

## PREP GUIDE

### DAY #14:

- Cook spaghetti squash \* *see prep guide page 2*
- Make marinara sauce \* *see prep guide page 2*
- Roasted sweet potatoes \* *see prep guide page 2*
- 1¾ cups cooked quinoa prepared according to package directions \**for the week*
- Smoky dressing can be made ahead
- 4 limes, juiced (7 Tablespoons) \**for the week*
- Cut vegetables: kale, onion, bell pepper, cauliflower, tomatillos

### DAY #15

- 5 hardboiled eggs \* *for the week*
- Freeze 1½ peeled bananas for breakfast \* *for the week*
- Cut vegetables: kale, carrots, onion

### DAY #16

- Cut vegetables: tomatillos, bell pepper, carrot, onion, eggplant, cabbage

### DAY #17

- Brussels Sprouts & Sweet Potato salad can be made ahead
- Cut vegetables: onion, green bell pepper, tomatillo, Brussels sprouts, cauliflower

### DAY #18

- Cumin roasted cauliflower \* *see prep guide page 2*
- Carrot cake muffins can be made ahead
- Cut vegetables: carrot, cabbage onion, bell pepper, tomatillo

### DAY #19

- Cut vegetables: Brussels sprouts, kale, cabbage, bell pepper, carrot, onion

### DAY #20

- 6 Tablespoons oatmeal, blended until medium fine
- Cut vegetables: onion, bell pepper, kale

## MENU

### DAY 14

Spaghetti Fritters with Sliced Apples  
Roasted Sweet Potato Salad  
Cauliflower & Black Bean Fajitas  
over Quinoa

### DAY 15

Chocolate Banana Cakes  
Curry Egg Salad  
Smokey Beans over Spaghetti Squash  
with Carrot Apple Slaw

### DAY 16

Chocolate smoothie  
Bean Salad  
Unstuffed Cabbage

### DAY 17

Naked Breakfast Burrito Scramble  
Brussels Sprouts & Sweet Potato Salad  
Chili Verde

### DAY 18

Carrot Cake Muffins  
Cumin Cauliflower Slaw  
Latin Shepherd's Pie

### DAY 19

Oatmeal Raisin Cookie Smoothie  
Chopped Sprout Salad  
Black Bean Mole Burgers  
with Lime Slaw

### DAY 20

Sweet Potato Frittata  
Quinoa & Kale Salad with Mole  
Vinaigrette  
Eggplant Marinara

## WEEK 3 COOK AHEAD RECIPES

### **MARINARA**

1½ teaspoons (7.5 mL) olive oil  
¼ yellow onion, diced (¼ cup/60 mL)  
1 clove garlic, minced  
½ carrot, minced (2½ Tablespoons/37.5 mL)  
Dash of kosher salt  
Pinch of black pepper  
Pinch of dried oregano  
¾ (15 ounce/420 g) can crushed tomatoes  
2 Tablespoons (30 ml) water  
¼ cup (60 mL) chopped basil

1. In a sauce pot, heat olive oil over medium heat and add onions, garlic, and carrots, and cook for about 3-4 minutes.
2. Add salt, pepper, oregano, and tomatoes.
3. Simmer uncovered for 15 minutes to 30 minutes. Stir in basil.

### **SPAGHETTI SQUASH**

½ large spaghetti squash

Place squash cut side down in a baking pan with ½" -1" water. Bake at 400° for 30-35 minutes until tender. Cool slightly; rake a fork over the cut side to remove strands. Refrigerate until needed; you will need 3¾ cups of squash strands for the week.

### **ROASTED SWEET POTATOES**

1 pound (454 g) sweet potatoes, washed and peeled

Cube potatoes and place on a foil or parchment lined baking sheet. Bake at 375° for 25-30 minutes until tender. Cool. Mash ½ cup of potatoes for Day #18; leave remaining squash in cubes for the rest of the week.

