; season with salt and pepper to taste.

### 4 MAKE SALAD

Add potatoes to bowl with quinoa. Add scallions, parsley (if using), pomegranate seeds, cranberries, sesame seeds, and cinnamon. Drizzle orange juice and vinegar over salad and toss to combine.

### 5 SERVE

Serve warm or chilled.

Store any leftover salad in an airtight container in the refrigerator for up to 3 days.

## INGREDIENTS

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1  $\frac{1}{2}$  cups quinoa  
*rinsed & drained ( $\approx 6$  cups cooked)*

2 sweet potatoes  
*scrubbed & diced ( $\approx 6$  cups)*

8 scallions  
*(white & green parts) thinly sliced ( $\approx 1 \frac{1}{2}$  cups)*

$\frac{1}{4}$  cup fresh parsley  
*(optional) finely chopped*

$\frac{1}{2}$  cup orange juice

$\frac{1}{4}$  cup white wine vinegar

10 ounces pomegranate seeds  
*( $\approx 2$  cups)*

2 ounces dried cranberries  
*( $\approx \frac{1}{2}$  cups)*

$\frac{1}{2}$  teaspoon ground cinnamon

sea salt

freshly ground black pepper

4 teaspoons toasted sesame seeds

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# Santa Fe Penne

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20 min, 4 servings - 2 for Day 4, 2 for Day 5

## GET READY

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### 1 PREPARE PRODUCE

Slice the zucchini. Mince garlic.

## BRING IT TOGETHER

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### 2 COOK PASTA

Cook penne according to package instructions. Reserve 2 tablespoons pasta water and drain pasta. Set aside if veggies aren't done yet.

### 3 COOK VEGETABLES

While pasta is cooking, combine corn, zucchini, oregano, and garlic in a skillet and sauté over medium heat, stirring frequently, for about 5 to 7 minutes or until zucchini is tender, stirring occasionally and adding water 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking to pan.

**4** Add beans and tomatoes and cook for about 2 minutes over medium heat to warm through.

### 5 TOSS PASTA

Return pasta to pot you cooked it in. Add spinach, reserved pasta water (or 2 tablespoons plain water), and vegetable mixture and cook for 1 to 2 minutes, folding spinach in with pasta, until spinach is wilted. Season with salt and pepper to taste.

### 6 SERVE

Scatter basil leaves on top (if using). Serve warm.

Store any leftover pasta in an airtight container in the refrigerator for up to 5 days.

## INGREDIENTS

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2 zucchini

*thinly sliced (≈2 cups)*

4 cloves garlic

*minced*

16 ounces frozen corn

*(≈3 cups)*

1 teaspoon dried oregano

2 (15-oz) cans black beans

*drained & rinsed (≈3 cups)*

2 (15-oz) cans low-sodium fire-roasted tomatoes

4 ounces spinach

*(≈4 cups)*

sea salt

freshly ground black pepper

6 ounces whole-grain penne pasta

*(≈4 cups cooked)*

1/4 cup fresh basil

*(optional)*



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# Lemon Bliss Balls

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**30 min, 4 servings - 2 for Day 4, 2 for Day 5**

**Makes 24 bliss balls.** The serving size is three balls, so enjoy these throughout the week as a snack or dessert. Though we include instructions for baking them here, you can also enjoy them raw.

## GET READY

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### 1 MAKE BLISS BALLS

Preheat the oven to 350°F.

Combine the dates, apricots, almonds, and salt in a food processor. Pulse until coarsely chopped. Add the rolled oats, and pulse until the mixture starts to bind. Transfer mixture to a bowl.

Zest lemon into bowl and stir to combine.

Roll tablespoon-size portions of the mixture into round balls or tube shapes and place them on a baking sheet. Bake for 10-15 minutes. Remove and let cool on a wire rack.

## BRING IT TOGETHER

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### 2 SERVE

Serve warm or at room temperature.

Store any leftovers in an airtight container at room temperature for up to 5 days.

## INGREDIENTS

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1 tablespoon lemon zest

$\frac{3}{4}$  cup date

*pitted (≈ 4 ounces)*

$\frac{1}{4}$  cup dried apricot

*(≈ 1 ounce)*

$\frac{1}{4}$  cup almonds

$\frac{1}{2}$  teaspoon sea salt

1 cup rolled oats

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# Grocery List, Sample Meal Plan

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## FRESH PRODUCE

- 16 oz spinach
- 8 oz lettuce
- 1/4 cup fresh basil *(optional)*
- 3/4 cup fresh cilantro *(optional) finely chopped*
- 1/4 cup + 2 tbsp fresh parsley *(optional) finely chopped*
- 2 tbsp fresh ginger
- 13 cloves garlic
- 2 yellow onion
- 2 leek
- 12 scallion
- 1 poblano peppers *(optional) seeded & minced*
- 3 Yukon Gold potato
- 2 sweet potato
- 1 avocados
- 4 tomato
- 2 zucchini
- 1 lb cauliflower
- 4 lemon
- 3/4 cup dates
- 1/4 cup dried apricots
- 10 oz pomegranate seeds
- 6 oz fruit of your choice

