MENU

DAY ONE
Cashew Overnight Quinoa with Kiwi
Egg & Lentil Salad
White Bean Stuffed Peppers

DAY TWO
Ginger Pear Smoothie
Spinach Salad with Stuffed Peppers
Chili Lime Power Bowl

DAY THREE
Egg Scramble
Garbanzo, Lentil & Avocado Salad
White Bean & Spinach Fillet Sweet Potatoes

DAY FOUR
Green Smoothie with an Egg
Pear & Cashew Quinoa Salad with White Beans
Baked Falafel & Fries with Zucchini Sauté

DAY FIVE
Cinnamon Pear Quinoa
Ginger Falafel 'Noodles'
Minestrone

DAY SIX
Southwest Scramble
Minestrone
Quinoa Patties over Spinach Salad

PREP AHEAD

FOR THE WEEK

- 13 cups cooked quinoa prepared according to package directions
- 3 cups cooked brown rice prepared according to package directions
- 8 cups cooked lentils
- 1 cup chopped toasted cashews
- 8 hardboiled eggs
- 4 teaspoons grated ginger
- 3 lemons, juiced (7 Tablespoons lemon juice)
- 3 limes, juiced (6 Tablespoons lime juice, 1 teaspoon zest)
- Make Tahini Sauce * *see Dinner Day 2 for recipe*

FOR DAY ONE

- Cut vegetables:
  - 1½ yellow onions, diced (1½ cups)
  - 6 carrots, shredded (2cups)
  - 2 stalks celery, chopped (1 cup)
  - 8 large bell peppers, cut in half and seeded
  - 2 medium zucchini, diced (4 cups)

FOR DAY TWO

- Cut vegetables:
  - 10 ounces spinach, chopped (7 cups)
  - 1 small yellow onion, thin strips (¾ cup)
  - 4 carrots, thin strips
  - 2 red or green bell peppers, thin strips (2 cups)

FOR DAY THREE

- Cut vegetables:
  - ½ yellow onion, chopped (½ cup)
  - 3 red or green bell peppers, chopped (3 cups)
  - 1 zucchini, chopped (2 cups)
  - 6 ounces spinach, chopped (4 cups)

FOR DAY FOUR

- Cut vegetables:
  - 4 carrots, grated (1⅓ cups)
  - 1 yellow onion, diced (1 cup)
  - 4 zucchini, cut into rounds

PREP AHEAD (continued)

FOR DAY FIVE

- Cut vegetables:
  - 2 carrots, grated (⅔ cup)
  - 2 yellow onions, diced (2 cups)
  - 6 carrots, diced (3 cups)
  - 6 stalks celery, diced (3 cups)
  - 2 zucchini, diced (4 cups)
  - 1½ pounds green beans, trimmed, cut into 1-inch pieces (4½ cups)

FOR DAY SIX

- Cut vegetables:
  - 1 yellow onion, diced (1 cup)
  - 1 red or green bell pepper, sliced (1 cup)
  - 1 red or green bell pepper, diced (1 cup)
  - 8 ounces spinach, chopped (6 cups)
  - 2 carrots, grated (⅔ cup)

VEGETARIAN & VEGETARIAN FOR ONE

the FRESH 180

February 1, 2016

Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
kiwi	16	8	4	8	
carrots	24	12	6	4	
celery	8 stalks	4 stalks	2 stalks	3	
spinach	3-3/4 pounds	2 pounds	1-1/4 pounds	10	
tarragon	2 bunches	1 bunch	1 bunch	2.5	
pears	20	10	5	10	
yellow onion	7	4	2	7	
basil	1 bunch	1 bunch	1 bunch	1.5	
bell peppers	15	8	4	15	*any color*
zucchini	14	7	4	14	
lime	4	2	2	2	
lemon	3	2	1	1.5	
banana	4	2	2	2	
ginger	2-3"	1-2"	1-2"	2	
cilantro	1 bunch	1 bunch	1 bunch	1.5	
sweet potatoes	13	7	1 lg + 2 sm	14	
green beans	1-1/2 pounds	3/4 pound	1/3 pound	3	
avocado	5	3	2	5	
parsley	1 bunch	1 bunch	1 bunch	1.5	

Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
lentils	4 cups	2 cups	1 cup	5	*brown or green*
raisins	1/4 cup	1/8 cup	1 Tablespoon	1	
parmesan cheese	1 cup	1/2 cup	1/4 cup	2	
canned tomatoes	3 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	6	*petite diced*
cinnamon	1-1/4 tsp	3/4 tsp	1/2 tsp	0.5	*optional*
vanilla	1 tsp	1/2 tsp	1/4 tsp	0.5	*optional*
chili powder	3/4 tsp	1/2 tsp	1/4 tsp	0.5	
garbanzo beans	4(15 oz) cans	2 (15 oz) cans	1 (15 oz) can	8	
Tahini	1 cup	1/2 cup	1/4 cup	3	

PANTRY INGREDIENTS					
Olive Oil	2 cups	1 cup	1/2 cup		
White Wine Vinegar	5 Tablespoons	2-1/2 Tblsps	4 teaspoons		
Coconut Milk (low fat)	6-1/4 cups	3-1/4 cups	1-3/4 cups		
Dijon mustard	2 teaspoon	1 teaspoon	1/2 teaspoon		
Garlic cloves	16 cloves	8 cloves	4 cloves		
Herbes de Provence	3 teaspoons	1-1/2 tsp	3/4 tsp		
quinoa	8 cup	4 cups	2 cups		
eggs	27	14	8		
cumin	2-1/2 tsp	1-1/4 tsp	3/4 tsp		
cayenne					
paprika	1/2 tsp	1/4 tsp	1/8 tsp		
vegetable broth	10 cups	5 cups	2-1/2 cups		
brown rice	1-1/2 cups	3/4 cup	1/2 cup		
tomato paste					
oregano					
kosher salt	5-3/4 tsp	3 tsp	1-1/2 tsp		
black pepper	3-1/4 tsp	2 tsp	1 tsp		
Nuts: cashews	2 cups	1 cup	1/2 cup		
Canned Beans: White	9 (15 oz) cans	5 (15 oz) cans	3 (15 oz) cans		
oats	3/4 cup	1/2 cup	6 Tablesoons		

■ *Each recipe makes four servings* ■ *All nutrition Information is for one serving* ■

■ DAY ONE ■

BREAKFAST: Cashew Overnight Quinoa with Kiwi

Make the night before

1 cup low-fat coconut milk
1 cup water
4 cups cooked quinoa * *see prep guide*
½ teaspoon vanilla, optional
½ cup chopped toasted cashews (can save out of mixture for crunchy garnish)
Chia seeds would be a nice addition

4 kiwi, peeled

Combine all ingredients (except kiwi), put in individual bowls, and cover; refrigerate overnight. Serve with kiwi.

400 kcal, 11g Protein, 58g Carb, 35mg Sodium, 8g Fiber, 0mg Cholesterol, 15g Fat, 4.5g Saturated, 11g Sugar, 6% Calcium, 30% Iron

■ DAY ONE ■

LUNCH: Egg & Lentil Salad

For salad
4 hardboiled eggs, chopped
2 cups cooked lentils **** see prep guide***
2 carrots, grated (⅔ cup)
2 stalks celery, chopped (1 cup)
4 ounces spinach leaves (3 cups)
¼ cup raisins
¼ bunch tarragon, chopped

For dressing
1 teaspoon Dijon mustard
2 Tablespoons white wine vinegar
2 Tablespoons olive oil
dash of kosher salt and black pepper

4 pears, sliced

Combine salad ingredients and toss gently. Whisk together dressing ingredients and toss with salad. Serve with pears.

Dressed Salad:
310 kcal, 17g Protein, 34g Carb, 220mg Sodium, 10g Fiber, 225mg Cholesterol, 12g Fat, 2.5g Saturated, 12g Sugar, 8% Calcium, 30% Iron
Pear:
100 kcal, 1g Protein, 23g Carb, 0mg Sodium, 5g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 15g Sugar, 2% Calcium, 2% Iron

■ DAY ONE ■

DINNER: White Bean Stuffed Peppers

For turkey stuffed peppers
2 Tablespoons olive oil
4 cloves garlic, minced
1 yellow onion, diced (1 cup)
4 carrots, shredded (1⅓ cups)
3 (15 oz) cans organic white beans, drained and rinsed
½ cup chopped basil
½ (15 ounce) can petite diced tomatoes
1 cup cooked quinoa * ***see prep guide***
1 teaspoon Herbes de Provence
½ cup grated parmesan
½ teaspoon black pepper
½ teaspoon kosher salt

8 large bell peppers, cut in half and seeded

For lemon quinoa
1 Tablespoon olive oil
½ yellow onion, diced (½ cups)
2 medium zucchini, diced (4 cups)
2 cups cooked quinoa
⅛ teaspoon each kosher salt and ground black pepper
1 Tablespoon lemon or lime juice

1. Heat oven to 400°F.
2. For stuffed peppers, heat oil in a skillet over medium heat. Add garlic and onion and cook 3 minutes. Add remaining filling ingredients and cook for 3-4 minutes. Fill pepper halves. Put on a baking sheet, cover, and cook for 30-40 minutes. **Save 8 halves for Lunch Day 2.** Serve 2 halves on a bed of quinoa per person.
3. For quinoa, heat oil in a large skillet over medium heat. Add onion and zucchini and cook for 3 minutes. Add quinoa, salt, and pepper and stir to warm through. Remove from heat and toss in lemon juice.