### **ROASTED CUMIN CAULIFLOWER**

¼ head cauliflower, chopped into small florets  
¾ teaspoon (3.75 mL) olive oil  
Dash of cumin  
Pinch each salt and pepper

Toss cauliflower with oil and spices. Bake at 400°F for 12-15 minutes until slightly crisp.



## VEGETARIAN FOR ONE MIND BODY RESET • Week 3

VEGETABLES & FRUIT	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
spaghetti squash	1/2 large		
basil	1 bunch		
kale	1 bunch		
sweet potatoes	1 pound	454 g	
avocado	2		
cilantro	1-1/2 bunches		
bell peppers	3		
tomatillos	7		
banana	3		
apples	3		
carrots	4		
eggplant	1 small		
cabbage	1 sm head		
brussels sprouts	3/4 pound	340 g	
corn	1 cup	240 ml	
cauliflower	1 sm head		

MISC.	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
pepitas	3/4 cup	180 mL	<i>pumpkin seeds</i>
chipolte peppers	1 sm can		
quinoa	1 cup	240 mL	
almond milk	2 cups	480 mL	
cocoa powder	2 Tbsp	30 mL	
raisins	5 Tbspns	75 mL	
baking powder	1/4 teaspoon	1.25 mL	
canned (crushed) tomatoes	2 (15 oz) cans	2 (420 g)	
nutmeg	pinch		<i>optional</i>
vanilla	1-3/4 tsp	8.75 mL	<i>optional</i>
cinnamon	1-1/4 tsp	6.25 mL	<i>optional</i>
white beans	1 (15 oz) can	1 (420 g)	
kidney beans	1 (15 oz) can	1 (420 g)	
black beans	3 (15 oz) cans	3 (420 g)	
curry powder	1/4 teaspoon	1.25 mL	

SPRING RESET PANTRY ESSENTIAL	QTY US	QTY METRIC
Olive Oil	1/2 cup	120 mL
Grapeseed Oil	1-1/2 Tbspns	22.5 mL
Veg broth (gluten free)	1/2 cup	120 mL
Kosher Salt & Black Pepper	1-3/4 tsp salt	8.75 mL
	1 tsp pepper	5 mL
Garlic Cloves	5 cloves	
Cayenne Pepper	Pinch	
Paprika		
Cumin	1-1/2 teaspoons	7.5 mL
Italian seasoning or oregano	1-1/4 tsp	6.25 mL
Dijon Mustard	3/4 teaspoon	3.75 mL
canned beans	see above	
Tea:		
Nuts:		
Vinegar: white	1-1/4 Tbspns	18.75 mL
Onion: yellow	3	
Citrus: Lemon		
Citrus: Lime	5	
Eggs, organic	14	
Oatmeal (gluten free)	2 cups	480mL

WEEKLY NOTES
<p><i>If you are going to make infused waters or tea please refer to the User Guide and add those items to this shopping list.</i></p>

**BREAKFAST: SPAGHETTI FRITTERS with SLICED APPLES**

¾ cup (180 mL) cooked spaghetti squash \*see prep guide  
 1 egg + 1 egg white  
 1 Tablespoon (15 mL) chopped basil  
 Pinch of kosher salt  
 Pinch of black pepper  
 ¾ - 1½ teaspoons (3.75-7.5 mL) grapeseed oil (for the pan)  
 ¼ cup (60 mL) marinara \*see prep guide

1 apple, sliced

1. Combine squash, eggs, basil, salt, and pepper.
2. Heat a non-stick skillet over medium heat and add a small amount of oil.
3. Scoop about ¼ cup of batter for each fritter into the pan; cook for about 2-3 minutes per side.
4. Serve topped with marinara with a side of apples.

