

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 type="checkbox"/>
1-2	Unsweetened Almond Milk	Shakes	<input checked="" type="checkbox"/>
	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)*

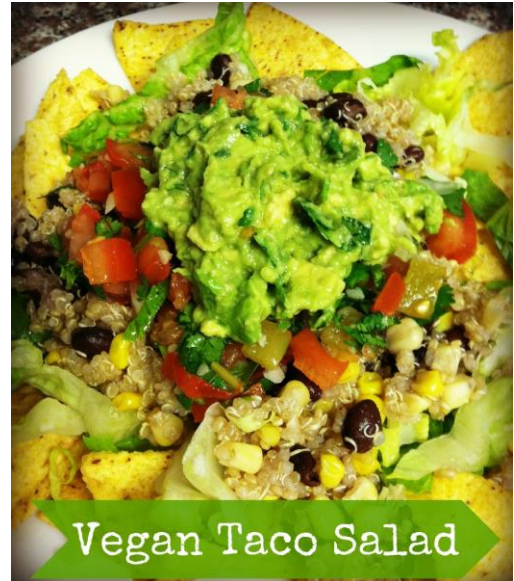
2-1/2 cups (1 pound) uncooked brown rice
4 cups (32 oz) vegetable broth (low sodium preferred)
2 garlic cloves, minced
1/4 cup fresh lime juice
1-1/2 tablespoons olive oil
1/2 to 1 teaspoon kosher salt (or to taste)
1-1/2 teaspoons dried oregano
1-1/2 teaspoons ground cumin
1/2 teaspoon ground white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

Week 2 Meal Plan: Vegan

Breakfast:

See Shake Recipes
Cinnamon Quinoa Breakfast (optional)
Blueberry Coconut Parfait (optional)

Dinner:

Tortilla Soup
Mini Eggplant Pizzas & Salad
Quinoa Burgers & Fries
Raw Pasta Alla Checca
Vegan 2 Bean Chili & Salad
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/ carrots, cucumbers
- * Arbonne Fit Chews
- * Arbonne Energy Fizz Sticks
- * **Arbonne Protein Bars**

Week 2 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, 1,2,5	
Preference	Strawberries	Opt Snack/Shake 2,5	
Preference	Blueberries	Opt Snack/Shake/BF	
Preference	Green Apples	Opt Snack	
2 large	Onion	1,3,5	
1	Purple Onion	2,5	
	Green onions	Opt 1,3	
1	Avocado	1,5	
	Basil	2,4	
1	Eggplant	2	
	Garlic	3,5	
1 bag	Mini Carrots	3, Snacks	
5	Sweet Potatoes	3	
3	Zucchini	4	
1	Cucumber	3,5, Snacks	
4-5	Tomatoes	4	
Preference	Lemons	2,5, Water	

DAIRY/COLD:

Qty.	Item	Meal #	
2	Unsweetened Almond Milk	Shakes, Opt BF	
	DF Parmesan Cheese (Galaxy Foods Rice base)	Opt 2	
	DF Mozzarella Cheese (Daiya)	2	<input checked="" type="checkbox"/>
	DF Cheddar Cheese (Daiya)	Opt 1, 3	
	DF Cream Cheese (Daiya)	3	
Preference	Hummus	Snack	

FROZEN:

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
	Frozen Mixed Berries	Opt Shakes	
	GF Hamburger Buns (Kinnikinnick)	Opt 3	

PANTRY:

Qty.	Item	Meal #	<input checked="" type="checkbox"/>
2 cans	Vegetable broth (low sodium, organic)	1	
2 cans	Stewed tomatoes (Muir Glen)	1	
1 28 oz can	Crushed tomatoes (Muir Glen)	5	
3 cans	Pinto beans	1,2,5	

2 cans	Black beans	1	
2 can	Kidney beans	3,5	
24 oz jar	Picante or salsa (Muir Glen)	1	
1 jar	Spaghetti sauce (Muir Glen Italian Herb)	2	
Preference	Almond Butter	Opt Snack, Protein Bars	
	Brown Rice Syrup	Opt BF, Protein Bars	
	Olive Oil	2,3,4,5	
	Hot Sauce	Opt 3	
4 oz jar	Olives	4	
	Chili Powder	1,5	
	Cumin	1,5	
	Garlic Powder	1,4	
	Onion Powder	1	
	Crushed Red Pepper Flakes	2	
	Cayenne Pepper (aka Ground Red Pepper)	1,5	
	Curry	3	
	Salt/Pepper	2,3,4,5	
	Oregano	5	
	Paprika	4,5	
	Dried Italian Blend Seasoning	2	
	Cinnamon	Opt BF	
	Unsweetened Coconut	Opt BF, Shakes	
	Quinoa	3,5, Opt BF	
	Vanilla extract	Opt BF	
	Chia Seeds	Opt BF, Shakes	
	Flax Seeds	3, Shakes	
	Pistachios	Opt BF, Snack	
	Sunflower seeds	Opt BF	
1 bag	Almonds	2,5,Snack	
	Walnuts	Opt BF	
	Almond Flour	3	
	Coconut Sugar/Crystals	3	
1 bag	Rice or bean chips (Beanitos)	Opt 1	
	GF Oats	Protein Bars	

Dinner Recipes

1) Tortilla Soup

Serves 8-12

2 cans vegetable broth (low sodium, organic)
2 cans stewed tomatoes
2 cans pinto beans, drained
2 cans black beans, drained
24 oz picante or salsa
1 sm-med onion, diced
2 TBS homemade taco seasoning (see below)

Optional toppings: Rice chips, cheddar "cheese" shreds, avocado slices, green onions



Drain/rinse beans. Add all ingredients to large pot. Warm through & serve with chosen toppings.

