

BREAKFASTS

Grape parsley smoothie x 2
Banana Nut Soufflé Muffins x 2
Chocolate Banana Shake

LUNCHES

Citrus Bean Salad
Mushroom Fennel Soup x 2
Vegan Jambalaya (from dinner)
Grain Free Tabbouleh

DINNERS

Pesto “Linguine”
Vegan Jambalaya
Chimichurri Broccoli
Mushroom Burgers
Summer Ploughman’s Platter

SNACK SUGGESTIONS

Watermelon Ice (see last page for recipe)
1 Banana Nut Souffle Muffin
Cucumbers & 1 Tablespoon Pesto for Dip
Chocolate Banana Shake
Cold grapes and ¼ cup nuts

PREP GUIDE:

- Slice & Freeze 1 banana
- Freeze 2 cups green grapes
- Make Chimichurri
- Make Pesto
- Make Soufflé Muffins
- Pantry Dressing

PREP DIRECTIONS

PESTO

3 Tablespoons cashews

½ cup fresh basil leaves

½ garlic clove

1 Tablespoon extra virgin olive oil

A few teaspoons of water

¼ teaspoon kosher salt

¼ lemon, juiced and added to taste

1. Combine cashews, basil, and garlic in a food processor and pulse until very finely chopped.
2. Add olive oil, 1 teaspoon at a time, and continue to pulse until combined. Mixture will likely be thick; thin with water, 1 teaspoon at a time.
3. Season with a pinch of salt and lemon juice to taste.

BREAKFASTS

(1) Grape Parsley Smoothie x 2

(each recipe makes 8-12 ounces)

- 1 small lemon, juiced
- ¾ cup ripe green seedless grapes
- ¼ medium bunch flat-leaf parsley, chopped
- 2½-3 Tablespoons diced avocado
- 1 date, pitted
- ½ cup ice cubes

Place all ingredients in a blender and puree on high for thirty to sixty seconds. Drink immediately.

12 ounce Smoothie: 263kcal, 4.2g protein, 46.9g Carb, 32mg Sodium, 9.5g Fiber, 0mg Cholesterol, 10.9g Fat, 2.3g Saturated, 31.1g Sugar, 8% Calcium, 19% Iron

(2) Banana Nut Soufflé Muffins (makes 4-5)

- ½ Tablespoon coconut oil
- 2½ Tablespoons nut butter (almond or cashew)
- 2½ Tablespoons oat or almond milk
- ½ teaspoon vanilla
- 1 extra ripe banana, mashed
- 6 Tablespoons almond flour
- ½ teaspoon baking soda
- ¼-½ teaspoon ground cinnamon
- ⅓ teaspoon ground nutmeg (optional)
- ⅓ teaspoon kosher salt
- 2 Tablespoons chopped walnuts

1. Preheat oven to 350°F and grease muffin pan with coconut oil.
2. In a blender, combine nut butter, milk, and vanilla.
3. Add mashed banana and stir well.
4. Combine almond flour with baking soda and spices. Fold flour into banana mixture.
5. Evenly distribute to 4-5 muffin cups.
6. Top with chopped walnut pieces.
7. Bake for 15-18 minutes. They will puff up and be moist in the middle.

2 Muffins: 272kcal, 7.1g protein, 36g Carb, 501mg Sodium, 5g Fiber, 0mg Cholesterol, 12.6g Fat, 3.2g Saturated, 20g Sugar, 26% Calcium, 8% Iron

BREAKFASTS

Chocolate Banana Shake (1 serving)

1½ Tablespoons cacao powder

1 ripe banana, sliced & frozen

¼ cup almond or cashew butter

1 cup oat milk

½ teaspoon vanilla extract

Blend on high for sixty seconds until smooth.

12 ounces: 395kcal, 11.7g protein, 59g Carb, 107mg Sodium, 10g Fiber, 0mg Cholesterol, 16.1g Fat, 1.9g Saturated, 34.7g Sugar, 33% Calcium, 14% Iron

LUNCHES

(1) Citrus Bean Salad

- 1 cup mixed greens, finely chopped
- 1 small tomato, fine dice
- ¼ avocado, fine dice
- ½ Tablespoon chopped basil
- ½ Tablespoon extra virgin olive oil
- ⅛ teaspoon kosher salt
- ⅛ teaspoon paprika
- ¼ lemon, juiced (½ Tablespoon)
- ¼ (15 oz) can white beans, rinsed and drained *
- ¼ (15 oz) can pinto beans, rinsed and drained *

** substitute your favorite beans*

Combine ingredients in a large bowl. Season to taste and chill until ready to serve.