**MAKE AHEAD:**

¾ cup spaghetti squash \* see prep guide

¼ cup marinara sauce \* see prep guide

½ cup roasted sweet potatoes cubes, diced \* see prep guide

½ cup cooked quinoa

1½ limes, juiced (3 Tablespoons)

Smoky dressing can be made ahead

Cut vegetables: kale, onion, bell pepper, cauliflower, tomatillo

Fritter: 180 kcal, 11g Protein, 9g Carb, 270mg Sodium, 2g Fiber, 340mg Cholesterol, 13g Fat, 3g Saturated, 3g Sugar, 6% Calcium, 8% Iron  
 Sauce: 40kcal, 1g Protein, 6g Carb, 70mg Sodium, 2g Fiber, 0mg Cholesterol, 1.5g Fat, 0g Saturated, 2g Sugar, 0% Calcium, 0% Iron  
 Apple: 90 kcal, 0g Protein, 25g Carb, 0mg Sodium, 4g Fiber, 0mg Cholesterol, 0g Fat, 40g Saturated, 19g Sugar, 2% Calcium, 2% Iron

**LUNCH: ROASTED SWEET POTATO SALAD**

*For Smoky Dressing (can be made ahead)*

¾ teaspoon (3.75 mL) chopped chipotles in adobo  
 1½ teaspoons (7.5mL) olive oil  
 1½ Tablespoons (22.5 mL) lime juice  
 Dash of cumin  
 Pinch of kosher salt  
 2 Tablespoons (30 mL) chopped cilantro

*For Salad*

¼ bunch kale, chopped (1½ cups/360 mL)  
 ¾ teaspoon (3.75 mL) olive oil  
 Pinch of kosher salt  
 1½ teaspoons (7.5 mL) lime juice  
 ½ cup (120 mL) roasted sweet potato cubes, diced \*see prep guide  
 ¼ avocado, diced  
 ¼ (15 oz/420 g) can white beans, drained and rinsed  
 1 Tablespoon (15 mL) pepitas

Combine dressing ingredients and **save half for Dinner #15**. In a serving bowl, massage kale with oil, salt and lime juice. Add sweet potatoes, avocado, beans, and pepitas and toss with dressing.

Salad: 330 kcal, 11g Protein, 40g Carb, 250mg Sodium, 12g Fiber, 0mg Cholesterol, 15g Fat, 2g Saturated, 5g Sugar, 8% Calcium, 20% Iron  
 Dressing: 35 kcal, 0g Protein, 0g Carb, 60mg Sodium, 0g Fiber, 0mg Cholesterol, 35g Fat, 0g Saturated, 0g Sugar, 0% Calcium, 0% Iron

### DINNER: CAULIFLOWER & BLACK BEAN FAJITAS over QUINOA

1½ teaspoons (7.5 mL) olive oil  
¼ yellow onion, thinly sliced (¼ cup/60 mL)  
½ green bell pepper, thinly sliced (½ cup/120 mL)  
¼ head of cauliflower, chopped very small  
½ can (15 oz/420 g) black beans, drained and rinsed  
½ teaspoon (2.5 mL) cumin  
Pinch of cayenne, optional  
Dash of kosher salt  
Pinch of black pepper  
½ tomatillo, thinly sliced  
3 Tablespoons (45 mL) chopped cilantro  
1 Tablespoon (15 mL) lime juice  
½ cup (120 mL) cooked quinoa, warmed *\*see prep guide*

1. Heat oil in a skillet over medium-high heat. Add onion, peppers, and cauliflower and cook for 4-5 minutes.
2. Add beans, cumin, cayenne, salt, and pepper and cook for 1 minute. Add tomatillos and cook for 1 additional minute.
3. Turn off heat and add cilantro and lime juice.
4. Serve over warmed quinoa.