Peppers:
290 kcal, 13g Protein, 44g Carb, 220mg Sodium, 12g Fiber, 5mg Cholesterol, 7g Fat, 1.5g Saturated, 11g Sugar, 15% Calcium, 15% Iron
Quinoa:
170 kcal, 5g Protein, 25g Carb, 75mg Sodium, 4g Fiber, 0mg Cholesterol, 6g Fat, .5g Saturated, 4g Sugar, 4% Calcium, 10% Iron

■ DAY TWO ■

BREAKFAST: Ginger Pear Smoothie

½ cup cashews
4 pears, chopped
1 banana, sliced
2 teaspoons grated ginger
2 cups low-fat coconut milk
2 cups water
dash of cinnamon, *optional*
2 cups ice

Blend cashews first then add remaining ingredients and blend.

330 kcal, 4g Protein, 50g Carb, 35mg Sodium, 8g Fiber, 0mg Cholesterol,14g Fat, 6g Saturated, 27g Sugar, 4% Calcium, 8% Iron

■ DAY TWO ■

LUNCH: Spinach Salad with Stuffed Peppers

10 ounces spinach, chopped (7 cups)
1 (15 oz) can organic white beans, drained and rinsed
2 Tablespoons olive oil
2 Tablespoons lime juice
8 stuffed bell pepper halves, warmed ***from Dinner Day #1***

Toss spinach with beans, olive oil, and lime juice. Serve with warm bell peppers.

470 kcal, 43g Protein, 35g Carb, 220mg Sodium, 11g Fiber, 110mg Cholesterol, 18g Fat, 3.5g Saturated, 9g Sugar, 20% Calcium, 30% Iron

■ DAY TWO ■

DINNER: Chili Lime Power Bowl

Tahini Sauce can be made ahead

For tahini sauce
½ cup tahini
2-3 cloves garlic, finely minced
4 Tablespoons lemon juice
2 Tablespoons olive oil
2 Tablespoons chopped tarragon
¼ teaspoon kosher salt

For beans
2 Tablespoons olive oil
½ teaspoon kosher salt
¼ teaspoon black pepper
½ teaspoon chili powder
2 (15 oz) cans organic garbanzo beans, drained and rinsed

For power bowl
1 Tablespoon olive oil
1 small yellow onion, thin strips (¾ cup)
4 carrots, thin strips
2 red or green bell peppers, thin strips (2 cups)
Dash of kosher salt and black pepper
3 cups cooked brown rice * ***see prep guide***
2 avocados, sliced
¼ cup chopped cilantro
1 lime, cut into wedges

1. Preheat oven to 400°F.
2. For tahini sauce, blend all ingredients until smooth. Add water as needed to reach thick liquid consistency before serving. Use half for dinner and **save half for Dinner Day 3**.
3. For beans, combine ingredients and put in 400°F oven for 30-40 minutes, stirring once during cooking. Cool beans and **save half refrigerated in an airtight container for Lunch Day 3**.
4. For power bowl, heat olive oil in a large skillet and sauté onion, carrots, and peppers for 3 minutes; season with salt and pepper. Divide rice into four bowls and top with sautéed vegetables. Top with beans and garnish with avocado, cilantro, and lime wedge. Serve tahini sauce on top or on the side.

Beans:
130 kcal, 5g Protein, 17g Carb, 140mg Sodium, 4g Fiber, 0mg Cholesterol, 4.5g Fat, 0g Saturated, 1g Sugar, 4% Calcium, 8% Iron
Rice Bowl & Tahini:
490 kcal, 12g Protein, 54g Carb, 180mg Sodium, 11g Fiber, 0mg Cholesterol, 28g Fat, 4g Saturated, 8g Sugar, 8% Calcium, 15% Iron

■ DAY THREE ■

BREAKFAST: Egg Scramble

1 Tablespoon olive oil
½ yellow onion, chopped (½ cup)
1 red or green bell pepper, chopped (1 cup)
1 zucchini, chopped (2 cups)
8 eggs, beaten
¼ teaspoon kosher salt
dash of black pepper
¼ bunch tarragon, chopped

4 kiwis, peeled and sliced

Heat a medium non-stick skillet over medium heat and add oil. When oil is hot add onion, bell pepper, and zucchini; cook for about 4-5 minutes. Add eggs, salt, and pepper and scramble in pan for 2-3 minutes. Sprinkle with tarragon.

