
Sample Meal Plan

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)

Peanut Noodles with Vegetables

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

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

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

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

Cajun Cauliflower Bowl

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

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

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

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)

Avocado, Tomato & Corn Salad

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

GET READY

1 PREPARE PRODUCE

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

BRING IT TOGETHER

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

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

Spinach Potato Tacos

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

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

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

FOR THE FILLING

3 Yukon Gold potatoes
scrubbed & diced (≈ 3 cups)

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

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

2 cloves garlic
minced (≈ 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

Chia Pudding with strawberries

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

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

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

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)

Quinoa Sweet Potato Salad

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

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

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

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

2 sweet potatoes
scrubbed & diced (≈ 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
(≈ 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

Santa Fe Penne

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

GET READY

1 PREPARE PRODUCE

Slice the zucchini. Mince garlic.

BRING IT TOGETHER

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

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)

Lemon Bliss Balls

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

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

2 SERVE

Serve warm or at room temperature.

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

INGREDIENTS

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

Grocery List, Sample Meal Plan

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

Weekend-Prep, Sample Meal Plan

PREPARE GRAINS

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

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

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

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.

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.

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.

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.