Fajitas: 280 kcal, 15g Protein, 40g Carb, 3800mg Sodium, 15g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 5g Sugar, 10% Calcium, 20% Iron  
Quinoa: 170 kcal, 6g Protein, 30g Carb, 10mg Sodium, 4g Fiber, 0mg Cholesterol, 2.5g Fat, 0g Saturated, 0g Sugar, 2% Calcium, 10% Iron

### BREAKFAST: CHOCOLATE BANANA CAKES

6 Tablespoons (90 mL) rolled oats  
 1 egg  
 ½ banana  
 2¼ teaspoons-1 Tablespoon (11.25-15 mL) Tablespoons almond milk  
 ½ teaspoon (2.5 mL) vanilla, optional  
 ½ teaspoon (2.5 mL) cocoa powder

1. Combine all ingredients in a blender or small food processor.
2. Lightly oil a non-stick skillet, heat to medium heat, and pour ¼ cup batter for each cake. Cook about 2 minutes per side.

#### MAKE AHEAD:

Smokey dressing \* *from Lunch #14*

1½ cups cooked spaghetti squash \* *see prep guide*

2 hardboiled eggs

¼ lime, juiced (1½ teaspoons)

Freeze ¾ peeled banana for tomorrow's breakfast

Cut vegetables: kale, carrots, onion

240 kcal, 12g Protein, 35g Carb, 90mg Sodium, 5g Fiber, 225mg Cholesterol, 8g Fat, 2g Saturated, 8g Sugar, 4% Calcium, 15% Iron

### LUNCH: CURRY EGG SALAD

¾ teaspoon (3.75 mL) olive oil  
 ¼ teaspoon (1.25 mL) curry powder  
 ½ teaspoon (2.5mL) Dijon mustard  
 ¼ teaspoon (1.25 mL) white or cider vinegar  
 Pinch of kosher salt  
 Pinch of black pepper

1¼ hardboiled eggs, chopped (save remaining egg for a snack)  
 ¼ can (15 oz/420 g) organic white beans, drained and rinsed  
 1 Tablespoon (15 mL) raisins  
 1½ teaspoons (7.5 mL) pepitas  
 ¼ avocado, small dice  
 ½ green bell pepper cut in half lengthwise and seeded

Whisk together first 6 ingredients. Add in eggs, white beans, raisins, pepitas, and avocado and toss well to combine. Serve in bell pepper half.

330 kcal, 16g Protein, 29g Carb, 320mg Sodium, 8g Fiber, 280mg Cholesterol, 19g Fat, 3.5g Saturated, 10g Sugar, 6% Calcium, 20% Iron

**DINNER: SMOKEY BEANS OVER SPAGHETTI SQUASH with CARROT APPLE SLAW**

*For Smokey Beans over Spaghetti Squash*

1½ teaspoons (7.5 mL) olive oil, divided  
 ¾ can (15 oz/425 g) red kidney beans, drained and rinsed  
 Smokey dressing \* **from Lunch 14**  
 ¾ clove garlic, minced  
 ¼ bunch kale, chopped (1½ cups/360 mL)  
 1½ cups (360 mL) cooked spaghetti squash, warmed \*see prep guide

*For Carrot Apple Slaw*

½ carrot, grated (2½ Tablespoons/37.5 mL)  
 ¼ apple, cut into matchsticks  
 Few thin slices of yellow onion  
 1 Tablespoon (15 mL) pepitas  
 1½ teaspoons (7.5 mL) raisins  
 1½ teaspoons (7.5 mL) olive oil  
 1½ teaspoons (7.5 mL) lime juice (orange will work well too)  
 Pinch of kosher salt  
 1½ teaspoons (7.5 mL) chopped cilantro  
 1½ teaspoons (7.5 mL) chopped basil

*For Smokey Beans over Spaghetti Squash*

1. Heat a non-stick skillet over medium heat and add ¾ teaspoon olive oil. Add beans and ½ the reserved smokey dressing. Cook 2-3 minutes until heated through. Remove beans from skillet, **reserve 6 Tablespoons for Lunch #16**, and set remaining beans aside.
2. Return skillet to heat and add ¾ teaspoon olive oil, garlic, and kale, cook until wilted about 2-3 minutes. Add beans back to pan with remaining smokey dressing and stir to combine. Serve over warmed spaghetti squash.