## PLANT MILK

- 1 cup plant milk

## BEVERAGES

- 1/2 cup orange juice

## BREAD & BAKED GOODS

- 12 corn tortilla

## FROZEN

- 36 oz frozen corn
- 24 oz frozen stir fry vegetable mix

## CANNED & PRESERVED GOODS

- 2 (15-oz) cans kidney beans
- 2 (15-oz) cans black beans
- 2 (15-oz) cans low-sodium fire-roasted tomatoes

## DRIED & PACKAGED GOODS

- 2 1/2 cups quinoa
- 6 oz whole-grain penne pasta
- 8 oz brown rice noodles
- 1/4 cup chia seeds
- 1/4 cup almonds

- 2 oz dried cranberries

## PANTRY ITEMS

- dried oregano
- white wine vinegar
- low-sodium soy sauce *(or tamari)*
- 4 tbsp pure maple syrup
- paprika *(optional)*
- ground cinnamon
- 1 cup rolled oats
- 1/4 cup peanut butter
- pure vanilla extract
- hot sauce *(optional)*
- crushed red pepper flakes *(optional)*

## HERBS & SPICES

- Cajun seasoning

## WORLD CUISINE

- 4 tsp toasted sesame seeds

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## Weekend-Prep, Sample Meal Plan

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### PREPARE GRAINS

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#### Cajun Cauliflower Bowl

**quinoa** , 1 cup  
*rinsed & drained (≈ 4 cups cooked)*

#### Quinoa Sweet Potato Salad

**quinoa** , 1 ½ cups  
*rinsed & drained (≈ 6 cups cooked)*

#### To make the quinoa:

Bring quinoa and 5 cups of water to a boil in a saucepan. Reduce heat to low, cover, and simmer for 20 minutes. Remove from heat and let cool; fluff quinoa with a fork.

Store in an airtight container in the refrigerator for up to 5 days.

### BAKE

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#### Lemon Bliss Balls

**lemon zest** , 1 tablespoon

**date** , ¾ cup  
*pitted (≈ 4 ounces)*

**dried apricot** , ¼ cup  
*(≈ 1 ounces)*

**almonds** , ¼ cup

**sea salt** , ½ teaspoon

**rolled oats** , 1 cup

#### To make the bliss balls:

Preheat the oven to 350°F.

Combine the dates, apricots, almonds, and salt in a food processor. Pulse until coarsely chopped. Add the rolled oats, and pulse until the mixture starts to bind. Transfer mixture to a bowl. Zest lemon into bowl and stir to combine.

Roll tablespoon-size portions of the mixture into round balls or tube shapes and place them on a baking sheet. Bake for 10-15 minutes. Remove and let cool on a wire rack.

Store in an airtight container at room temperature for up to 5 days.

### COOK

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#### Santa Fe Penne

**zucchini** , 2  
*thinly sliced (≈ 2 cups)*

**garlic** , 4 cloves  
*minced*

**frozen corn** , 16 ounces  
*(≈ 3 cups)*

**dried oregano** , 1 teaspoon

#### To make the sauce:

Slice zucchini. Mince garlic.

Combine corn, zucchini, oregano, and garlic in a skillet and sauté over medium heat, stirring frequently, for about 5 to 7 minutes or until zucchini is tender, stirring occasionally and adding water 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking to pan.

Store in an airtight container in the refrigerator for up to 5 days.

### STEAM

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#### Spinach Potato Tacos

**Yukon Gold potato** , 3  
*scrubbed & diced (≈ 3 cups)*

#### To steam the potatoes:

Scrub and dice potatoes, then steam in a steamer insert set over boiling water, covered, until tender when pierced with a fork, about 10 minutes. Remove from heat and transfer to a bowl to let cool.

Store in an airtight container in the refrigerator for up to 5 days.

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## Quinoa Sweet Potato Salad

**sweet potato** , 2  
*scrubbed & diced (≈6 cups)*

### To steam the sweet potatoes:

Scrub and dice sweet potato, then steam in a steamer insert set over boiling water, covered, until tender when pierced with a fork, about 10 minutes. Remove from heat and uncover pot to let cool.

Store in an airtight container in the refrigerator for up to 5 days.

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## BLEND

### Chia Pudding

**chia seeds** ,  $\frac{1}{4}$  cup

**plant milk** , 1 cup

**ground cinnamon** ,  $\frac{1}{2}$  teaspoon

**pure vanilla extract** ,  $\frac{1}{2}$  teaspoon

**pure maple syrup** , 2 tablespoons

### To make the pudding:

Combine chia seeds, plant milk, cinnamon, vanilla, and maple syrup in a food processor or blender and puree for 1 minute.

Store in an airtight container in the refrigerator for up to 3 days.

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## MAKE SAUCE

### Peanut Noodles with Vegetables

**fresh ginger** , 2 tablespoons  
*grated*

**garlic** , 3 cloves  
*minced (≈1 tablespoons)*

**peanut butter** ,  $\frac{1}{4}$  cup

**pure maple syrup** , 2 tablespoons

**low-sodium soy sauce** , 3 tablespoons  
*(or tamari)*

**crushed red pepper flakes** , 1 pinch  
*(optional)*

**sea salt**

### To make the sauce:

Grate the ginger and mince the garlic.

Combine 1 cups of water, peanut butter, maple syrup, soy sauce, ginger, and garlic in a saucepan. Bring to a boil, stirring the sauce continuously and cook until heated thoroughly, 5 to 7 minutes on medium-low heat.

Store in an airtight container in the refrigerator for up to 5 days.