Taco Seasoning

1 T chili powder
1 T ground cumin
1 T garlic powder
1 T onion powder
1/4 T crushed red pepper

Mix all the spices together and store in an airtight container.

2) Mini Eggplant Pizzas

Serves 3-4

1 eggplant (8 oz, 9-10" long)
1 T salt
2 T olive oil
2 t dried Italian seasoning
10 large basil leaves, cut in strips (optional)
1/3 cup [DF Parmesan](#) (optional)
1/3 cup DF mozzarella, shredded
Crushed red pepper flakes (optional)
1 jar Spaghetti Sauce (*Muir Glen Italian Herb*)



Cut off both ends of the eggplant; then cut it into 3/4 inch thick slices (trying to make them the same thickness!) Put the eggplant pieces on a double layer of paper towels and sprinkle both sides generously with salt. Let the eggplant sit with the salt on it for about 30 minutes to draw out the liquid. (After the eggplant sits for 15 minutes, turn on the oven to 375F/190C.) After 30 minutes, wipe the eggplant dry with paper towels (this also removes most of the salt.) Spray a roasting sheet with olive oil or non-stick spray, lay eggplant slices on, brush the tops of the eggplant with olive oil, and sprinkle with dried Italian seasoning. Roast the eggplant about 25 minutes but "not so long that the slices become mushy and lose their shape". While the eggplant roasts, thinly slice the fresh basil leaves (if using) and combined freshly grated Parmesan and low-fat mozzarella blend. After 25 minutes or when eggplant pieces are done, remove eggplant from the oven and turn oven setting to broil. Spread a few tablespoons of sauce on the top of each eggplant slice, sprinkle with thin basil slices (if using) and top with a generous amount of cheese. Put pizzas under the broiler until the cheese is melted and slightly browned. (This took 6-7 minutes for me, but I was using a toaster oven and in a more powerful broiler it would probably only take a few minutes.) Serve hot, with red pepper flakes to sprinkle on pizza if desired.

3) [Quinoa Burgers](#)

Serves 8

2 1/4 cup cooked quinoa
1/2 cup of kidney or black beans
3/4 cup shredded DF cheese of choice ([Daiya](#))
1 tablespoon DF cream cheese ([Daiya](#))
2 'flax eggs'
2 green onions
2 tablespoons white onion, chopped
1/2 cup carrot, shredded
2 cloves garlic
1 teaspoon chili paste or hot sauce
2 tablespoons GF flour (almond meal works great)
1 tablespoon flax seed
1 tablespoon coconut sugar
1/2 teaspoon salt
1/2 teaspoon curry powder
1/8 teaspoon black pepper
[GF Hamburger buns](#) or lettuce leaves (optional)



Make flax eggs. Cook quinoa according to box instructions. Let rest for 5 minutes, then remove lid and cool. Next grate your cheese, chop your onions, mince your garlic, grate your carrot, and slice your green onions. Set aside. Using your beans of choice (I chose dark red kidney) and a fork, mash into a chunky paste. This really helps glue your burgers together. In a large bowl add chopped vegetables, beans, flax eggs, cream cheese, shredded cheese, flour, sugar, flax seed, hot sauce, and all spices. Stir to combine. Next add your cooled quinoa. Must be cooled or the cheese will melt now, instead of in the pan. Stir mixture until completely uniform. In a large pan, heat 2 tablespoons of olive oil. Using hand, form 1/2 cup portions of quinoa mixture into patties and place into hot pan. Cook for 3-4 minutes on each side, or until golden brown.

[Sweet Potato Fries](#)

Serves 3-5

Olive Oil, for tossing
5 sweet potatoes, peeled and sliced into 1/4-inch long slices, then 1/4-wide inch strips
2 tsp salt
1/2 tsp pepper
1/2 tsp garlic powder
1/2 tsp paprika

Preheat oven to 450 degrees F. Line a sheet tray with parchment. In a large bowl toss sweet potatoes with just enough oil to coat. Sprinkle with House Seasoning and paprika. Spread sweet potatoes in single layer on prepared baking sheet, being sure not to overcrowd. Bake until sweet potatoes are tender and golden brown, turning occasionally, about 20 minutes. Let cool 5 to 10 minutes before serving.