*For Carrot Apple Slaw*

Combine all ingredients. Let chill for at least 10 minutes before serving.

Beans: 290 kcal, 12g Protein, 46g Carb, 270mg Sodium, 14g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 10g Sugar, 15% Calcium, 20% Iron  
 Slaw: 190 kcal, 3g Protein, 15g Carb, 140mg Sodium, 3g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 11g Sugar, 2% Calcium, 6% Iron

**BREAKFAST: CHOCOLATE SMOOTHIE**

- ¼ (15 ounce/420 g) can low sodium black beans drained and rinsed
- ¾ banana, frozen
- 1 Tablespoon (15 mL) unsweetened cocoa
- ¼ teaspoon (1.25 mL) cinnamon, optional
- ½ teaspoon (2.5 mL) vanilla, optional
- ½ cup (120 mL) almond milk

Blend all ingredients together.

**MAKE AHEAD:**

- ¾ cup marinara \* see prep guide
- 6 Tablespoons smokey beans \*from Dinner #15
- ½ lime, juiced (1½ teaspoons)
- 1 hardboiled egg, optional
- ¾ cup cooked quinoa
- Cut vegetables: tomatillos, bell pepper, carrot, onion, eggplant, cabbage

Smoothie: 230 kcal, 9g Protein, 42g Carb, 230mg Sodium, 12g Fiber, 0mg Cholesterol, 3.5g Fat, 0g Saturated, 12g Sugar, 20% Calcium, 25%

**LUNCH: BEAN SALAD**

- 6 Tablespoons smokey beans \* **from Dinner #15**
- ½ tomatillo, diced (6 Tablespoons/90 mL)
- ¼ green bell pepper, diced (¼ cup/60 mL)
- ½ carrot, grated (2½ Tablespoon/37.5 mL)
- 2 Tablespoons (30 mL) diced yellow onion
- 2 Tablespoons (30 mL) chopped cilantro
- 1½ teaspoons (7.5 mL) lime juice
- Pinch of kosher salt
- ½ avocado

- ¾ cup (180 mL) cooked quinoa
- 1 hardboiled egg, sliced, optional

Combine first 8 ingredients; serve in avocado halves with a side of quinoa and an egg.

Salad: 240 kcal, 7g Protein, 27g Carb, 290mg Sodium, 12g Fiber, 0mg Cholesterol, 13g Fat, 2g Saturated, 6g Sugar, 6% Calcium, 10% Iron

Quinoa: 170 kcal, 6g Protein, 30g Carb, 10mg Sodium, 4g Fiber, 0mg Cholesterol, 2.5g Fat, 0g Saturated, 0g Sugar, 2% Calcium, 10% Iron

Egg: 70kcal, 7g Protein, 1g Carb, 85mg Sodium, 0g Fiber, 225mg Cholesterol, 5g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 4% Iron

**DINNER: UNSTUFFED CABBAGE**

¾ teaspoon (3.75 mL) olive oil  
 ¼ yellow onion, chopped (¼ cup/60 mL)  
 ½ clove garlic, chopped  
 ¼ small eggplant, chopped  
 ¼ green bell pepper, chopped (¼ cup/60 mL)  
 ½ carrot, grated (2½ Tablespoons/37.5 mL)  
 ½ can (15 oz/420 g) white beans, drained and rinsed  
 ¼ teaspoon (1.25 mL) dried oregano  
 1 Tablespoon (15 mL) chopped basil  
 Dash of kosher salt  
 Pinch of black pepper  
 ¾ cup (180 mL) marinara *\*see prep guide*

¾ teaspoon (3.75 mL) olive oil  
 ¼ clove garlic, minced  
 1 cup (240 mL) shredded cabbage  
 Pinch of kosher salt and pepper  
 ¾ teaspoon (3.75 mL) white wine vinegar

1. Heat a pot over medium heat and add oil, onion, and garlic.
2. Add eggplant, bell pepper, carrots, white beans, oregano, basil, salt, and pepper.
3. Sauté 3-5 minutes and then add marinara and let simmer 10 minutes.