287kcal, 8.5g protein, 26.9g Carb, 629mg Sodium, 9.6g Fiber, 0mg Cholesterol, 17.6g Fat, 3.1g Saturated, 3.5g Sugar, 6% Calcium, 13% Iron

(2) Mushroom Fennel Soup (enough for two meals)

- 1 Tablespoon extra virgin olive oil
- ½ yellow onion, sliced
- ¼-½ fennel bulb, trimmed, cored and sliced thin (like onions)
- 1 clove garlic, minced
- 3 ounces mushrooms, sliced (1 cup)
- 2 cups low-sodium vegetable broth
- ¼ teaspoon kosher salt
- Pinch of black pepper
- ⅛ teaspoon Herbes de Provence
- ¼ lemon, juiced (½ Tablespoon)

Serve with salad:

- 1½ ounces baby spinach (1 cup)
- 1 Tablespoon pantry dressing

1. Heat a soup pot over medium heat and add oil.
2. When oil is hot add onions, fennel, and garlic and cook for 7-8 minutes, until it starts to brown.
3. Add in mushrooms, broth, and seasonings and simmer for 5-8 minutes until heated through.
4. Add lemon juice to taste and serve with salad.

2 cups soup: 179kcal, 6g protein, 8.3g Carb, 405mg Sodium, 3.4g Fiber, 0mg Cholesterol, 9.8g Fat, 1.3g Saturated, 2.3g Sugar, 2% Calcium, 11% Iron

LUNCHES

(3) Grain Free Tabbouleh

¼ bunch fresh Italian Parsley, chopped

2 Tablespoons minced red onion

½ bell pepper, chopped

¼ medium lemon, juiced

1 Tablespoon olive or coconut oil

½ garlic clove, minced

Pinch of salt and pepper

1 Tablespoon hemp seeds

½ cup green grapes

1. In a large mixing bowl, combine parsley, onion, and bell pepper.
2. Top with lemon juice, olive oil, garlic, salt, and pepper and toss to combine.
3. Top with hemp seeds.
4. Serve with grapes.

Tabbouleh: 227kcal, 6.8g protein, 9g Carb, 38mg Sodium, 3.2g Fiber, 0mg Cholesterol, 19.8g Fat, 2.2g Saturated, 3.2g Sugar, 5% Calcium, 23% Iron

DINNERS

(1) Pesto Linguine

1 small zucchini
½ Tablespoon water or broth
Pinch of kosher salt
Pinch of ground pepper
¼ cup pesto (see prep)

1. Cut zucchini in half-length wise and then again in half to make thin planks.
2. Cut into thin strips like linguine.
3. Set on a paper towel to drain.
4. Heat water in a medium sauté pan over medium heat.
5. Cook noodles two minutes until tender but slightly al dente, season with salt and pepper.
6. Toss with pesto.

½ cup pesto, 1 cup zucchini noodles
402 kcal, 32.1g Protein, 8.9g Carb, 690mg Sodium, 2.6g Fiber, 238mg Cholesterol, 27.6g Fat, 5.1g Saturated, 6.5g Sugar, 19% Calcium, 25% Iron

Vegan Jambalaya (for two meals)

2 teaspoons extra virgin olive oil
½ yellow onion, diced
½ clove garlic, minced
1 stalk celery, diced
1 bell pepper, sliced
¼ teaspoon black pepper
¼ teaspoon kosher salt
¼ teaspoon crushed red pepper, optional
1½ cups low sodium vegetable broth
1 (15 ounce) can red beans, rinsed and drained
1 small tomato, diced
½ Tablespoon chopped fresh parsley

1. In a Dutch oven or heavy bottom stockpot, heat olive oil over medium heat.
2. Add onion and garlic and sauté for 2 minutes.
3. Add celery, bell peppers, black pepper, salt, and crushed red pepper.
4. Stir to combine and cook 3-4 minutes
5. Add broth, beans, and tomatoes. Bring to a simmer.
6. Save half for lunch. Divide remaining soup into bowls and garnish with fresh parsley.

