

## BREAKFAST

### Egg White Breakfast Burrito

(SERVES 2)

#### INGREDIENTS

4 egg whites  
1 tsp avocado oil  
Salt and pepper, to taste  
1/4 avocado, sliced  
1/4 cup diced tomatoes  
2 whole wheat tortillas  
Fresh herbs (such as chives or cilantro)  
Citrus vinegar (for drizzling)

#### PREPARATION

1. Heat avocado oil in a non-stick skillet over medium heat.
2. Whisk the egg whites with salt and pepper, then pour into the skillet. Cook until set, then divide into two portions.
3. Lay out tortillas and place half of the cooked egg whites on each.
4. Top with avocado slices, diced tomatoes, and fresh herbs.
5. Drizzle with citrus vinegar and roll up the tortillas into burritos.

## MORNING SNACK

### Kiwi Parfait

(SERVES 2)

#### INGREDIENTS

2 kiwis, peeled and diced  
1/2 cup coconut yogurt  
2 Tbsp granola  
Honey (optional)  
Fresh mint leaves

#### PREPARATION

1. In serving glasses, layer diced kiwi, coconut yogurt, and granola.
2. Drizzle with honey, if desired, and garnish with fresh mint leaves.

## LUNCH

### Seared Tofu with Chimichurri Cauliflower Rice

(SERVES 2)

#### INGREDIENTS

1 block firm tofu, sliced  
2 Tbsp avocado oil  
Salt and pepper, to taste  
1 cup cauliflower rice  
1 tsp turmeric  
1 tsp ginger

#### Chimichurri Sauce:

1 cup fresh parsley, finely chopped  
1/4 cup fresh oregano leaves, finely chopped  
3 cloves garlic, minced  
1/4 cup red wine vinegar  
1/2 cup extra-virgin olive oil  
Juice of 1 lemon  
Salt and pepper, to taste

#### PREPARATION

1. For the chimichurri sauce, combine chopped parsley, oregano, and minced garlic in a bowl.
2. Stir in red wine vinegar, olive oil, and lemon juice.
3. Season with salt and pepper to taste.
4. Let the flavors meld for at least 15 minutes before serving.
5. For the tofu, heat 1 Tbsp avocado oil in a skillet over medium-high heat.
6. Season tofu slices with salt and pepper, then sear until golden brown on each side. Set aside.
7. In the same skillet, add remaining avocado oil and sauté cauliflower rice with turmeric and ginger until tender.
8. Serve tofu over cauliflower rice and drizzle with chimichurri sauce.

## AFTERNOON SNACK

### Hummus-Stuffed Bell Pepper

(SERVES 2)

#### INGREDIENTS

1 bell pepper, sliced  
Fresh herbs (such as basil or cilantro)  
  
Hummus:  
1 can chickpeas, drained and rinsed  
3 Tbsp tahini  
3 Tbsp lemon juice

2 cloves garlic, minced  
1/4 tsp cumin  
Salt and pepper, to taste  
Water (as needed for desired consistency)

#### PREPARATION

1. For the hummus, combine chickpeas, tahini, lemon juice, minced garlic, cumin, salt, and pepper in a food processor.
2. Blend until smooth, adding water as needed for desired thickness.
3. Fill each bell pepper slice with a spoonful of homemade hummus.
4. Garnish with fresh herbs and drizzle with citrus.

## DINNER

### Vegan Mushroom Bolognese Pasta

(SERVES 2)

#### INGREDIENTS

8 oz pasta (e.g., spaghetti or fettuccine)  
2 cups mushrooms, sliced  
2 Tbsp avocado oil  
1 onion, diced  
2 cloves garlic, minced  
1 can crushed tomatoes  
Italian herbs (such as basil, oregano, thyme)  
Salt and pepper, to taste  
Nutritional yeast (optional, for topping)  
Fresh basil leaves

#### PREPARATION

1. Cook pasta according to package instructions. Drain and set aside.
2. In a skillet, heat avocado oil over medium heat. Sauté onions and garlic until translucent.
3. Add mushrooms and cook until browned and tender.
4. Stir in crushed tomatoes and Italian herbs. Simmer for 10-15 minutes.
5. Season with salt and pepper.
6. Serve mushroom Bolognese sauce over cooked pasta.
7. Top with nutritional yeast, if desired, and garnish with fresh basil.

BREAKFAST

## Sunshine Quinoa Bowl

(SERVES 2)

INGREDIENTS

- 1 cup Quinoa
- 1 cup Fresh Strawberries, sliced
- 1 Fresh Peach, sliced
- 2 tbsp Fresh Mint Leaves, chopped
- 1/2 cup Almonds, toasted and chopped
- 1/2 cup Coconut Yogurt
- 2 tbsp Coconut Flakes, toasted
- 1 tbsp Citrus Vinegar
- 2 tbsp Honey
- 1 tbsp Fresh Lemon Juice

PREPARATION

1. Cook quinoa according to package instructions, fluff with a fork.
2. In a bowl, combine cooked quinoa, sliced strawberries, sliced peach, and chopped mint leaves.
3. In another bowl, mix coconut yogurt, toasted coconut flakes, citrus vinegar, honey, and fresh lemon juice.
4. Divide quinoa mixture into bowls and drizzle with the yogurt mixture.
5. Garnish with chopped almonds and a sprinkle of fresh mint leaves.