4) Pasta Alla Checca

3 large **zucchini**
4-5 **tomatoes**, seeded and diced
1 clove **garlic**, minced
1/2 cup raw **olives**, coarsely chopped
1/2 cup olive oil
Himalayan **salt** and **pepper** to taste
20 fresh **basil** leaves



Peel zucchini or leave skin on. Spiralize zucchini into noodles or peel into fettuccini-like strips. Mix with a pinch of salt and let sit for 15-30 minutes. Combine tomatoes, garlic, olives, capers, olive oil, salt and pepper, reserving the basil. Let mixture rest at room temperature for 30 minutes to meld seasonings. Using a paper or kitchen towel, gently squeeze pasta to extract all the liquid. Place in large mixing bowl. Put half the checca into the bowl along with 3/4 of the basil and gently toss. - I just threw it all in a bowl in what I'm calling a rustic Italian fashion... but Mimi suggests the following: 'Use individual molds to stack the pasta high on the plates (I use an empty can with born sides removed) or divide into bowls. Top with the balance of checca mixture and top with chopped tomatoes.

5) **Vegan 2 Bean Chili**

Serves 4-6

1 28oz can crushed tomatoes (*or diced, based on preference*)
1 can kidney beans
1 can pinto beans
1/2-1 onion, diced
2 TBS chili powder
1 TBS fresh minced garlic
1/2 tsp salt
1/2 tsp black pepper
1/2 tsp oregano
1/2 tsp cumin
1/2 tsp cayenne pepper
1/2 tsp paprika
2 cups water
2 cups cooked quinoa (*or brown rice, optional*)
1/2 avocado, sliced (*optional*)



If desired, cook quinoa (or brown rice) according to package instructions. In large 2 qt covered pot, add all ingredients, heat through and serve it up! This is SO good and SO easy. We serve it over cooked brown rice. Optional: Top with avocado slices or DF cheddar cheese shreds.

Strawberry Spinach Salad

Mix 2 generous handfuls fresh baby **spinach**, 1/3 **cucumber** (diced), Couple rings of **red onion** (diced), Handful of **strawberries** (tops removed & diced), **almonds** and drizzle with **olive oil**, fresh-squeezed **lemon juice**, **salt & pepper**.

Optional Breakfast Recipes

Cinnamon Quinoa Breakfast

Serves 4

1 cup quinoa, rinsed
3 cups unsweetened almond milk
1/2 tsp vanilla
1 tsp cinnamon
1/4 tsp allspice
1 med green apple chopped small (save some for garnish)
Coconut sugar or stevia to taste
1/2 cup raw walnuts, chopped
4 tbsp raw sunflower seeds
1 cup fresh organic blueberries
optional – fresh raspberries, fresh strawberries, chopped pecans or almonds, hemp seeds



Combine quinoa, almond milk, cinnamon, allspice, raisins in medium sauce pan. Bring to a boil and then place lid on pan and reduce to low heat. After 5 mins stir in chopped apple and simmer for approx 5-7 mins longer. Stir and check for remaining liquid and if most is absorbed then remove from heat, leaving lid on pan and let rest for 5 mins to absorb rest of the milk. If when you peek, there is still lots of liquid, simmer for 3-5 mins longer but keeping a close eye over the pot as this mixture can easily burn if left to boil dry, then let it rest for 5 mins. Taste for sweetness and adjust to your liking with 3-5 stevia drops or a dribble of agave syrup. You may not need any additional sweetener as the raisins and apple do add a nice sweetness that may be just perfect for you. Be cautious as even these natural sugars will spike your blood sugar levels and you want to minimize this. Top each serving with walnuts, sunflower seeds, blueberries and remaining chopped apple. If I have raspberries or strawberries on hand I like to toss them on top instead or as well!

Super Blueberry Toasted Coconut Island Parfaits with Pistachios

serves 2

6 TBS chia seeds
2 cups almond or coconut milk
pinch of salt
1/8 tsp vanilla extract
1/4 tsp cinnamon
1/2 cup blueberries (fold or blend in)
4 Tbsp unsweetened coconut, toasted
1/4 cup fresh blueberries – for topping
3 tsp raw pistachios – for topping
2 TBS coconut syrup or brown rice syrup - *reduce by 1 TBS if your non-dairy milk is on the sweet side.*



About 6+ hours before serving parfaits, prepare the chia pudding. You can simply briskly stir all ingredients together or do my low speed blender method. I add the milk, vanilla, sweetener, salt and cinnamon - turn blender on to lowest speed. Slowly pour in chia seeds so they do not stick to the sides of the blender. Blend on low for about 2-3 minutes to jump start the chia seed plumping process. Blueberries: you can either fold in the 1/2 cup of blueberries or blend them right into the pudding. Transfer your chia mixture to a small bowl or large jar. Cover and place in the fridge for at least 6 hours. About 1.5 hrs after placing in the fridge I like to give my pudding a few stirs to swirl the chia seeds a bit. This prevents clumping. This step is optional, you can always do a brisk stir right before serving too. When ready to prepare parfaits, finely chop your pistachios and set aside. For the coconut, heat the coconut in a dry skillet over high heat. Heat just until the edges start to brown and "toast." Set aside. Add chia pudding to tall parfait glasses. You can stir some or all of the coconut right into the pudding or just layer it on top of the pudding in the parfait glass. Top with the fresh blueberries, more toasted coconut and pistachios. I love to serve my chia pudding with a giant side bowl of extra blueberries, because you can never have too many blueberries on the table.

