

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 you carrot, and slice your green onions. Set aside. Using you 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 ¾ cups Brown Rice Syrup (14 oz)
2 ¼ cups Arbonne Protein (9 scoops) – I use ½ van, ½ choc
½ 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.

