



Detox & Clean Eating Boot Camp Week 4 Meal Ideas- VEGAN

Breakfast:

Continue Favorite Shakes (see Protein Shake Recipes in “FILES”)
Oatmeal with Berries (optional)
Life Changing Bread Toasted with Almond Butter (optional-recipe in FILES)
Fresh Fruit Bowl with Chia Seeds (optional)

Lunch:

Repeat Shakes
Green Salads, Low Glycemic Fruit Bowl
Arbonne Nutrition Bars
Dinner Leftovers

Dinner:

Oven Baked Chickpea Ratatouille
Mushroom & Leek Stuffed Eggplant “Cannelloni”
Black & White Bean Calabaza Chili
Vegan Goddess Detox Veggie Bowl
Linguine “Alfredo” with broccolini, Peas & Sun Dried Tomato
Leftover Night
Dine Out Night

Snacks:

Almonds-Tree Nuts mixed with Seeds (I like to mix almonds, sunflower seeds, and pepitas (hulled pumpkinseeds))
Green apples with Almond Butter
Berries
Celery Sticks with Raw Nut Cheese
Arbonne Nutrition Bars
Arbonne Fit Chews
Arbonne Energy Fizz Sticks

Week 4 Grocery List

You will be able to find these items at stores like Whole Foods, Sprouts, Trader Joe's & Your Local Co-Op or Whole Foods Market, and don't forget to stop by your local farmer's market!

Produce

Quantity	Item Description
2 medium	Yellow Onion
3 small	Red Onion
1 sm. piece	Fresh Ginger
1 small	Leek
6 oz.	Regular Button or Crimini Mushrooms
1 head	Fresh Garlic
1 large	Regular Eggplant
1 package	Peeled & Cut Butternut Squash (Trader Joes)
1 ea.	Avocado
2 bunches or 1 bag	Spinach (for side salads, lunch, etc)
3 bunches or 1 bag	Kale (for Veggie Bowl, side salads, shakes, lunch, etc.)
1/4 head	Purple Cabbage
1 bunch ea.	Fresh Herbs: Oregano, Basil, Parsley, Cilantro, Chives
1 bunch	Celery
2 heads	Your Favorite Lettuce (for side salads, lunch, etc.)
2 ea.	Red Bell Pepper
2 ea.	Jalapeño Chile
1/2 head	Broccoli
2 bunches	Chinese Broccoli or Broccolini
1 1/2 head	Cauliflower

1 small	Golden Beet
1 bag	Fresh Shelled or Frozen Peas
1 large	Zucchini
3 ea.	Fresh Limes
	FOR SNACKS, QUICK SALADS AND SHAKES:
1 bunch	Fresh Grapes
6 ea.	Lemons (for lemon water, tea, & recipes)
2-3 baskets	Strawberries & Other Berries (substitute frozen if needed)
6 ea.	Green Apples
1 bunch	Fresh Radish
1 head	Endive
1 ea.	Cucumber
1 bag	Fresh Shelled Peas (Trader Joe's)

Refrigerator - Freezer

1 sm. jar	Horseradish Veganise
	FOR SHAKES, SNACKS, AND BEVERAGE:
Quantity	Item Description
1-2 quarts	Almond, Coconut, or other Dairy & Soy Free Milk (as whole and as minimally processed as possible)
1 pint	Fresh Salsa
1 jar	Raw Nut Cheese
1/2-1 pint	Hummus (as whole and as minimally processed as possible)

Dry Goods

Quantity	Item Description
2-4 oz. jar	Nutritional Yeast
1 oz.	Ground Cumin (note, cumin seed can be ground in a spice grinder)
1 oz.	Chili Powder
1 oz.	Garlic Powder
1 box	Sea Salt
1 oz.	Whole Black Pepper (or ground if you don't have a pepper mill)
1 oz.	Dried Thyme
1 oz.	Smoked Paprika
1 oz.	Crushed Chile Flakes
1 oz.	Dried Italian Seasoning
1 oz.	Mustard Seeds
1 ea. /15 oz.	Canned Black Beans
1 ea. /15 oz.	Canned Cannellini Beans
3 ea. /15 oz.	Canned Chickpeas (Garbanzo Beans)
3 ea. /15 oz.	Canned Fire Roasted Diced Tomatoes
6 oz.	Sun Dried Tomatoes
2 quart	Vegetable Broth
1 bag	Gluten Free Tortillas
1 bag	Sprouted or Dried Lentils
1 bag	Quinoa
1 bag	Quinoa or Brown Rice Linguine or Spaghetti