Serve with kiwi.

Scramble:
190 kcal, 15g Protein, 7g Carb, 300mg Sodium, 1g Fiber, 450mg Cholesterol, 14g Fat, 3.5g Saturated, 3g Sugar, 6% Calcium, 10% Iron
Kiwi:
45kcal, 1g Protein, 10g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, .5g Fat, 0g Saturated, 7g Sugar, 2% Calcium, 10% Iron

■ DAY THREE ■

LUNCH: Garbanzo, Lentil & Avocado Salad

2 cups cooked lentils
Roasted garbanzo beans * ***from Dinner Day 2***
2 red or green bell peppers, chopped (2 cups)
1 zucchini, grated
8 ounces spinach (6 cups)
2 avocados, diced
2 Tablespoons lime juice
1 Tablespoon olive oil
2 Tablespoon low-fat coconut milk
½ cup chopped cilantro
Dash of kosher salt and black pepper

4 pears

Toss salad ingredients together. Have pear with the salad or save for a snack.

Salad:
430 kcal, 18g Protein, 51g Carb, 260mg Sodium, 19 Fiber, 0mg Cholesterol, 19g Fat, 2.5g Saturated, 6g Sugar, 15% Calcium, 40% Iron
Pear:
130 kcal, 1g Protein, 32g Carb, 0mg Sodium, 6 Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 20g Sugar, 2% Calcium, 2% Iron

■ DAY THREE ■

DINNER: White Bean & Spinach Filled Sweet Potatoes with Tahini Sauce

For sweet potatoes
4 small sweet potatoes
1½ Tablespoons olive oil
½ teaspoon kosher salt
¼ teaspoon black pepper

For white bean & spinach filling
1 Tablespoon olive oil
1 clove garlic, minced
2 (15 oz) cans organic white beans, drained and rinsed
6 ounces spinach, chopped (4 cups)
pinch each kosher salt and black pepper

Prepared tahini Sauce **** from Dinner Day 2***

1. Preheat oven to heat oven to 425°F.
2. Brush sweet potatoes with oil and sprinkle with salt and pepper. Place on a baking sheet and cook for about 35 minutes.
3. For bean and spinach filling, heat oil in a sauté plan over medium heat. When oil is hot add garlic, beans, and spinach. Sauté for 2-3 minutes until spinach is wilted; season with salt and pepper.
4. When potatoes are done, allow to cool slightly, open and fill with spinach mixture. Top with tahini sauce to serve.

Sweet Potatoes:
140 kcal, 2g Protein, 26g Carb, 230mg Sodium, 4g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 5g Sugar, 4% Calcium, 4% Iron
Bean Filling:
320 kcal, 14g Protein, 29g Carb, 190mg Sodium, 9g Fiber, 0mg Cholesterol, 18g Fat, 2g Saturated, 2g Sugar, 10% Calcium, 30% Iron

■ DAY FOUR ■

BREAKFAST: Green Smoothie with an Egg

3 bananas
4 kiwis, peeled
3 ounces spinach (2 cups)
2 cups low-fat coconut milk
1 cup water
2 cups ice

Blend to desired consistency; serve with hardboiled egg.

4 hardboiled eggs

Smoothie:
200 kcal, 2g Protein, 37g Carb, 50mg Sodium, 5g Fiber, 0mg Cholesterol, 7g Fat, 4.5g Saturated, 20g Sugar, 4% Calcium, 15% Iron
Egg:
70 kcal, 7g Protein, 1g Carb, 85mg Sodium, 0g Fiber, 225mg Cholesterol, 5g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 4% Iron

■ DAY FOUR ■

LUNCH: Pear & Cashew Quinoa Salad with White Beans

For salad
3 cups cooked quinoa
1 (15 oz) can organic white beans, drained and rinsed
8 ounces spinach (6 cups)
2 carrots, grated (⅔ cup)
¼ bunch tarragon, chopped
4 pears, sliced
¼ cup toasted cashews

For dressing
2 Tablespoons white wine vinegar
2 Tablespoons olive oil
1 teaspoon Dijon mustard
¼ teaspoon kosher salt
dash of black pepper

In a large bowl, combine salad ingredients. In a small bowl, combine dressing ingredients and toss gently with salad.