Arbonne Protein Bars

2 cups organic Almond Butter (16 oz)
1 $\frac{3}{4}$ cups Brown Rice Syrup (14 oz)
2 $\frac{1}{4}$ cups Arbonne Protein (9 scoops) – I use $\frac{1}{2}$ van, $\frac{1}{2}$ choc
 $\frac{1}{2}$ cup Arbonne Fiber Boost (4 scoops) optional
3 cups GF Oats or organic brown rice (or flax) cereal

Mix nut butter Brown Rice Syrup in microwavable bowl.
Heat for 60-90 seconds. Mix well. Add Protein Powder & Fiber
Booster and mix well. Add oatmeal (or cereal) and mix gently.
Spread in 9x13 pan. Refrigerate 1 hour. Cut into 24 squares.
For firm bars, store in fridge, for gooey bars, store room temp.



Week 3 Meal Plan: Vegan

Breakfast:

Protein Shake

Cinnamon Apple Oatmeal With Walnuts and Berries

Lunch:

Protein shake OR Leftovers from dinners this week

Dinner:

Pasta Primavera

Quinoa with Roasted Veggies

Sautéed Garlic Kale with Brown Rice

Mushroom Soup with Green Salad

Sweet Potato Quinoa Bowls with Chimichurri sauce

Dine Out or Enjoy Leftovers on Nights 6 & 7

(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/ carrots, cucumbers, hard cooked eggs, half an avocado * Arbonne Fit Chews * Arbonne Energy Fizz Sticks * Arbonne Protein Bars

Week 3 Grocery List

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 Fresh and Easy. Also, some conventional grocery stores (Ralphs) 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

Granny smith apples
1-pint cherry tomatoes
1-pound organic broccoli florets
2 red bell peppers, 2 yellow bell peppers, and 2 orange bell peppers
1-package baby carrots
Organic baby spinach for your shakes
4 yellow crookneck squash or other summer squash
3-4 sweet onions (Like Maui or Walla)
Fresh peeled vacuum-sealed garlic
3 Portobello mushrooms
1- pound fresh Crimini Mushrooms
1 small eggplant (if not using Portobello's in your roasted veggie quinoa recipe)
3 bunches sturdy organic kale
3-5 dried Shitake mushrooms
3 leeks
2 large sweet potatoes
2 med avocados
3 lemons
Fresh Thyme
Large bunch Italian flat leaf parsley
Fresh Berries for snacking and shakes
Celery and snacking veggies

PANTRY

Flax seeds
Walnut pieces
Coconut sugar or Agave Syrup
2 pkgs. Gluten free, corn free organic brown rice pasta or brown rice quinoa pasta
1 jar good quality organic marinara sauce
1 large pkg. uncooked organic quinoa–tri color (use this for sweet potato recipe too)
3 cartons organic veggie stock
Coconut Aminos or low sodium Tamari
Brown rice
Almond Butter

COLD/FROZEN

Frozen berries for shakes
Almond or Coconut milk for shakes

SPICES TO HAVE ON HAND

Extra Virgin Olive oil	Dried onion flakes
Dried red chili flakes	Paprika
Dried Italian blend seasoning	Nutmeg
Fennel seed	Cinnamon
Liquid Stevia drops	

Deliciously Creamy Pasta Primavera (Serves 8)

Note - if you have a food processor or electric chopper, get that baby out and plug it in! We're gonna be 'a'chopp'in! I throw all the veggies into my food processor in batches and get them to a point of being pretty finely minced. If you don't have a food processor, borrow one from a neighbor! You will be glad you went through the trouble ☺

Ingredients:

(Any combo of the following veggies finely chopped or shredded. The * are the ones I use every time in this recipe)

- *Organic broccoli (about 8 oz.)
- *Organic Tri-Colored Bell Peppers (Yellow, orange, red (one of each))
- *Organic Baby Carrots (a large handful)
- *2 Yellow crookneck squash
- *1 medium sweet onion
- *5-6 cloves fresh garlic
- * 2 Portobello mushrooms
- ¼ cup extra virgin olive oil



Sea salt and cracked pepper to taste

½ teaspoon dried red chili pepper flakes

1 Tablespoon dried Italian seasoning crushed up

1 teaspoon dried fennel seed crushed up (optional)

4 drops liquid (not powder) Stevia or 2 tablespoons Agave syrup (trust me on this)

1/2 to 3/4 cup nutritional yeast flakes NOT brewers yeast

1 jar of good quality organic marinara sauce

1 ½ pounds good quality gluten free/corn free pasta of choice. I like Trader Joes brown rice penne pasta or their brown rice/quinoa pasta.