1 bag	Brown Rice
1 sm. bag	Cornmeal or Teff
1 bag	Cashews
1 bag	Macadamia Nuts
1 bag	Sunflower Seeds
1 bag	Pepitas (hulled pumpkin seeds)
1 bottle	Extra Virgin Olive Oil
1 jar	Coconut Oil
1 bottle	Coconut Aminos or Tamari
1 sm. bottle	Raw Cider Vinegar
	FOR QUICK SNACKS, SALADS, AND SHAKES
1 jar	100% Pure Almond Butter (or other tree nut butter)
1 sm. bottle	Pure Agave Nectar (for snacks and recipes)
1 bag	Brown Rice Cakes
1 bag ea.	Walnuts-Other Nuts, Pepitas, Sunflower Seeds
1 bag ea.	Flax Seeds, Chia Seeds

Shopping & Other Vegan Preparation Tips

** The list has a little extra fresh herbs like parsley, basil, and other basic veggies. If you have extra stuff be creative and add some flavor to something. Be adventurous and give yourself permission to make this fun. Recipes are there for guidance, and when you feel confident you should improvise a little.

**If you followed the WEEK 1 and WEEK 2 Meal Plan then you may already have many spices and other staples on this list from last week, so double check so you don't buy too much.

** Feel free to substitute fresh herbs for anything dried. You need about 3 times the volume of a fresh herb, chopped, than you would of the same herb dried.

** Get in the habit of throwing pinches of flax and-or chia seeds, sunflower seeds, and other seeds in and on everything. These provide extra protein and the essential monounsaturated fats that you would otherwise get in meat, dairy, and fish oil if you were eating animal products. On the same subject, get in the habit of putting fresh shelled peas, cannellini beans, sprouted mung beans, and other protein rich legumes on top of your green salads.

** When you are choosing canned, packaged, anything remotely processed, check the label for synthetic, unnatural, unnecessary ingredients, and check for added sugar. If there is sugar in there, and it doesn't specify what kind, you can assume it is refined sugar. Any sugar you consume from a product formula should be low on the GI scale.

Breakfast/Shake Recipes

For all shake recipes, refer to the last two meal plans and also the “Protein Shake Recipes” document in the “FILES” tab of the Detox & Clean Eating Boot Camp Facebook Group.

Shake = 8-10oz liquid ~ Smoothie = 4-6 oz liquid + 4 oz ice or frozen fruit. Add handfuls of spinach to any of the shakes (I promise, you won't taste it!)

Dinner Recipes

Oven-Roasted Chickpea Ratatouille

Makes 4-5 servings

3 1/2 - 4 cups cooked chickpeas
1 1/4 cups red onion, finely chopped
3 - 4 medium-large cloves garlic, minced
2 - 15-ounce can fire roasted diced tomatoes
1/2 cup red or orange bell pepper, diced
2 tablespoons apple cider vinegar
1 tablespoon freshly grated ginger
2 tablespoons dried Italian seasonings
1 teaspoon sea salt
1/8 teaspoon allspice
2 dried bay leaves
freshly ground black pepper to taste

Preheat oven to 400 F. In a large, deep casserole dish or Dutch oven, combine all ingredients except bay leaves. Stir through until well combined, then embed bay leaves in the mixture. Cover and bake for 30 minutes. Stir through, cover, and bake for another 35-45 minutes, until onions are tender and translucent (stir through once more during baking). Remove bay leaves and serve over quinoa or brown rice.

Mushroom & Leek Stuffed Eggplant “Cannelloni”

Makes 4 servings

This recipe takes a little time, but you can make-roll your cannelloni ahead of time on your weekend prep day, save in the refrigerator, then cook fresh with the tomato sauce when you are ready to enjoy the dish. It is a lot easier than it looks once you get to it, total active prep time is about 30-45 minutes.