MORNING SNACK

## Zesty Avocado Toast Bites

(SERVES 2)

INGREDIENTS

- 4 slices Whole Grain Bread, toasted
- 1 Ripe Avocado, mashed
- 1 tsp Fresh Lemon Zest
- 1/4 cup Fresh Basil Leaves, chopped
- 1/2 cup Cherry Tomatoes, halved
- 4 Radishes, thinly sliced
- Salt and Pepper to taste

PREPARATION

1. Spread mashed avocado on toasted bread slices.
2. Sprinkle fresh lemon zest and chopped basil over avocado.

3. Top with halved cherry tomatoes and sliced radishes.
4. Season with salt and pepper to taste.

LUNCH

## Garden Harvest Salad Bowl

(SERVES 2)

INGREDIENTS

- 4 cups Mixed Greens
- 1 cup Roasted Butternut Squash, cubed
- 1 cup Fresh Corn Kernels, cooked
- 1/2 Red Onion, thinly sliced
- 1/2 cup Fresh Blueberries
- 1/4 cup Toasted Pumpkin Seeds
- 2 tbsp Balsamic Vinegar
- 3 tbsp Olive Oil
- 1 tsp Dijon Mustard
- 1 tsp Fresh Thyme Leaves
- 1 tbsp Honey
- Salt and Pepper to taste

PREPARATION

1. Toss mixed greens, roasted butternut squash, cooked corn kernels, thinly sliced red onion, fresh blueberries, and toasted pumpkin seeds in a large bowl.
2. In a separate bowl, whisk together balsamic vinegar, olive oil, Dijon mustard, fresh thyme leaves, honey, salt, and pepper.
3. Drizzle dressing over the salad and toss to combine.

AFTERNOON SNACK

## Citrus Salsa with Crispy Pita Chips

(SERVES 2)

INGREDIENTS

- 2 Oranges, peeled and diced
- 1 Grapefruit, peeled and diced
- 2 tbsp Fresh Lime Juice
- 1/4 cup Fresh Cilantro Leaves, chopped
- 1/4 cup Red Onion, finely chopped
- 1 Jalapeño, seeds removed and finely chopped
- Salt and Pepper to taste
- 2 Whole Wheat Pita Bread, cut into triangles

2 tbsp Olive Oil

PREPARATION

1. In a bowl, combine diced oranges, diced grapefruit, fresh lime juice, chopped cilantro leaves, finely chopped red onion, and finely chopped jalapeño.
2. Season the salsa with salt and pepper to taste and toss gently.
3. Brush pita triangles with olive oil and bake until crispy.
4. Serve citrus salsa with crispy pita chips.

DINNER

## Mediterranean Stuffed Eggplant

(SERVES 2)

INGREDIENTS

- 2 Eggplants
- 1 can Chickpeas, drained and rinsed
- 1 Red Onion, finely chopped
- 1/2 cup Fresh Parsley Leaves, chopped
- 1/4 cup Fresh Mint Leaves, chopped
- 1/4 cup Sun-Dried Tomatoes, chopped
- 1/2 cup Kalamata Olives, pitted and chopped
- 2 cloves Garlic, minced
- 3 tbsp Olive Oil
- 1 tsp Lemon Zest
- 2 tbsp Lemon Juice
- 1/2 tsp Ground Cumin
- Salt and Pepper to taste

PREPARATION

1. Cut eggplants in half lengthwise and scoop out the flesh, leaving a shell.
2. Chop eggplant flesh and sauté with finely chopped red onion, minced garlic, and olive oil until tender.
3. In a bowl, combine sautéed mixture with drained chickpeas, chopped fresh parsley leaves, chopped fresh mint leaves, chopped sun-dried tomatoes, chopped pitted Kalamata olives, lemon zest, lemon juice, ground cumin, salt, and pepper.
4. Fill eggplant shells with the mixture and bake until eggplant is tender.
5. Garnish with extra fresh herbs before serving.

## BREAKFAST

### Berry Bliss Smoothie Bowl

(SERVES 2)

#### INGREDIENTS

2 cups Mixed Berries (such as strawberries, blueberries, raspberries)  
1 Banana, sliced  
1/2 cup Rolled Oats  
1 cup Almond Milk  
2 tbsp Chia Seeds  
2 tbsp Maple Syrup  
1/4 cup Granola  
Fresh Mint Leaves for garnish

#### PREPARATION

1. In a blender, combine mixed berries, banana, rolled oats, almond milk, chia seeds, and maple syrup. Blend until smooth.
2. Pour the smoothie into bowls.
3. Top with granola and garnish with fresh mint leaves.

## MORNING SNACK

### Nutty Energy Bites

(SERVES 2)

#### INGREDIENTS

1 cup Dates, pitted  
1/2 cup Almonds  
1/4 cup Walnuts  
2 tbsp Cocoa Powder  
2 tbsp Peanut Butter  
1 tbsp Honey  
1 tsp Vanilla Extract  
Pinch of Salt  
Unsweetened Shredded Coconut for rolling

#### PREPARATION

1. In a food processor, combine dates, almonds, walnuts, cocoa powder, peanut butter, honey, vanilla extract, and a pinch of salt. Process until well combined.
2. Roll the mixture into bite-sized balls and coat with shredded coconut.
3. Place in the refrigerator to set.

## LUNCH

### Mediterranean Quinoa Salad

(SERVES 2)

#### INGREDIENTS

1 cup Quinoa  
2 cups Cherry Tomatoes, halved  
1 Cucumber, diced  
1/2 Red Onion, finely chopped  
1/4 cup Kalamata Olives, pitted and chopped  
1/4 cup Fresh Parsley Leaves, chopped  
2 tbsp Fresh Mint Leaves, chopped  
3 tbsp Olive Oil  
2 tbsp Red Wine Vinegar  
1 tsp Dijon Mustard  
Salt and Pepper to taste

#### PREPARATION

1. Cook quinoa according to package instructions. Fluff with a fork and let cool.
2. In a large bowl, combine cooked quinoa, cherry tomatoes, cucumber, red onion, Kalamata olives, parsley, and mint leaves.
3. In a small bowl, whisk together olive oil, red wine vinegar, Dijon mustard, salt, and pepper.
4. Drizzle the dressing over the salad and toss to combine.