Instructions:

In a large pot, sauté all veggies together with garlic, in 1/4 cup olive oil until tender - about 10 minutes on med high heat. Pour marinara sauce, Italian seasoning, 1/4 tsp. crushed red pepper flakes, fennel seed, Stevia/Agave over veggie mixture and stir to incorporate. Bring just back to a boil and then turn down to a simmer while you cook your pasta according to package directions. When your pasta is done, drain it and pour your wonderful smelling sauce over it. Stir in the Nutritional yeast. That's where the magic happens. The nutritional yeast turns your pasta dish into a fabulously creamy primavera sauce! There are so many healthy veggies in this dish there is no need for a side salad ☺

Quinoa With Roasted Veggies (serves 8 large portions)

Chopped veggies to roast: (Use any combo of or all depending upon your taste) The ones with the * are the veggies I use consistently in this dish) Also, it saves beautifully for up to four days in the fridge so you can make it up and eat it all week! There is no measuring veggie quantities in this dish, which makes it just that much easier! You basically want to see your end result equal 2/3 roasted veggies and 1/3 Quinoa.

*Red, *Yellow, *Orange bell peppers cut into 1 inch dice

*4-6 cloves of garlic minced

*Sweet onions (like Texas, Maui or Walla) cur into 1-inch dice

Summer Squash (the little round green ones or the crookneck yellows hold shape better. Zucchini tastes fine but it doesn't hold it's shape well in this dish) – cut into ½ -1 inch dice

*Eggplant or portabella mushrooms cut into ½ inch dice

*Kale - de-stemmed, washed, patted dry and torn into 1 inch pieces

Instructions:

Using your hands, toss them in a large bowl with a light to medium coating of olive oil, sea salt and cracked pepper. Place them on a foil lined rimmed cookie sheet or jelly roll pan and roast them at 400, stirring occasionally until they get all caramelized and roasty.

While the veggies are roasting, gather other ingredients:

2 1/2 cups organic Quinoa

5 cups low sodium (if possible) organic veggie stock

3/4 teaspoon crushed red pepper flakes

2 Tablespoons Coconut Aminos or organic low sodium tamari

2-3 tablespoons olive oil



In a large, 3 inch deep sauté pan, pour 2 1/2 cups of dry Quinoa. Over medium high heat, stirring often, dry toast your quinoa until it's light golden brown and fragrant. Pour the stock over the quinoa very slowly, (be careful not to get burned by the fast rising steam!). Stir and cover with lid. Bring to a boil and then lower to a simmer and let it cook for 15-18 minutes until all the liquid is absorbed. When quinoa and veggies are all done, stir the veggies into your quinoa mixture. Stir in olive oil, coconut aminos, red pepper flakes, sea salt and cracked pepper to taste. Serve warm or cold. This dish is company worthy! ☺

Sautéed Garlic Kale (Serves 3)

2 Large bunches organic hearty kale variety (not baby kale)

1-pint cherry tomatoes cut in half

4-5 cloves fresh garlic minced

½ teaspoon dried red pepper flakes

1 Tablespoon dried onion flakes

3-4 tablespoons extra virgin olive oil

2 cups cooked brown rice (heated or at least room temp).

Sea salt

Cracked pepper

Instructions:

Wash kale, pat dry, and remove hard center stems. This is easily done by grabbing the base of the stem and stripping the kale with your opposite hand. Tear into a little larger than bite sized pieces. In a large bowl, place the kale, olive oil, garlic, onions, red pepper flakes ½ teaspoon sea salt, ½ teaspoon cracked pepper, Massage all ingredients together with your hands to make sure all the kale is completely coated and the ingredients are well incorporated, In a large, 3 inch deep, skillet, add the kale mixture and tomatoes and sauté (stirring frequently to keep the tomatoes from settling at the bottom) over medium high heat until the kale is wilted and the tomatoes begin to break down. It should smell heavenly in your kitchen by now. Add your cooked brown rice and incorporate well into the kale mixture. Season with additional sea salt and cracked pepper to your taste. Serve immediately. This is a very pretty dish and keeps well for leftovers too.



Creamy Mushroom Soup (Serves 4 – from the “It’s All Good” Cookbook)

3 Dried Shitake Mushrooms
½ cup boiling water
2 Tablespoons extra virgin olive oil
3 leeks (white and green parts only, thoroughly washed and finely chopped)
1 small yellow onion, finely diced
2 garlic cloves, minced
1 tsp. fresh thyme (or ½ tsp. dried)
Sea salt
Fresh ground pepper
1-pound crimini mushrooms, stems removed and cap roughly chopped
1 large Portobello mushroom, stem removed and thoroughly chopped
4 cups organic vegetable stock
Italian parsley for garnish

Instructions: Soak shitakes in the boiling water for 10 mins. Drain liquid and reserve to add to your soup later. Slice off stems and discard. Chop caps thoroughly and set aside. Heat the olive oil in a heavy pot over med-high heat. Add the leeks, onion, garlic, and thyme, along with two heavy pinches of salt, and cook, stirring occasionally until soft but not browned – 9-10 mins. Add the crimini and Portobello mushrooms along with the shitake mushrooms. Stir to combine mushrooms and cook until they begin to release their liquid, 5-6 mins. Add the vegetable stock and the reserved crimini liquid (avoid any grit that might be at the bottom) to the pot and turn up the heat until the soup begins to boil. Once mixture comes to a boil, lower the heat and simmer 20 mins. Carefully puree in batches in a powerful blender until the desired texture is achieved. Serve immediately with fresh cracked pepper and sprig of flat leaf parsley