336 kcal, 48.6g Protein, 10.3g Carb, 1273mg Sodium, 2.8g Fiber, 277mg Cholesterol, 12.1g Fat, 2.2g Saturated, 5.7g Sugar, 10% Calcium, 14% Iron

DINNERS

(3) Chimichurri Broccoli with Bell Pepper Mushroom Salad

1½ Tablespoons finely chopped parsley
2 Tablespoons extra virgin olive oil
¼ teaspoon kosher salt
½ clove garlic, pressed
¼ teaspoon red pepper flakes
1 small head broccoli (1½ cups florets)
2 Tablespoons sunflower seeds
¼ avocado, pitted and mashed
Black pepper to taste

1. Combine parsley, olive oil, salt, garlic, and red pepper flakes. This can be done in a food processor or by hand.
2. Save ½ Tablespoon for hard boiled egg snack
3. Steam broccoli florets until softened but not limp.
4. Toss broccoli with chimichurri sauce, sunflower seeds, and mashed avocado.
5. Season with black pepper to taste.

Bell Pepper & Mushroom Salad

½ Tablespoon extra virgin olive oil
¼ teaspoon dried oregano
¼ teaspoon cumin
¼ teaspoon black pepper
Pinch of kosher salt
1 bell pepper, finely sliced
2 oz brown mushrooms, sliced (¾ cup)
2 Tablespoons sliced red onion
½ Tablespoon hemp seeds
½ Tablespoon freshly chopped parsley

1. In a salad bowl, whisk together oil, oregano, cumin, black pepper, and salt until well incorporated.
2. Add remaining ingredients and toss well.
3. Chill until ready to serve.
4. Save one cup prepared salad for dinner 4.

Chimichurri Broccoli: 313kcal, 8.3g Protein, 17.2g Carb, 628mg Sodium, 8.3g Fiber, 0mg Cholesterol, 26.7g Fat, 3.9g Saturated, 2.8g sugar, 6% calcium, 13% Iron

Pepper/Mushroom Salad: 180kcal, 6g Protein, 22g Carb, 190mg Sodium, 6g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 7g sugar, 4% calcium, 10% Iron

DINNERS

(4) Mushroom Burgers

2 teaspoons extra virgin olive oil, divided
¼ yellow onion, small dice (¼ cup)
½ garlic clove, minced
2 ounces brown mushrooms, chopped (¾ cup)
1 green onion, chopped, optional
⅛ teaspoon ground cumin
⅛ teaspoon kosher salt
Pinch of black pepper
¼ (15 oz) can pinto beans, rinsed and drained
1 teaspoon nutritional yeast
1 Tablespoon almond flour
1 teaspoon chopped parsley

Serve with

¼ avocado, pitted and sliced
¼ head romaine lettuce, to yield 2 whole leaves (sub whatever you have on hand)
1 Tablespoon balsamic dressing (pantry dressings)

1. Heat 1 teaspoon oil in a nonstick skillet over medium heat.
2. When oil is hot add onion and garlic and sauté for about 2-3 minutes until just tender.
3. Add green onions, mushrooms, salt, pepper, and cumin. Cook until mushrooms are wilted.
4. Mash beans in a medium bowl. Add mushroom mixture, yeast, flour, and parsley and stir to combine.
5. Place in fridge for a few minutes to set.
6. Form into 2 patties.
7. Heat 1 teaspoon oil in a skillet and cook patties, flipping carefully, about 4 minutes each side.
8. Use romaine leaves as bun wraps. Top with avocado and drizzle with dressing.
9. Save 1 patty for ploughman's platter dinner.

One burger with toppings: 381 kcal, 23.7g Protein, 33.4g Carb, 772mg Sodium, 9.6g Fiber, 0mg Cholesterol, 23.7g Fat, 3.9g Saturated, 8.4g Sugar, 8% Calcium, 3% Iron

DINNERS

(5) Summer Ploughman's Platter

- 1 mushroom burgers, cooked & heated
- 1 small cucumber, sliced
- 2 watermelon wedges
- ½ bell pepper, sliced
- 1½ ounces baby spinach (1 cup)
- 1 Tablespoon pantry dressing

Toss spinach with dressing. Arrange everything on plates to make individual platters. This is a true summer meal!

Italian Dressing: 56 kcal, 2g Protein, 6.6g Carb, 166mg Sodium, 0g Fiber, 0mg Cholesterol, 3.4g Fat, .3g Saturated, 2.9g Sugar, 0% Calcium, 0% Iron

SNACKS

Watermelon Ice

- ½ watermelon (2 pounds)
- 1 lime, zested and juiced

Blend until smooth, place in freezer proof container and chill overnight. Scoop out and serve immediately.

Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
fresh basil	2 bunches	1 bunch	1 small bunch	\$3.00	
flat leaf parsley	4 bunches	2 bunches	1 small bunch	\$6.00	
lemons	11	6	4	\$5.50	
lime	1	1	1	\$0.50	
green seedless grapes	8 cups	4 cups	2 cups	\$10.00	<i>about 3-1/4 pounds</i>
watermelon	1 medium	1 small	1 small	\$4.00	
banana	8	4	2	\$4.00	
avocado	4	2	1	\$6.00	
baby spinach	1-1/4 pounds	2/3 pound	1/3 pound	\$7.00	
mixed greens	4 ounces	2 ounces	1 ounce	\$2.00	<i>about 3 cups</i>
tomatoes	5	3	2 small	\$2.50	
red onion	1	1 small	1 very small	\$1.00	
bell peppers	10	5	3	\$15.00	
yellow onion	6	3	2	\$6.00	
green onion	3	2	1	\$1.00	<i>optional</i>
celery	4 stalks	2 stalks	1 stalk	\$2.00	
fennel	2 bulbs	1 bulb	1 bulb	\$4.00	
mushrooms	2-1/2 pounds	1-1/4 pounds	2/3 pound	\$20.00	
zucchini	3 medium	2 medium	1 small	\$3.00	
romaine lettuce	1 head	1 head	1 head	\$2.00	<i>sub any leaf lettuce</i>
broccoli	2 med heads	1 med head	1 small head	\$4.00	
cucumber	2 medium	1 medium	1 small	\$2.00	

Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes (4 servings)
	Qty				
cashews	3/4 cup	6 Tablespoons	3 Tablespoons	\$5.00	
walnuts	1/2 cup	1/4 cup	2 Tablespoons	\$2.50	
dates	4	2	2	\$1.00	
nut butter	1-2/3 cup	1 cup	1/2 cup	\$7.00	
sunflower seeds	1/2 cup	1/4 cup	2 Tablespoons	\$2.00	
vanilla	4 teaspoons	2 teaspoons	1 teaspoon	\$2.00	
almond flour	1-3/4 cups	1 cup	1/2 cup	\$2.00	
hemp seeds	6 Tablespoons	3 Tablespoons	1.5 Tablespoons	\$2.00	
cacao powder	1/3 cup	3 Tablespoons	1.5 Tablespoons	\$2.00	
oat milk	4-2/3 cups	2-1/3 cups	1-1/4 cups	\$4.00	
white beans	1 (15 oz) can	1 (15 oz) can	1 (15 oz) can	\$1.50	<i>Note: For One menu - you only need 2 cans total, choose your favorite</i>
pinto beans	2 (15 oz) cans	1 (15 oz) can	1 (15 oz) can	\$3.00	
red beans	3 (15 oz) can	2 (15 oz) cans	1 (15 oz) can	\$4.50	
nutritional yeast	1 Tablespoon	1/2 Tablespoons	1 teaspoon	\$1.00	

PANTRY INGREDIENTS

olive oil	2-1/2 cups	1-1/4 cups	2/3 cup		
coconut oil	2 Tablespoons	1 Tablespoons	1/2 Tablespoon		
balsamic vinegar					
white wine vinegar					
chicken/vegetable broth	22 cups (176 fl oz)	11 cups (88 fl oz)	5.5 cups (44 fl oz)		<i>low sodium</i>
garlic cloves	15 cloves	8 cloves	5 cloves		
organic sea salt	6-1/2 teaspoons	3-1/4 teaspoons	2 teaspoons		
black pepper	2-3/4 teaspoons	2 teaspoons	1 teaspoon		
chili powder					
paprika	1/2 teaspoon	1/4 teaspoon	1/8 teaspoon		
dried oregano	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
herbes de provence	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
ground cumin	1 teaspoon	1/2 teaspoon	1/4 teaspoon		
red chili flakes	2 teaspoons	1 teaspoon	1/2 teaspoon		
baking soda	2 teaspoons	1 teaspoon	1/2 teaspoon		
cinnamon	1-1/2 teaspoons	3/4 teaspoons	1/2 teaspoon		
nutmeg (optional)	1/2 teaspoon	1/4 teaspoon	1/8 teaspoon		