## AFTERNOON SNACK

### Tropical Fruit Salad

(SERVES 6)

#### INGREDIENTS

1 Mango, peeled and diced  
1 Pineapple, peeled and diced  
1 Papaya, peeled and diced  
1 Kiwi, peeled and sliced  
1/2 cup Fresh Berries (such as blueberries, raspberries)  
2 tbsp Fresh Lime Juice  
1 tbsp Honey  
Fresh Mint Leaves for garnish

#### PREPARATION

1. In a bowl, combine diced mango, pineapple, papaya, kiwi, and fresh berries.

2. In a small bowl, whisk together fresh lime juice and honey.
3. Drizzle the lime-honey mixture over the fruit and toss gently.
4. Garnish with fresh mint leaves.

## DINNER

### Lentil and Vegetable Stir-Fry

(SERVES 2)

#### INGREDIENTS

1 cup Green Lentils, cooked  
1 Red Bell Pepper, sliced  
1 Yellow Bell Pepper, sliced  
1 Zucchini, sliced  
1 Carrot, julienned  
1/2 cup Snow Peas, trimmed  
2 cloves Garlic, minced  
2 tbsp Soy Sauce  
1 tbsp Sesame Oil  
1 tbsp Fresh Ginger, grated  
1 tbsp Rice Vinegar  
1 tsp Honey  
Fresh Cilantro Leaves for garnish

#### PREPARATION

1. In a wok or large pan, heat sesame oil over medium-high heat. Add minced garlic and grated ginger, sauté for a minute.
2. Add sliced red and yellow bell peppers, zucchini, carrot, and snow peas. Stir-fry until vegetables are crisp-tender.
3. In a small bowl, whisk together soy sauce, rice vinegar, and honey.
4. Add cooked lentils and the sauce to the stir-fried vegetables. Toss to combine and heat through.
5. Garnish with fresh cilantro leaves.

BREAKFAST

## Berry Bliss Parfait

(SERVES 2)

INGREDIENTS

- 1 cup coconut Yogurt
- 1 cup Mixed Berries (such as strawberries, blueberries, raspberries)
- 1/4 cup Granola
- 2 tbsp Chopped Nuts (such as almonds, walnuts)
- 2 tbsp Honey
- Fresh Mint Leaves for garnish

PREPARATION

1. In two glasses or bowls, layer Greek yogurt, mixed berries, granola, and chopped nuts.
2. Drizzle honey over the layers.
3. Garnish with fresh mint leaves.

MORNING SNACK

## Crunchy Rice Cake Toppers

(SERVES 2)

INGREDIENTS

- 4 Rice Cakes
- 1/2 Avocado, sliced
- 1/4 cup Hummus
- 2 tbsp Pumpkin Seeds
- 2 tbsp Sunflower Seeds
- Salt and Pepper to taste

PREPARATION

1. Top rice cakes with avocado slices and a dollop of hummus.
2. Sprinkle pumpkin seeds and sunflower seeds over the toppings.
3. Season with salt and pepper to taste.

LUNCH

## Farro and Roasted Vegetable Salad

(SERVES 2)

INGREDIENTS

- 1 cup Farro, cooked
- 1 Red Bell Pepper, sliced
- 1 Yellow Bell Pepper, sliced
- 1 Zucchini, sliced
- 1/2 Red Onion, thinly sliced
- 2 tbsp Olive Oil
- 1 tsp Dried Oregano
- Salt and Pepper to taste
- 1/2 cup Feta Cheese, crumbled
- 1/4 cup Fresh Parsley Leaves, chopped
- 2 tbsp Balsamic Vinegar

PREPARATION

1. Preheat the oven to 400°F.
2. Toss sliced bell peppers, zucchini, and red onion with olive oil, dried oregano, salt, and pepper.
3. Roast the vegetables for about 20 minutes, until tender and slightly caramelized.
4. In a bowl, combine cooked farro, roasted vegetables, crumbled feta cheese, chopped parsley, and balsamic vinegar.
5. Toss to combine.

AFTERNOON SNACK

## Rice Paper Rolls

(SERVES 2)

INGREDIENTS

- 8 Rice Paper Wrappers
- 1 cup Cooked Shrimp or Tofu, sliced
- 1 Carrot, julienned
- 1 Cucumber, julienned
- 1 Avocado, sliced
- Fresh Basil Leaves
- Fresh Mint Leaves
- 1/4 cup Peanut Sauce for dipping

PREPARATION

1. Dip rice paper wrappers in warm water to soften. On each wrapper, arrange sliced shrimp or tofu, julienned carrot, julienned cucumber, avocado slices, fresh basil leaves, and fresh mint leaves.
2. Fold in the sides of the wrapper and roll tightly.
3. Serve with peanut sauce for dipping.

DINNER

## Coconut Curry Cauliflower Rice Bowl

(SERVES 2)

INGREDIENTS

- 1 cup Cooked Cauliflower rice
- 1 can Chickpeas, drained and rinsed
- 1 cup Mixed Vegetables (such as bell peppers, snap peas, carrots), sliced
- 1 tbsp Coconut Oil
- 2 tbsp Red Curry Paste
- 1 can (14 oz) Coconut Milk
- 1 tbsp Soy Sauce
- 1 tbsp Lime Juice
- Fresh Cilantro Leaves for garnish

PREPARATION

1. In a large pan, heat coconut oil. Add sliced mixed vegetables and sauté until slightly tender.
2. Stir in red curry paste and cook for a minute.
3. Add cooked brown rice, drained chickpeas, coconut milk, soy sauce, and lime juice. Stir well and heat through.
4. Serve in bowls and garnish with fresh cilantro leaves.