Salad:
400 kcal, 13g Protein, 73g Carb, 105mg Sodium, 15g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 24g Sugar, 15% Calcium, 30% Iron
Dressing:
60 kcal, 0g Protein, 0g Carb, 135mg Sodium, 0g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 0g Sugar, 0% Calcium, 0% Iron

■ DAY FOUR ■

DINNER: Baked Falafel & Fries with Zucchini Sauté

For baked falafel
2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
¾ cup uncooked oats
½ cup tahini
2 (15 oz) cans organic garbanzo beans, drained and rinsed
2 teaspoons ground cumin
2 eggs, beaten
2 carrots, grated (⅔ cup)
½ teaspoon kosher salt
2 Tablespoons lemon juice
½ cup chopped fresh parsley

For sweet potato fries
6 sweet potatoes, cut into fries
2 Tablespoons olive oil
½ teaspoon kosher salt
¼ teaspoon black pepper
½ teaspoon cumin

For zucchini sauté
1 Tablespoon olive oil
2 cloves garlic, minced
4 zucchini, cut into rounds
dash each kosher salt and black pepper

1. Heat oven 425°F.
2. For falafel, heat oil in a medium skillet over medium heat. Add onion and cook for 3 minutes. Remove from heat. Add cooked onion along with remaining falafel ingredients to a food processor and pulse until well chopped but not pureed. Form into 16 golf ball size rounds and press down into small patties. Cook on a foil lined baking sheet for 10 minutes, turn, and cook another 10 minutes. **Reserve 4 falafel for Lunch Day #5**.
3. For fries, combine sweet potatoes with remaining ingredients and put on a lined baking sheet in a single layer and cook 20-30 minutes. **Save ⅓ for Dinner Day #6**.
4. For zucchini sauté, heat oil in a medium skillet. Add garlic, zucchini, salt and pepper. Cook for 3-4 minutes.

Falafel:
310 kcal, 12g Protein, 34g Carb, 180mg Sodium, 7g Fiber, 55mg Cholesterol, 14g Fat, 2g Saturated, 3g Sugar, 8% Calcium, 15% Iron
Fries:
160 kcal, 2g Protein, 26g Carb, 230mg Sodium, 4g Fiber, 0mg Cholesterol, 4.5g Fat, .5g Saturated, 5g Sugar, 4% Calcium, 4% Iron
Zucchini:
70 kcal, 2g Protein, 6g Carb, 75mg Sodium, 2g Fiber, 0mg Cholesterol, 4g Fat, .5g Saturated, 4g Sugar, 4% Calcium, 4% Iron

■ DAY FIVE ■

BREAKFAST: Cinnamon Pear Quinoa

1½ cups uncooked quinoa
1 cup low-fat coconut milk
2 cups water
4 pears, chopped
1 teaspoon cinnamon, optional
½ teaspoon vanilla, optional

Put quinoa, coconut milk, water, and pears in medium saucepan and bring to simmer. Reduce to low and cover for about 15-20 minutes. Stir in cinnamon and vanilla.

350 kcal, 8g Protein, 69g Carb, 30mg Sodium, 10g Fiber, 0mg Cholesterol, 6g Fat, 2.5g Saturated, 21g Sugar, 4% Calcium, 25% Iron

■ DAY FIVE ■

LUNCH: Ginger Falafel 'Noodles'

4 medium zucchini, spiraled or shaved
1 Tablespoon olive oil

4 cooked falafel, crumbled ****from Dinner Day #4***
2 carrots, grated (⅔ cup)
2 Tablespoons lime juice
2 teaspoons grated ginger
1 Tablespoon soy sauce, optional
1 Tablespoon olive oil
¼ cup chopped toasted cashews

1. Heat olive oil in a large non-stick skillet over high heat and sear zucchini noodles for 1 minute (can also be left raw).
2. Combine falafel and remaining ingredients and serve over "noodles".