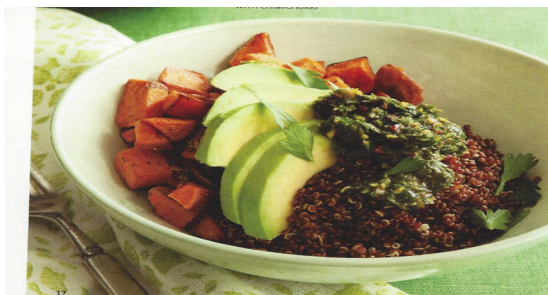


Sweet Potato Bowl with Chimichurri (serves 4)

2 large sweet potatoes, skin on, finely diced (1 ½-2lbs)
1-tablespoon olive oil
1 cup cooked red quinoa - heated
2 small ripe avocados, sliced and peeled

SAUCE –

¼ cup olive oil
3 cups loosely packed Italian parsley
leaves roughly chopped
3 Tablespoons lemon juice
2 cloves garlic, minced (2 tsp.)
½ tsp. sweet paprika
½ teaspoon red pepper flakes



Instructions:

Preheat oven to 425 degrees. Toss sweet potatoes with oil on a large baking sheet and spread in a single layer. Season with salt and pepper. Roast 15-20 minutes or until soft, stirring halfway through to turn. While potatoes are roasting, make sauce – Warm oil in a small saucepan over medium heat. Blend parsley, lemon juice, garlic, paprika, and red pepper flakes in a blender or food processor until coarsely chopped. Pour in warm oil and pulse quickly until blended. Divide sweet potatoes and warmed quinoa among 4 bowls. Top each serving with 3 tablespoons chimichurri sauce. Garnish with sliced avocado and drizzle a little extra sauce over the top for presentation.

Optional Breakfast Recipes

Apple Cinnamon Oatmeal (Optional Breakfast)

1-cup gluten free oats
1 ¾ cups water
¾ tsp. cinnamon
¼ tsp. nutmeg
1 teaspoon flax seeds
1/2 med green apple chopped small
Coconut sugar or Agave syrup to taste (use sparingly)
1/2 cup raw walnuts, chopped
pinch salt

*optional – fresh raspberries, fresh strawberries, blueberries to sprinkle on top. Drizzle a little almond or coconut milk over the top if you like creamy oatmeal.

Bring water to a boil then add oats, apples, cinnamon, nutmeg, coconut sugar, flax seeds, and salt. Bring back to a boil and then reduce to low heat, stirring often until oatmeal thickens to your desired consistency. Serve immediately topped with fresh berries and/or nut milk.

Week 4 Meal Plan: Vegan

Breakfast:

Protein Shake - adding EXTRA greens like spinach or kale this week to our morning shake!

Lunch:

Protein shake with greens and berries OR

Leftovers from dinners this week

Dinner:

Superfood Black Bean & Quinoa Salad

Arugula, Avocado, and Basil Pesto Pasta

Kale & Quinoa Minestrone Soup

Creamy Cauliflower and Leek Soup

Veggie Fried Rice

Mexican Style Stuffed Sweet Potatoes

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

Snacks:

- Almonds (Any preferred nut other than peanuts) * Green apples with Almond Butter * Berries * carrots, celery, cucumbers, hard cooked eggs, half an avocado*Arbonne Fit Chews *Arbonne Energy Fizz Sticks *Arbonne Protein Bars

Week 4 Grocery List

You will be able to find these items at stores like Whole Foods, Sprouts, Trader Joes and Fresh and Easy. Also, some conventional grocery stores (Ralphs) 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

- 1 bag snow peas
- 1 pound bag organic broccoli florettes
- 2 red bell pepper,
- 1 package baby carrots
- Organic baby spinach for your shakes (2 bags, just throw these in the freezer)
- 3 sweet onions (Like Maui or Walla)
- 1 Package fresh peeled vacuum sealed garlic
- 1 bunch sturdy organic kale (like Tuscan)
- 1 head cauliflower
- 2 Large leeks
- 1 small head bok choy
- 1 package arugula (salad section)
- 2 large sweet potatoes
- 1 large ripe avocado
- 2 lemons
- 3 limes
- Large bunch Italian flat leaf parsley
- 1 large bunch Basil
- 1 large bunch green onions
- 1 bunch cilantro
- 1 bunch organic celery
- Fresh Berries for snacking and shakes
- Celery and snacking veggies

COLD/FROZEN

- Frozen berries for shakes
- Almond or Coconut milk for shakes
- 1 16 ounce package each – Frozen pre-cooked brown rice and frozen pre-cooked quinoa if not using dried from pantry section and preparing yourself