## BREAKFAST

### Potato and Vegetable Breakfast Frittata

(SERVES 4)

#### INGREDIENTS

4 large eggs  
1/4 cup milk  
1/2 tsp salt  
1/4 tsp black pepper  
1 Tbsp olive oil  
1 small onion, diced  
2 cloves garlic, minced  
1 medium potato, peeled and diced into small cubes  
1 bell pepper, diced  
1 cup sliced mushrooms  
1 cup baby spinach  
Fresh herbs (such as parsley or chives) for garnish (optional)

#### PREPARATION

1. Preheat your oven to 375°F (190°C).
2. In a mixing bowl, whisk together the eggs, milk, salt, and black pepper until well combined. Set aside.
3. Heat the olive oil in an oven-safe skillet over medium heat.
4. Add the diced onion and minced garlic to the skillet and sauté for 2-3 minutes until the onion becomes translucent and fragrant.
5. Add the diced potatoes to the skillet and cook for about 5-7 minutes, stirring occasionally, until they are lightly browned and tender.
6. Add the bell pepper and sliced mushrooms to the skillet and cook for an additional 3-4 minutes until the vegetables have softened.
7. Stir in the baby spinach and cook until it wilts, about 1-2 minutes.
8. Pour the egg mixture over the cooked vegetables in the skillet, ensuring they are evenly coated.
9. Transfer the skillet to the preheated oven and bake for 15-20 minutes, or until the frittata is set in the center and golden brown on top.
10. Once cooked, remove the frittata from the oven and let it cool slightly.
11. Slice the frittata into wedges or squares

and garnish with fresh herbs, if desired.

12. Serve the potato and vegetable breakfast frittata as a delicious and satisfying meal.

## MORNING SNACK

### Green Power Smoothie with Spirulina and Chlorella

(SERVES 2)

#### INGREDIENTS

2 cups fresh spinach  
1 ripe banana  
1/2 medium avocado  
1 cup unsweetened almond milk (or any preferred plant-based milk)  
1 Tbsp spirulina powder  
1 Tbsp chlorella powder  
1 Tbsp honey or maple syrup (optional, for added sweetness)  
1 cup ice cubes

#### PREPARATION

1. In a blender, add the fresh spinach, ripe banana, medium avocado, unsweetened almond milk, spirulina powder, chlorella powder, and honey or maple syrup (if desired).
2. Blend on high speed until all the ingredients are well combined and the mixture is smooth.
3. Add the ice cubes to the blender and blend again until the smoothie is chilled and creamy.
4. Taste the smoothie and adjust the sweetness by adding more honey or maple syrup if desired.
5. Pour the green power smoothie into two glasses.
6. Optionally, garnish with a sprinkle of spirulina or chlorella powder on top for presentation.

## LUNCH

### Roasted Garlic Soup with Coconut Milk

(SERVES 2)

#### INGREDIENTS

1 head of garlic

2 Tbsp olive oil  
1 onion, chopped  
2 cups vegetable broth  
1 can (14 ounces) coconut milk  
1/2 tsp dried thyme  
Salt and pepper to taste  
Fresh parsley or chives for garnish (optional)  
**Shopping List:**  
1 head of garlic  
Olive oil  
1 onion  
Vegetable broth  
1 can (14 ounces) coconut milk  
Dried thyme  
Salt and pepper  
Fresh parsley or chives for garnish (optional)

#### PREPARATION

1. Preheat your oven to 400°F.
2. Slice off the top of the garlic head to expose the cloves. Drizzle the garlic head with 1 Tbsp of olive oil, making sure the cloves are coated.
3. Wrap the garlic head in aluminum foil and place it on a baking sheet. Roast in the preheated oven for 30-40 minutes, or until the garlic cloves are soft and golden brown.
4. Remove the roasted garlic from the oven and allow it to cool slightly. Once cool enough to handle, squeeze the cloves out of their skins and set aside.
5. In a large pot, heat the remaining 1 Tbsp of olive oil over medium heat. Add the chopped onion and sauté until it becomes translucent and fragrant.
6. Add the roasted garlic cloves to the pot and stir to combine with the onion.
7. Pour in the vegetable broth and bring the mixture to a simmer. Let it simmer for about 10 minutes to allow the flavors to meld together.
8. Using an immersion blender or a regular blender, blend the soup until smooth and creamy.
9. Return the soup to the pot (if using a regular blender) and stir in the coconut milk and dried thyme. Heat the soup over medium-low heat until it is heated through.
10. Season with salt and pepper to taste.
11. Ladle the roasted garlic soup into bowls



and garnish with fresh parsley or chives, if desired.

12. Serve the warm and comforting roasted garlic soup with coconut milk as a delicious appetizer or light meal.

## AFTERNOON SNACK

### Mackerel and Celery Salad with Vegan Mayo and Green Apples

(SERVES 2)

#### INGREDIENTS

1 can of mackerel (in water or oil), drained  
2 stalks of celery, diced  
1 green apple, diced  
2 Tbsp vegan mayo  
1 Tbsp lemon juice  
1 Tbsp chopped fresh dill (optional)  
Salt and pepper to taste  
Lettuce leaves or whole grain crackers for serving (optional)  
Shopping List:  
1 can of mackerel (in water or oil)  
2 stalks of celery  
1 green apple  
Vegan mayo  
Lemon  
Fresh dill (optional)  
Salt  
Pepper  
Lettuce leaves or whole grain crackers (optional)

#### PREPARATION

1. In a mixing bowl, flake the canned mackerel using a fork, breaking it into small pieces.
2. Add the diced celery and green apple to the bowl with the flaked mackerel.
3. In a separate small bowl, whisk together the vegan mayo and lemon juice until well combined.
4. Pour the vegan mayo mixture over the mackerel, celery, and green apple. Gently toss to coat all the ingredients evenly.
5. If desired, sprinkle the chopped fresh dill over the salad and mix gently.
6. Season with salt and pepper to taste. Adjust the seasonings according to your preference.

7. Serve the mackerel and celery salad as a light and refreshing snack on its own or as a filling for lettuce wraps or accompanied by whole grain crackers.