470 kcal, 17g Protein, 47g Carb, 360mg Sodium, 10g Fiber, 55mg Cholesterol, 26g Fat, 4g Saturated, 10g Sugar, 15% Calcium, 20% Iron

■ DAY FIVE ■

DINNER: Minestrone

2 Tablespoons olive oil
2 yellow onions, diced (2 cups)
4 cloves garlic, minced
6 carrots, diced (3 cups)
6 stalks celery, diced (3 cups)
3 sweet potatoes, diced small
2 zucchini, diced (4 cups)
2 teaspoons Herbes de Provence
¾ teaspoon kosher salt
½ teaspoon black pepper
2 (15 ounce) cans diced tomatoes
1½ pounds green beans, trimmed, cut into 1-inch pieces (4½ cups)
10 cups low-sodium vegetable broth
4 ounces spinach (3 cups)
4 cups cooked lentils
2 (15 oz) cans organic white beans, drained and rinsed
¼ cup grated parmesan cheese
¼ cup chopped basil

1. Heat a very large pot over medium heat and add olive oil.
2. When oil is hot, add onions, garlic, carrots, celery, sweet potatoes, and zucchini. Cook for 4-5 minutes. Add Herbes, salt, pepper, tomatoes, green beans, broth, spinach, lentils, and white beans. Bring to boil then lower to simmer for 10 minutes. **Save half for Lunch Day #6.**
3. Garnish with parmesan cheese and basil.

420 kcal, 23g Protein, 66g Carb, 420mg Sodium, 19g Fiber, 0mg Cholesterol, 7g Fat, 2g Saturated, 16g Sugar, 20% Calcium, 40% Iron

■ DAY SIX ■

BREAKFAST: Southwest Scramble

1 Tablespoon olive oil
1 yellow onion, diced (1 cup)
1 red or green bell pepper, diced (1 cup)
¼ teaspoon kosher salt
dash of black pepper
dash of chili powder
8 ounces spinach, chopped (6 cups)
1 avocado, diced
8 eggs, beaten

4 kiwi, peeled

Heat oil in large non-stick skillet over medium heat. Add onion, bell pepper, salt, pepper and chili powder. Cook 2-3 minutes. Add spinach, avocado and eggs. Cook 4-5 minutes.

Serve with kiwi.

Scramble:
260 kcal, 17g Protein, 11g Carb, 340mg Sodium, 5g Fiber, 450mg Cholesterol, 19g Fat, 4g Saturated, 2g Sugar, 10% Calcium, 20% Iron
Kiwi:
45 kcal, 1g Protein, 10g Carb, 0mg Sodium, 2g Fiber, 0mg Cholesterol, .5g Fat, 0g Saturated, 7g Sugar, 2% Calcium, 10% Iron

■ DAY SIX ■

LUNCH: Minestrone

Minestrone Soup ****from Dinner Day #5***
¼ cup grated parmesan
¼ cup chopped basil

Heat soup in pot and garnish with cheese and basil.

420 kcal, 23g Protein, 66g Carb, 420mg Sodium, 19g Fiber, 0mg Cholesterol, 7g Fat, 2g Saturated, 16g Sugar, 20% Calcium, 40% Iron

■ DAY SIX ■

DINNER: Quinoa Patties Over Spinach Salad

For quinoa patties
2 cups sweet potato fries, mashed * ***from Dinner Day #4***
3 cups cooked quinoa
½ cup ground cashews
½ teaspoon paprika
¼ cup chopped cilantro
½ teaspoon kosher salt
¼ teaspoon black pepper
1 egg
2 Tablespoons olive oil (for the pan)

For spinach salad
8 ounces spinach (6 cups)
1 red or green bell pepper, sliced (1 cup)
2 carrots, grated (⅔ cup)

For dressing
1½ Tablespoons olive oil
2 cloves garlic, minced
2 Tablespoon coconut milk
1 teaspoon lime zest
1 Tablespoon white wine vinegar
¼ bunch tarragon, chopped
dash of kosher salt and black pepper

1. Combine all quinoa patty ingredients except oil.
2. Heat oil in a large non-stick skillet over medium heat. Scoop about ⅓ cup at a time into skillet and cook about 3-4 minutes on each side. Repeat with remaining mixture to cook all the patties.

   Meanwhile

3. Whisk dressing ingredients together and toss with spinach, bell pepper, and carrots. Serve quinoa patties over salad.

Dressed Salad:
90 kcal, 2g Protein, 8g Carb, 70mg Sodium, 0g Fiber, 0mg Cholesterol, 6g Fat, 1g Saturated, 4g Sugar, 6% Calcium, 10% Iron
Quinoa Patties:
420 kcal, 11g Protein, 48g Carb, 390mg Sodium, 6g Fiber, 55mg Cholesterol, 21g Fat, 3g Saturated, 5g Sugar, 6% Calcium, 20% Iron