PANTRY

- 1 can water chestnuts
- 2 cans organic black beans
- 2 cans garbanzo beans
- 1 28 ounce can crushed or diced tomatoes with juice
- Bragg's Apple Cider Vinegar
- Coconut sugar or Agave Syrup
- 1 package gluten free, corn free, organic brown rice pasta or brown rice quinoa pasta
- 1 large package uncooked organic quinoa (any color)
- 2-3 cartons organic veggie stock
- Coconut Aminos
- Nutritional Yeast Flakes
- Pine nuts
- Cashews (optional for fried rice or snacking)
- Brown rice (Either organic cooked and frozen, or Costco has organic brown rice bowls in their pantry section)
- Almond Butter (optional for shakes or snacking with celery sticks)

SPICES TO HAVE ON HAND

- Extra Virgin Olive oil
- Dried red chili flakes
- Coconut oil
- Ground cumin
- Sea Salt
- Cayenne Pepper
- Dried red pepper flakes
- Bay leaves
- Dried basil
- Dried oregano
- Sesame oil (optional for stir fry)
- Sesame seeds

SUPERFOOD BLACK BEAN & QUINOA SALAD (Serves 4-8)

- 2 cups cooked quinoa (1 cup dry quinoa yields about 2 cups cooked)
- 1/4 cup extra virgin olive oil
- 1 teaspoon ground cumin
- 1 clove garlic, pressed, grated or finely chopped
- Juice of one lime (about 2 tablespoons)
- 1 teaspoon fine sea salt
- 1/4 teaspoon cayenne pepper (optional for heat)
- 1 15 ounce can black beans, rinsed and drained well
- 1 red bell pepper, quarter inch chopped (about 1 cup)
- 6 green onions, white and part of the greens chopped (about 1 cup)
- 1 handful of cilantro, rough chopped (about 1/3 cup)

Prepare the quinoa (see below). While the quinoa is cooking, whisk the olive oil, cumin, garlic, lime, salt and cayenne (if using) together in the bottom of a large bowl to let the flavors marry while you chop the veggies. Rinse and drain the black beans, then chop the veggies; the key is to make the peppers and onions about the same size as the beans. Add the cooked quinoa, beans and veggies to the bowl and gently fold it all together with the dressing. The quinoa can be warm, room temp, or cold when you make the dish. Regardless, I suggest letting it chill in the refrigerator at least 30 minutes to let the flavors come together. It tastes best served room temperature or chilled.

Preparation Tips:

To prepare the quinoa, rinse it well with in a fine mesh colander and let all of the water drain. Add the rinsed quinoa to a pot and add double the amount of purified water or veggie stock (e.g. 1 cup dry quinoa needs 2 cups of liquid). Bring the pot to a boil, then cover and reduce heat to low and simmer for about 15 minutes until all of the liquid is absorbed and the little "tail" of the quinoa has sprouted out. Fluff with a fork and reserve for your recipe. Also, I always make at least double the quinoa I need—it keeps well in the refrigerator up to 5 days for another recipe.



ARUGULA, BASIL & AVOCADO PESTO PASTA (Serves 4)

(Adapted from elizabethrider.com)

- 1/2 pound brown rice or (corn free) gluten free penne pasta
- 1 large clove garlic, peeled
- 2 cups loosely packed arugula
- 1 cup loosely packed basil
- 1/4 cup pine nuts
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1 large ripe avocado
- 1 tablespoon fresh lemon juice
- Reserved pasta cooking water
- 2 tablespoons nutritional yeast flakes

Prepare the pasta according to package instructions, cooking it one minute less than recommended for an al dente texture.

Method 1 for a chunky texture: While the pasta is cooking, pulse the garlic in the food processor until finely chopped. Pulsing the garlic alone before the rest of the ingredients are added ensures that large chunks of raw garlic don't end up in your pesto. Add the arugula, basil, pine nuts, nutritional yeast, salt and pepper to the food processor and process until finely chopped. Transfer the chopped greens mixture to a large bowl. Add the avocado, lemon juice and 3 tablespoons of the pasta cooking water (or just purified water) to the food processor and blend until smooth. Add the avocado mixture to the bowl with the chopped greens. Toss with the cooked pasta to coat, adding extra pasta cooking water 1 tablespoon at a time if needed to thin out the sauce. Garnish with freshly chopped basil.

Method 2 for a smooth texture: Add all of the ingredients except the pasta to a food processor or blender and blend until smooth. Toss with the cooked pasta to coat, adding extra pasta cooking water 1 tablespoon at a time if needed to thin out the sauce. Garnish with freshly chopped basil.



KALE & QUINOA MINESTRONE SOUP (Serves 6-8)

(Adapted from elizabethrider.com)

- 2 tablespoons extra virgin olive oil
- 1 small yellow or white onion, chopped small
- 1 large carrot, chopped small
- 2 ribs (preferably with the leaves) of celery, chopped small
- 1 large bay leaf
- 1 teaspoon dried basil (or 1-2 tablespoons fresh, finely chopped)
- 1/2 teaspoon dried oregano
- 3 cloves garlic, finely chopped or pressed
- 1 28 ounce can of crushed or diced tomatoes (including juices)
- 1 can garbanzo beans (aka chickpeas), drained and rinsed
- 1 quart organic vegetable stock
- 1 teaspoon apple cider vinegar
- 1 bunch hearty kale (like black kale or Tuscan kale), stemmed and chopped into about 1 inch pieces
- 1/2 cup of dried quinoa, prepared according to package instructions*
- Sea salt
- Fresh ground black pepper
- Purified water