## DINNER

### Vegan Three Bean Chili with Smoked Tempeh and Sweet Potatoes

(SERVES 2)

#### INGREDIENTS

1 Tbsp olive oil  
1 small onion, diced  
2 cloves garlic, minced  
1 small sweet potato, peeled and diced  
4 ounces smoked tempeh, crumbled  
1 can (14 ounces) diced tomatoes  
1 can (14 ounces) kidney beans, drained and rinsed  
1 can (14 ounces) black beans, drained and rinsed  
1 can (14 ounces) pinto beans, drained and rinsed  
1 cup vegetable broth  
1 Tbsp chili powder  
1 tsp cumin  
1/2 tsp smoked paprika  
Salt and pepper to taste  
Fresh cilantro for garnish (optional)

#### PREPARATION

1. In a large pot, heat the olive oil over medium heat.
2. Add the diced onion and minced garlic to the pot. Sauté for 2-3 minutes until the onion becomes translucent and fragrant.
3. Add the diced sweet potato and crumbled smoked tempeh to the pot. Cook for about 5 minutes, stirring occasionally, until the sweet potato starts to soften and the tempeh is lightly browned.
4. Pour in the diced tomatoes and drained beans (kidney beans, black beans, and pinto beans) into the pot. Stir to combine.
5. Add the vegetable broth, chili powder, cumin, smoked paprika, salt, and pepper to the pot. Stir well to incorporate all the ingredients.
6. Bring the mixture to a boil, then reduce

the heat to low. Cover the pot and let the chili simmer for about 20-25 minutes, or until the sweet potatoes are tender and the flavors have melded together.

7. Taste and adjust the seasonings, adding more chili powder, cumin, or salt and pepper if desired.
8. Serve the vegan three bean chili in bowls, garnished with fresh cilantro if desired.

## BREAKFAST

### Dark Cacao and Passionfruit Smoothie Bowl

(SERVES 2)

#### INGREDIENTS

1 cup frozen passionfruit  
1 cup frozen pineapple  
1 peeled cucumber, chopped  
2 cups spinach  
1 tbsp dark cacao powder  
1 scoop vegan protein powder  
1 1/2 cups hemp milk  
1 tsp honey  
6 squirts of Gse (grapefruit extract)

#### PREPARATION

1. Combine all the ingredients in a blender.
2. Blend until smooth and creamy.
3. Pour the smoothie mixture into a bowl.
4. Add your favorite toppings such as nuts, seeds, fresh fruit, or granola that's grain free with no added sugar.

## MORNING SNACK

### Watermelon Chia Snack

(SERVES 2)

#### INGREDIENTS

1 cup cantaloupe watermelon  
2-3 fresh mint leaves, chopped  
1/2 lime, juiced  
1 tsp honey  
1 tbsp chia seeds

#### PREPARATION

1. Cut the watermelon into bite-sized cubes and place them in a bowl.
2. In a small bowl, whisk together the lime juice and honey until combined.
3. Pour the lime-honey dressing over the melon and mix until the melon is coated.
4. Sprinkle the chopped mint leaves and chia seeds over the watermelon and mix gently to combine.
5. Let the salad sit for a few minutes to allow the chia seeds to absorb some of the liquid and plump up.

## LUNCH

### Nightshade-Free Ratatouille with Zucchini, Mushrooms, Celery, Carrots, Yellow and Red Beets, and Fresh Herbs

(SERVES 2)

#### INGREDIENTS

1 large yellow onion, chopped  
4 garlic cloves, minced  
2 medium zucchinis, chopped  
1 cup mushrooms, sliced  
2 medium carrots, peeled and chopped  
2 stalks celery, chopped  
2 medium yellow beets, peeled and chopped  
2 medium red beets, peeled and chopped  
2 Tbsp olive oil  
1 Tbsp fresh thyme leaves, chopped  
1 Tbsp fresh basil leaves, chopped  
1 Tbsp fresh chives, chopped  
Salt and pepper, to taste

#### PREPARATION

1. Heat olive oil in a large skillet or Dutch oven over medium heat.
2. Add onions and garlic, and sauté until the onions are translucent and the garlic is fragrant, about 2-3 minutes.
3. Add chopped zucchini, mushrooms, carrots, celery, yellow and red beets to the skillet, and stir to combine.
4. Cook for about 10 minutes or until the vegetables are slightly tender.
5. Add chopped fresh thyme, basil, and chives to the skillet, and stir to combine.
6. Continue to cook for an additional 5 minutes, or until the vegetables are fully cooked.
7. Season with salt and pepper to taste.
8. Serve hot, garnished with extra fresh herbs and serve along some sprouted greens or big green salad..

## AFTERNOON SNACK

### Pea Hummus

(SERVES 2)

## INGREDIENTS

2 cups frozen peas  
1/4 cup tahini  
2 cloves garlic, minced  
3 Tbsp olive oil  
3 Tbsp fresh lemon juice  
1/2 tsp ground cumin  
Water it needed  
Salt and pepper, to taste

#### PREPARATION

1. Cook the frozen peas according to package instructions. Drain and rinse them with cold water.
2. In a food processor, combine the cooked peas, tahini, garlic, olive oil, lemon juice, and cumin. Process until the mixture is smooth and creamy.
3. If the mixture is too thick, add a little bit of water, one Tbsp at a time, until you reach your desired consistency.
4. Season the pea hummus with salt and pepper to taste.
5. Serve the pea hummus with sliced apples, celery, jicama or cucumber.

## DINNER

### Healthy Coq au Vin

(SERVES 2)

#### INGREDIENTS

4 bone-in chicken thighs, skin removed  
4 slices turkey bacon, diced  
1 onion, chopped  
2 cloves garlic, minced  
2 cups sliced mushrooms  
2 cups chicken broth  
1 cup red wine  
1 Tbsp tomato paste  
1 Tbsp fresh thyme leaves  
Salt and pepper, to taste  
Chopped fresh parsley, for garnish (optional)

#### PREPARATION

1. Preheat the oven to 350°F.
2. In a large oven-safe Dutch oven or casserole dish, cook the diced turkey bacon over medium heat until crispy. Remove from the pan and set aside.
3. Season the chicken thighs with salt and

pepper, and brown them on both sides in the bacon grease in the same pan. Remove the chicken from the pan and set aside with the bacon.