½ cup sunflower seeds, ground into a powdery meal

1 small red onion, roughly chopped

1 small leek, roughly chopped

2 tbsp nutritional yeast

1/2 tsp garlic powder

1 tsp coconut aminos or tamari

3 halved sun dried tomatoes

8 oz. white button or crimini mushrooms minced in the food processor and set aside

Salt & pepper to taste

4 Tbsp cilantro or basil, finely chopped

Pinch of thyme

1 large eggplant, sliced into thinnish slices

Extra virgin olive oil

Smoked paprika

Fresh basil leaves

15-oz. can tomato sauce

Gently sautee mushrooms until their juices are released, then stir until the juices have evaporated, so that you have slightly juicy mushrooms but without liquid in the pan. In a food processor, process the sun dried tomatoes, just a few pulses, then add the onions and leeks and pulse some more, taking care to scrape down the edges of the bowl into the center. Now add the ground sunflower, mushrooms, and the remaining ingredients, and pulse for a few seconds – don’t over process, this step is just so you can

incorporate the ingredients together. You should be left with a semi thickish ball. Refrigerate for a couple of hours.

Meanwhile, take the eggplant slices and grill them on a griddle, brushed with olive oil (optional) and seasoned with smoked paprika, salt, & pepper, until they are soft and able to bend without breaking.

When your mushroom filling is ready it is time to make your cannelloni. Place your cooked eggplant slices out flat. Line each slice with a generous layer of basil leaves. Then, place a dollop of filling at one end of the eggplant and roll it up so that the entire eggplant slice rolls around and holds the filling in place...you now have a vegan cannelloni! Repeat until all filling is used up. One large eggplant should be just enough for the amount of filling in this recipe. Reserve your cannelloni in an airtight container, or proceed to the cooking stage:

Preheat oven to 350F. Spread a thin layer of the tomato sauce in the bottom of an oven proof baking dish. Place the cannelloni in the dish, and spoon some tomato sauce over each cannelloni. Bake in the oven for about 30-45 minutes, or until the filling is soft, simmering, and cooked through. Enjoy immediately with a side salad, brown rice, or quinoa pasta with greens.

Black & White Bean Calabaza Chili

Makes 4-5 servings

1 small-medium onion
1 red bell pepper
2 cloves garlic, finely chopped
2 cups (about 8-10 oz.) raw, peeled butternut squash, cut into 1/2-1 inch squares
1 tsp. ground cumin
1 tsp. chile powder
1 jalapeño, finely chopped
1 large (about 3 cups) zucchini, cut into 1 inch squares
4 cups vegetable broth
1 15-oz. can fire roasted diced tomatoes
1 15-oz. can cannellini beans
1 15-oz. can black beans
2 tbsp. cornmeal, or substitute teff if avoiding corn
1 cup shredded purple cabbage
Cilantro, roughly chopped, for garnish
Fresh lime for garnish
1 tbsp coconut oil for sautéing

Heat the coconut oil in a medium stock pot. Sautee the onions, bell peppers, garlic, and butternut squash in the oil until they start to become tender. Add the cumin and chile powder, and continue to cook until the spices become fragrant. Add the tomatoes, and bring to a simmer. Add the broth, both beans, jalapeños, and bring to a simmer again. Add the thickener (cornmeal or teff) and let simmer for about 10 minutes. Add the zucchini, bring to a simmer, and continue to cook until the thickener is cooked through and the chile has a light porridge consistency (very light, almost translucent). You still want it a little broth-like, so a thickened broth. Taste for salt & pepper. Serve in a bowl topped with the cabbage, cilantro, & lime. Top with a dollop of cashew cream if you want!!

Vegan Goddess Detox Veggie Bowl

Makes 4 servings

Here is another one that may seem time consuming, but if you prep all the components ahead of time on your weekend prep day, it will be a cinch to throw together during the week.