Heat the olive oil in a large soup pot over medium high heat. Add the onions, carrots, celery, bay leaf, a large pinch of sea salt and pinch of black pepper and sauté 5-6 minutes until the veggies are soft. Add the garlic, dried basil, and oregano and continue to sauté for another 2-3 minutes until very fragrant. (If using fresh basil, wait to add until you add the kale.) Garlic burns easily, so watch it carefully or reduce the heat until you add the liquid. Add the tomatoes with their juices and cook another minute. Then, add the beans, stock, 2 cups of purified water; turn the heat to high to let it come to a boil for one minute. Reduce the heat to medium low, then add 1 teaspoon apple cider vinegar plus all of the cooked quinoa and chopped raw kale. Cook 5 minutes then turn off the heat. Allow the kale to wilt for another 10 minutes. Discard the bay leaves. Serve immediately, or cool to room temperature to freeze or refrigerate.



CREAMY CAULIFLOWER & LEEK SOUP (Serves 8)

(Adapted from elizabethrider.com)

- 3 tablespoons extra virgin olive oil
- 2 large leeks, root and tough dark green tops removed, thoroughly washed to remove sand deposits, and medium chopped
- 2 stalks celery, cleaned and medium chopped
- 3 cloves garlic, finely chopped
- 1 large head of cauliflower, cleaned, green stem & leaves removed and cut into 2 inch florets
- 1 quart vegetable stock (or low sodium chicken stock if preferred*)
- 3 cups purified water or more stock (more or less as needed)
- 1 bay leaf
- 1 1/2 teaspoons Bragg's apple cider vinegar
- About 1 tablespoon fine sea salt, more or less to taste
- About 1 teaspoon coarse black pepper, more or less to taste
- Finely chopped green onions for garnish

In a large soup pot or dutch oven, heat the olive oil over medium-high heat. Add the leeks, celery, and a big pinch of salt and sauté until soft, about 5-6 minutes. Add the garlic, stir, and cook another minute until very fragrant, being careful not to burn the garlic. Add the stock, 2 cups water, 2 teaspoons sea salt, 1/2 teaspoon pepper and the bay leaf, then bring to a boil. Add the cauliflower florets and turn the heat to medium; simmer 30 minutes until the cauliflower is fork tender. Discard the bay leaf. Puree the soup with a hand blender, or in small batches in a high-speed blender or food processor until very smooth. Add the pureed soup back to the pot and stir in vinegar and 1/2 to 1 cup more stock or purified water (depending on desired texture.)

Caution: Be very careful when pureeing hot liquid in a blender or food processor as hot liquid expands. Never fill the blender or food processor more than 1/4 full with a hot mixture. Work in very small batches until all of the soup is pureed.

Garnish with fresh chopped green onions. This soup can be stored in the refrigerator in an airtight glass container for up to 3 days. It also freezes well.



VEGGIE FRIED RICE (Serves 4)

- 2 cups cooked brown rice (frozen organic brown rice from TJ's works great)
- 2 TBS coconut oil
- 2 TBS coconut aminos
- 1 cup snow peas
- 1 can drained and chopped water chestnuts
- 1/2 cup onions, diced
- 1 cup chopped bok choy
- 1 ½ cups organic broccoli florets
- 1/2 cup carrots, diced or shredded
- 1 ½ teaspoons sesame seeds, optional
- Salt/pepper/garlic powder to taste
- 1 tsp. sesame oil
- Toss in cashews or chickpeas for added protein, optional
- Garnish – Chopped green onions and red pepper flakes



Heat skillet to medium heat and add 2 TBS coconut oil. Sauté veggies under tender. Add water chestnuts and cook for 2 mins. Add cooked brown rice. Add coconut aminos (resembles soy sauce), sesame oil, and sesame seeds (optional). If mixture is getting dry, add a splash of veggie broth. Stir in chickpeas or cashews before serving. Garnish with chopped green onions and dried red pepper flakes.

MEXICAN STYLE STUFFED SWEET POTATOES

- 2 sweet potatoes
- 1 tablespoon extra-virgin olive oil
- 1/2 white onion, diced
- 1/2 red pepper, diced
- 1 garlic clove, minced
- 1/2 teaspoon sea salt
- 1 lime, juiced
- 1 can black beans
- Extra-virgin olive oil
- Parsley, chopped



Wash and pat dry sweet potatoes and put into the oven and bake at 400F for one hour. Remove from the oven and slice each potato lengthwise. Scoop out the insides so that there is only a thin layer remaining lining the edges. Set aside. Heat olive oil in a frying pan over medium heat, and cook the chopped vegetables until tender, about seven minutes. Season with salt to taste. Drain and rinse the black beans and add to the frying pan along with the lime juice. While the bean and vegetable combo is cooking, mash the mixture with the edge of a fork to break up the beans. Add the cooked sweet potato insides to the bean mixture and mix until thoroughly combined. Stuff each potato with the bean mixture and serve with a drizzle of extra-virgin olive oil and chopped parsley.