4. In the same pan, add the chopped onion and garlic and sauté until the onion is translucent, about 5 minutes. Add the sliced mushrooms and sauté until they are browned and tender, about 5-7 minutes.
5. Add the chicken broth, red wine, tomato paste, thyme leaves, salt, and pepper to the pan. Bring to a boil and then reduce the heat to a simmer.
6. Add the chicken and bacon back to the pan and place in the oven. Bake for 45-50 minutes, or until the chicken is cooked through and tender.
7. Serve the coq au vin hot, garnished with chopped fresh parsley if desired.
8. This healthy version of coq au vin is still rich and flavorful but is made without the traditional butter, dairy, or flour, making it a healthier option that's better for your longevity .



## BREAKFAST

### Vegetarian Green Breakfast Burrito

(SERVES 2)

#### INGREDIENTS

4 large eggs  
1/4 cup of canned coconut milk  
1/4 tsp cumin  
1/4 tsp chili powder  
1/4 tsp garlic powder  
1/4 tsp salt  
1/4 tsp black pepper  
1 Tbsp of coconut oil  
1 small onion, chopped  
1 red bell pepper, diced  
1 jalapeño pepper, diced  
2 cups of baby spinach  
1 cup of chopped kale  
1/2 cup of chopped fresh cilantro  
1/4 cup of chopped fresh parsley  
4 corn tortillas  
Salsa or hot sauce, for serving

#### PREPARATION

1. In a small bowl, whisk together the eggs, coconut milk, cumin, chili powder, garlic powder, salt, and black pepper until well combined.
2. In a large skillet, heat the coconut oil over medium heat. Add the chopped onion, diced red bell pepper, and diced jalapeño pepper. Sauté for 2-3 minutes, until the vegetables become tender.
3. Add the baby spinach, chopped kale, cilantro, and parsley to the skillet and stir well. Cook for another 2-3 minutes, until the greens become wilted.
4. Pour the egg mixture into the skillet and stir well. Cook for 2-3 minutes, on low heat, stirring occasionally, until the eggs become lightly scrambled yet fully cooked.
5. Warm the corn tortillas in a non stick pan
6. Divide the egg and greens mixture between the tortillas. Roll up each tortilla tightly and cut in half.
7. Serve with salsa or hot sauce.

## MORNING SNACK

### Mango & Coconut Yogurt

(SERVES 2)

#### INGREDIENTS

1 cup coconut yogurt  
1 ripe mango, diced  
1/4 tsp chili powder  
Pinch of sea salt  
1/4 cup pepitas  
1 tbsp honey  
6 mint leaves torn by hand

#### PREPARATION

1. In a bowl, mix the coconut yogurt with honey or agave nectar (if using) until well combined.
2. Add the diced mango and chili flakes, sea salt to the bowl and mix everything together.
3. Top with pepitas, mint, honey and serve.

## LUNCH

### Seared Salmon Tacos with Pineapple Salsa and Butter Lettuce

(SERVES 4)

#### INGREDIENTS

6 butter lettuce leaves  
1 lb salmon fillet, skin removed  
Salt and pepper, to taste  
1 tsp cumin  
1 tsp dried turmeric  
2 tbsp olive oil  
1/4 red onion, diced  
1/2 jalapeno, seeded and diced  
1/4 cup chopped fresh cilantro  
1/4 cup chopped fresh basil  
1 lime, juiced  
1/2 small pineapple, peeled and diced  
1 avocado, diced  
1/2 cup sliced red cabbage  
2 medium tomato, diced

#### PREPARATION

1. Season the salmon fillet with salt, pepper, cumin, and dried turmeric on both sides.
2. In a large non-stick skillet, heat 2 tbsp of olive oil over medium-high heat.
3. Once the iron skillet is hot, add the salmon fillet and cook for about 3-4

minutes on each side or until the salmon is cooked through and has a nice golden crust.

4. Remove the salmon from the skillet and transfer it to a plate. Use a fork to flake the salmon into small pieces.
5. In a medium bowl, mix together the diced red onion, jalapeno, cilantro, basil, lime juice, diced pineapple, diced avocado, sliced red cabbage, and diced tomato. Season with salt and pepper to taste.
6. Place one lettuce leaf on each plate.
7. Divide the seared salmon evenly among the lettuce leaves.
8. Top the salmon with a generous spoonful of the pineapple-avocado salsa. Top with coconut yogurt if desired.

## AFTERNOON SNACK

### Butter Beans with Roasted Red Peppers

(SERVES 2)

#### INGREDIENTS

1 large red onion, diced  
1/2 cup avocado oil, divided  
4 garlic cloves, finely sliced  
1 Tbsp dried chile flakes (preferably pul biber)  
1 1/2 Tbsp sweet smoked paprika  
1 Tbsp tomato purée  
1/2 cup diced fresh tomato  
2 14-oz cans of butter beans or gigante beans, drained and rinsed  
4 Tbsp champagne vinegar  
1 Tbsp of sherry vinegar  
2/3 cup jarred roasted red pepper rinsed and chopped  
1 tsp dried basil  
1 tsp dried oregano  
1 radish  
1 cup arugula  
1/2 Lemon, zested  
Kosher salt

#### PREPARATION

1. In a large skillet or pot, heat 2 Tbsp of avocado oil over medium-high heat.
2. Once the oil is medium hot, add the diced red onion and a pinch of salt. Cook until the onions are softened and translucent, stirring occasionally, about

5-7 minutes.