*Meanwhile*

4. Heat a sauté pan over medium heat and add oil and garlic. Then add cabbage, salt, and pepper. Cook for about 2 minutes then add vinegar.
5. Serve cooked vegetables over cabbage.

**BREAKFAST: NAKED BREAKFAST BURRITO SCRAMBLE**

¾ teaspoon (3.75 mL) olive oil  
 2 Tablespoons (30 mL) chopped yellow onion  
 Pinch of cumin  
 Pinch of cayenne, optional  
 ¼ green bell pepper, chopped (¼ cup/60 mL)  
 1 tomatillo, chopped (¾ cup/180 mL)  
 1 egg + 1 egg white beaten  
 Pinch of kosher salt  
 Pinch of black pepper  
 1 Tablespoon (15 mL) chopped cilantro  
 ¼ avocado, sliced

1. Heat a non-stick skillet over medium heat and add oil.
2. When oil is hot, add onion, cumin, cayenne, bell pepper, and tomatillos and cook for about 3 minutes.
3. Add eggs, salt, and pepper and stir until cooked through.
4. Garnish with cilantro and sliced avocado.

250 kcal, 17g Protein, 9g Carb, 270mg Sodium, 4g Fiber, 350mg Cholesterol, 18g Fat, 4g Saturated, 3g Sugar, 4% Calcium, 10% Iron

**MAKE AHEAD:**

Brussels Sprouts & Sweet Potato salad can be made ahead

¼ cup roasted sweet potato cubes \* see *prep guide*

Cut vegetables: onion, green bell pepper, tomatillo, Brussels sprouts, cauliflower

**LUNCH: BRUSSELS SPROUTS & SWEET POTATO SALAD (can be made ahead)**

¾ pound (113 g) Brussels sprouts, trimmed and shaved  
 Pinch of kosher salt  
 1½ teaspoons (7.5 mL) olive oil  
 ¼ cup (60 mL) roasted sweet potato cubes \* see *prep guide*  
 ½ apple, sliced  
 2 Tablespoons (30 mL) pepitas  
 1½ teaspoons (7.5 mL) white or balsamic vinegar  
 Pinch of black pepper

Toss Brussels sprouts with salt and oil then combine with remaining ingredients.

380kcal, 11g Protein, 44g Carb, 190mg Sodium, 10g Fiber, 0mg Cholesterol, 18g Fat, 2.5g Saturated, 16g Sugar, 6% Calcium, 20% Iron

**DINNER: CHILE VERDE**

1½ teaspoons (7.5 mL) grapeseed oil  
 ¼ yellow onion, chopped (¼ cup/60 mL)  
 ½ clove garlic, minced  
 ¼ pound (113 g) tomatillos, chopped (about 3-4 medium)  
 ¾ teaspoon (3.75 mL) chipotles in adobo, minced, optional  
 ¼ cup (60 mL) chopped cilantro  
 ½ cup grated cauliflower  
 ½ cup corn (frozen or from ¾ fresh ear)  
 ½ (15 oz/420 g) can black beans, drained and rinsed  
 ½ teaspoon (2.5 mL) dried oregano  
 ¼ teaspoon (1.25 mL) dried cumin  
 Pinch of kosher salt  
 ½ cup (120 mL) low-sodium vegetable broth  
 ¼ lime  
 ¼ avocado, sliced

1. Heat oil in saucepan over medium heat and add onion and garlic. Cook for 2 minutes then add tomatillos, chipotles, cilantro, cauliflower, corn, beans, oregano, cumin, salt, and broth.
2. Bring to a boil and then lower to a simmer. Simmer for 10-15 minutes.
3. Garnish with lime wedge and sliced avocado.