For the Green Chile Sauce

1/2 jalapeño, seeds included (if you like less heat, discard seeds)

1/4 cup raw sunflower seeds

1/4 raw pumpkin seeds

1/4 cup extra virgin olive oil

1 clove garlic

2 limes, juiced

1/4 cup cilantro

1 tablespoon tamari

1/4 cup nutritional yeast

1 teaspoon cumin

pinch red pepper flakes

1/2 cup water

For the Basic Bowl

1 bunch kale, de-stemmed and chopped

1/2 head broccoli florets

1/2 head of cauliflower florets

1 small golden beet, roasted

1 cup sprouted lentils

1 cup quinoa

1/2 avocado

1/4 cup Horseradish Veganiase (you can always grate fresh horseradish into mayo instead)

Handful chopped chives

1 1/2 tbsp. coconut oil

pinch red pepper flakes

Sea salt

2 cups veggie broth
3 cups water

Preheat oven to 400°F. Place your peeled golden beet in a small dutch oven with a splash of water. Cover and roast for 50 minutes. Spread your broccoli and cauliflower florets out on a roasting sheet and mix well with coconut oil, red pepper flakes and salt. Roast for 50 minutes along side the beet.

Bring a large steamer pot of water to a boil. Steam your kale for about 2 minutes or until wilted, but still a lovely color green. Remove from the pot.

Soak your quinoa for at least 10 minutes or up for an hour and then drain well. Combine into a large pot with 2 cups of veggie broth, and a pinch of sea salt. Bring to a boil and stir well. Reduce to a simmer and cover for 10-15 minutes or until the quinoa is fluffy. In a separate pot, bring 3 cups of water to a boil. Add your lentils and reduce to a simmer for roughly 15 minutes. Add a pinch of salt and cook for another 3-5 minutes and then drain the remaining liquid.

For the Chile sauce: Combine all ingredients into a high speed blender and blend on high for a minute or until mixture is completely smooth. Season to taste to your liking and add more water if the consistency is too thick or won't blend.

Once your roasted veggies are ready, dice your beets. Take a large deep bowl and place your quinoa in the middle. Surround it with your kale, roasted veggies, beets and lentils. You can do stripes of each veggie for presentation, or just mix it all up, whatever you like. Layer a few slices of avocado on top and drizzle your chile sauce and horseradish mayo on top. Sprinkle fresh chives for garnish.

Linguine “Alfredo” with Broccolini, Peas & Sun Dried Tomato

Serves 4

3 cups cauliflower (about 1 small head)

1 cup cashews, soaked for at least 30 minutes

½ cup macadamia nuts, soaked for at least 30 minutes

1 cup unsweetened almond milk or other vegan milk (almond works best)

¼ cup + 2 tablespoons nutritional yeast

Salt & fresh cracked pepper to taste

1-2 tablespoons fresh lemon juice

1 tablespoon olive oil, for cooking

¼ cup onions, diced

2 large cloves garlic, minced

1 pound quinoa or brown rice linguine or spaghetti

2 bunches (about 16 oz.) broccolini or Chinese broccoli, woody ends removed, but keep tender part of stems intact

1 cup sun dried tomatoes, julienned

1 cup shelled fresh English peas (or sub frozen peas)

Soak both macadamia nuts and cashews in water for at least 30 minutes or until softened. Discard water. Steam the cauliflower until tender, by using a steamer basket in a large pot with 2-3 inches of water. In a medium hot skillet, add olive oil, garlic and onions and sauté until tender. Do this while the cauliflower is steaming. Add all ingredients into a high speed blender, start with the almond milk and cauliflower, gradually adding in ALL remaining ingredients. Blend until smooth and creamy. Adjust liquid by adding more almond milk if you prefer a thinner sauce. Set aside in a warm place to maintain heat. In a large pot of water, cook pasta per manufacturer’s instructions. During the last two minutes of pasta cooking time, add the broccolini, peas, and sun

dried tomatoes to the pasta and boil along with the pasta. When the pasta is done, drain everything together in a collander and return to the dry pot. Add as much of the alfredo sauce as you want and mix together well. There may be some extra sauce, depending on how much you like. If so, store it in the fridge- it makes a great sauce for side veggies on another meal. Serve onto a plate and garnish with fresh chopped parsley & fresh cracked pepper.

Make this meal more complete with a green salad.