3. Add the sliced garlic and cook for another minute, stirring constantly, until fragrant.
  4. Add the dried chile flakes, sweet smoked paprika, and tomato purée. Stir to combine and cook for 1-2 minutes.
  5. Add the drained and rinsed beans to the skillet or pot. Stir to coat the beans in the spice mixture and cook for 2-3 minutes. Add the tomatoes.
  6. Add the sherry vinegar and cook until reduced by half and the beans are heated through, about 4 to 5 minutes.
  7. Stir in the sliced piquillo peppers, dried basil, dried oregano, and the remaining avocado oil. Season with kosher salt to taste. Garnish with arugula and lemon zest and thinly sliced radish.
- squash. Sauté for 5-7 minutes, until the vegetables are tender.
  3. Add the diced tomatoes, vegetable broth, cumin, paprika, chili powder, and dried oregano. Bring to a boil, then reduce heat and let simmer for 15-20 minutes, until the vegetables are fully cooked.
  4. Remove from heat and let cool for a few minutes. Use an immersion blender to puree the soup until it is smooth and creamy.
  5. Return the soup to the pot and reheat if necessary. Add salt and pepper to taste.
  6. Serve the soup in individual bowls, garnished with chopped cilantro and a wedge of lime on the side.

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## DINNER

### Spicy Summer Vegetable Soup

(SERVES 4)

#### INGREDIENTS

1 large onion, chopped  
4 cloves garlic, minced  
1 Tbsp olive oil  
2 large carrots, diced  
2 stalks celery, diced  
1 red bell pepper, diced  
1 green bell pepper, diced  
1 zucchini, diced  
1 yellow squash, diced  
1 can (14.5 ounces) diced tomatoes  
4 cups vegetable broth  
1 tsp cumin  
1 tsp paprika  
1 tsp chili powder  
1 tsp dried oregano  
Salt and pepper, to taste  
1/4 cup chopped fresh cilantro  
1 lime, cut into wedges

#### PREPARATION

1. In a large pot, heat the olive oil over medium heat. Add the onion and garlic and sauté until the onion is translucent, about 5 minutes.
2. Add the carrots, celery, red and green bell peppers, zucchini, and yellow

# Shopping List

WEEK TWENTY

## MONDAY

### EGG WHITE BREAKFAST BURRITO

Egg whites  
Avocado oil  
Avocado  
Tomatoes  
Whole wheat tortillas  
Fresh herbs  
Citrus vinegar

### KIWI PARFAIT

Kiwis  
Greek yogurt  
Granola  
Honey (optional)  
Fresh mint leaves

### SEARED TOFU WITH CHIMICHURRI CAULIFLOWER RICE

Fresh parsley  
Fresh oregano leaves  
Garlic  
Red wine vinegar  
Extra-virgin olive oil  
Lemon  
Tofu  
Ginger  
Avocado oil  
Turmeric  
Cauliflower rice

### HUMMUS-STUFFED BELL PEPPER

Chickpeas  
Tahini  
Lemon  
Garlic  
Cumin

### VEGAN MUSHROOM BOLOGNESE PASTA

Pasta  
Mushrooms  
Avocado oil  
Onion  
Garlic  
Crushed tomatoes  
Italian herbs  
Nutritional yeast  
Fresh basil leaves

## TUESDAY

### SUNSHINE QUINOA BOWL

Quinoa  
Fresh Strawberries  
Fresh Peach  
Fresh Mint Leaves  
Almonds  
Coconut Yogurt  
Coconut Flakes  
Citrus Vinegar  
Honey  
Fresh Lemon

### ZESTY AVOCADO TOAST BITES

Whole Grain Bread  
Ripe Avocado  
Fresh Lemon  
Fresh Basil Leaves  
Cherry Tomatoes  
Radishes

### GARDEN HARVEST SALAD BOWL

Mixed Greens  
Butternut Squash  
Fresh Corn  
Red Onion  
Fresh Blueberries  
Toasted Pumpkin Seeds  
Balsamic Vinegar  
Olive Oil  
Dijon Mustard  
Fresh Thyme Leaves  
Honey

### CITRUS SALSA WITH CRISPY PITA CHIPS

Oranges  
Grapefruit  
Fresh Lime  
Fresh Cilantro Leaves  
Red Onion  
Jalapeño  
Whole Wheat Pita Bread  
Olive Oil

### MEDITERRANEAN STUFFED EGGPLANT

Eggplants  
Chickpeas  
Red Onion

Fresh Parsley Leaves  
Fresh Mint Leaves  
Sun-Dried Tomatoes  
Kalamata Olives  
Garlic  
Olive Oil  
Fresh Lemon  
Ground Cumin

## WEDNESDAY

### BERRY BLISS SMOOTHIE BOWL

Mixed Berries  
Banana  
Rolled Oats  
Almond Milk  
Chia Seeds  
Maple Syrup  
Granola  
Fresh Mint Leaves

### NUTTY ENERGY BITES

Dates  
Almonds  
Walnuts  
Cocoa Powder  
Peanut Butter  
Honey  
Vanilla Extract  
Unsweetened Shredded Coconut

### MEDITERRANEAN QUINOA SALAD

Quinoa  
Cherry Tomatoes  
Cucumber  
Red Onion  
Kalamata Olives  
Fresh Parsley Leaves  
Fresh Mint Leaves  
Olive Oil  
Red Wine Vinegar  
Dijon Mustard

### TROPICAL FRUIT SALAD

Mango  
Pineapple  
Papaya  
Kiwi  
Fresh Berries  
Fresh Lime

Honey  
Fresh Mint Leaves

### LENTIL AND VEGETABLE STIR-FRY

Green Lentils  
Red Bell Pepper  
Yellow Bell Pepper  
Zucchini  
Carrot  
Snow Peas  
Garlic  
Soy Sauce  
Sesame Oil  
Fresh Ginger  
Rice Vinegar  
Honey  
Fresh Cilantro Leaves

## THURSDAY

### BERRY BLISS PARFAIT

Greek Yogurt  
Mixed Berries  
Granola  
Chopped Nuts  
Honey  
Fresh Mint Leaves

### CRUNCHY RICE CAKE TOPPERS

Rice Cakes  
Avocado  
Hummus  
Pumpkin Seeds  
Sunflower Seeds

### FARRO AND ROASTED VEGETABLE SALAD

Farro  
Red Bell Pepper  
Yellow Bell Pepper  
Zucchini  
Red Onion  
Olive Oil  
Dried Oregano  
Feta Cheese  
Fresh Parsley Leaves  
Balsamic Vinegar

### RICE PAPER ROLLS

Rice Paper Wrappers

# Shopping List

WEEK TWENTY

Cooked Shrimp or Tofu  
Carrot  
Cucumber  
Avocado  
Fresh Basil Leaves  
Fresh Mint Leaves  
Peanut Sauce

## COCONUT CURRY CAULIFLOWER RICE BOWL

Cooked Cauliflower Rice  
Chickpea  
Mixed Vegetables  
Coconut Oil  
Red Curry Paste  
Coconut Milk  
Soy Sauce  
Lime Juice  
Fresh Cilantro Leaves

## FRIDAY

### POTATO AND VEGETABLE BREAKFAST FRITTATA

eggs  
Milk  
Salt and pepper  
Olive oil  
Onion  
Garlic  
Medium potato  
Bell pepper  
Sliced mushrooms  
Spinach  
Fresh herbs (such as parsley  
or chives) for garnish  
(optional)

### GREEN POWER SMOOTHIE WITH SPIRULINA AND CHLORELLA

Fresh spinach  
Ripe bananas  
Medium avocado  
Unsweetened almond milk  
(or any preferred plant-based

milk)  
Spirulina powder  
Chlorella powder  
Honey or maple syrup  
(optional)  
Ice cubes

### ROASTED GARLIC SOUP WITH COCONUT MILK

1 head of garlic  
Olive oil  
1 onion  
Vegetable broth  
1 can (14 ounces) coconut  
milk  
Dried thyme  
Salt  
Pepper  
Fresh parsley or chives for  
garnish (optional)

### MACKEREL AND CELERY SALAD WITH VEGAN MAYO AND GREEN APPLES

1 can of mackerel (in water  
or oil)  
2 stalks of celery  
1 green apple  
Vegan mayo  
Lemon  
Fresh dill (optional)  
Salt  
Pepper  
Lettuce leaves or whole grain  
crackers (optional)

### VEGAN THREE BEAN CHILI WITH SMOKED TEMPEH AND SWEET POTATOES

Olive oil  
1 small onion  
2 cloves garlic  
1 small sweet potato  
4 ounces smoked tempeh  
1 can (14 ounces) diced  
tomatoes  
1 can (14 ounces) kidney

beans  
1 can (14 ounces) black beans  
1 can (14 ounces) pinto beans  
Vegetable broth  
Chili powder  
Cumin  
Smoked paprika  
Salt and pepper  
Fresh cilantro (optional)

## SATURDAY

### DARK CACAO AND PASSIONFRUIT SMOOTHIE BOWL

Frozen passionfruit  
Frozen pineapple  
Cucumber  
Spinach  
Dark cacao powder  
Vegan protein powder  
Hemp milk

### WATERMELON CHIA SNACK

Watermelon  
Fresh mint leaves  
Lime  
Honey  
Chia seeds

### NIGHTSHADE-FREE RATATOUILLE WITH ZUCCHINI, MUSHROOMS, CELERY, CARROTS, YELLOW AND RED BEETS, AND FRESH HERBS

1 large yellow onion  
4 garlic cloves  
2 medium zucchinis  
1 cup mushrooms  
2 medium carrots  
2 stalks celery  
2 medium yellow beets  
2 medium red beets  
Olive oil  
Fresh thyme  
Fresh basil

Fresh chives  
Salt and pepper

### PEA HUMMUS

2 cups frozen peas  
1/4 cup tahini  
2 cloves garlic  
Olive oil  
1-2 fresh lemons  
Ground cumin  
Salt  
Pepper  
Celery  
Jicama  
Cucumber  
Apple

### HEALTHY COQ AU VIN

4 bone-in chicken thighs, skin  
removed  
4 slices turkey bacon  
1 onion  
2 cloves garlic  
2 cups sliced mushrooms  
2 cups chicken bone broth  
1 cup red wine  
1 tablespoon tomato paste  
1 tablespoon fresh thyme  
leaves  
Salt and pepper  
Chopped fresh parsley  
Chopped fresh chives  
optional

## SUNDAY

### VEGETARIAN GREEN BREAKFAST BURRITO

Eggs  
Canned coconut milk  
Cumin  
Chili powder  
Garlic powder  
Salt and black pepper  
Coconut oil  
Onion

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REGARDING PROFESSIONAL ADVICE, PREPARATION, AND ALLERGENS.

# Shopping List

WEEK TWENTY

Red bell pepper  
Jalapeño pepper  
Baby spinach  
Kale  
Fresh cilantro  
Fresh parsley  
Corn tortillas  
Salsa or hot sauce, for serving

## MANGO & COCONUT YOGURT

Coconut yogurt  
Mango  
Chili flakes  
Pepitas  
Mint  
Sea salt  
Honey

## SEARED SALMON TACOS WITH PINEAPPLE SALSA AND BUTTER LETTUCE

Butter lettuce  
1 lb salmon fillet  
Salt and pepper  
Cumin  
Dried turmeric  
Olive oil  
Red onion  
Jaleono  
Fresh cilantro  
Fresh basil  
Lime  
1/2 small pineapple  
1 avocado  
1/2 cup red cabbage  
1 medium tomato

## BUTTER BEANS WITH ROASTED RED PEPPERS

Red onion  
Avocado oil  
Garlic cloves  
Dried chile flakes  
Sweet smoked paprika  
Tomato purée  
Fresh tomato

Canned butter beans or  
gigante  
Sherry vinegar  
Jarred roasted red peppers  
Dried basil  
Dried oregano  
Radish  
Arugula  
Lemon  
Kosher salt

## SPICY SUMMER VEGETABLE SOUP

Onion  
Garlic  
Olive oil  
Carrots  
Celery  
Red bell pepper  
Green bell pepper  
Zucchini  
Yellow squash  
Canned diced tomatoes  
Vegetable broth  
Cumin  
Paprika  
Chili powder  
Dried oregano  
Salt  
Pepper  
Fresh cilantro  
Lime

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