400 kcal, 16g Protein, 55g Carb, 480mg Sodium, 19g Fiber, 0mg Cholesterol, 15g Fat, 2g Saturated, 8g Sugar, 8% Calcium, 25% Iron

**BREAKFAST: CARROT CAKE MUFFINS** (can be made ahead)

½ cup (120 mL) rolled oats  
 ¼ teaspoon (1.25 mL) baking powder  
 ½ teaspoon (2.5 mL) cinnamon, optional  
 Pinch of nutmeg, optional  
 Pinch of kosher salt  
 ¼ banana, mashed  
 2 Tablespoons (30 mL) mashed roasted sweet potato \**see prep guide*  
 1 egg, beaten (use about 1 Tablespoon of egg)  
 ½ carrot, grated (2½ Tablespoons/37.5 mL)  
 ½ teaspoon (2.5 mL) vanilla, optional  
 ¼ cup (60mL) almond milk  
 1 Tablespoon (15 mL) pepitas, chopped  
 1 Tablespoon (15 mL) raisins

1. Preheat oven to 350°F. Grease 3 cups in a muffin pan.
2. Mix all ingredients together, allow to sit for a few minutes to thicken before scooping into pan.
3. Bake for about 20 minutes; allow to cool for 5 minutes before removing from pan.

330 kcal, 11g Protein, 50g Carb, 320mg Sodium, 8g Fiber, 55mg Cholesterol, 10g Fat, 1.5g Saturated, 17g Sugar, 20% Calcium, 20% Iron

**MAKE AHEAD:**

Freeze ¼ banana for tomorrow's breakfast

1/2 cup mashed roasted sweet potato \*  
*see prep guide*

Carrot cake muffins can be made ahead

Cumin roasted cauliflower \* *see prep guide*

½ lime, juice (1 Tablespoon)

Cut vegetables: carrot, cabbage, onion, bell pepper, tomatillo

**LUNCH: CUMIN CAULIFLOWER SLAW**

Cumin roasted cauliflower \* *see prep guide*  
 1 cup (240 mL) shredded cabbage  
 ¼ green bell pepper, sliced thin (¼ cup/60 mL)  
 ½ carrot, shredded (2½ Tablespoons/37.5 mL)  
 ¼ avocado, diced  
 1 Tablespoon (15 mL) lime juice  
 1½ teaspoons (7.5 mL) olive oil  
 1 Tablespoon (15 mL) chopped cilantro  
 1 Tablespoon (15 mL) chopped basil  
 Pinch of kosher salt and black pepper

1 Tablespoon (15 mL) pepitas

Toss slaw ingredients together and garnish with pepitas.

280 kcal, 7g Protein, 19g Carb, 190mg Sodium, 0g Fiber, 0mg Cholesterol, 22g Fat, 3g Saturated, 5g Sugar, 8% Calcium, 10% Iron

**DINNER: LATIN SHEPHERDS PIE**

¾ teaspoon (3.75 mL) olive oil  
 ¼ yellow onion, chopped (¼ cup/60 mL)  
 ½ clove garlic, minced  
 ¼ green bell pepper, chopped (¼ cup/60 mL)  
 ½ tomatillo, chopped (6 Tablespoon/90 mL)  
 ¼ cup (60 mL) corn kernels  
 6 Tablespoons (90 mL) low sodium black beans, drained and rinsed  
 ¼ can (15 oz/420 g) kidney beans, drained and rinsed  
 Pinch of cumin  
 Pinch of kosher salt  
 Pinch of black pepper  
 2 Tablespoons (30 mL) canned crushed tomatoes  
 ¾ teaspoon (3.75 mL) white vinegar  
 2 Tablespoon (30 mL) chopped cilantro  
 6 Tablespoons (90 mL) mashed roasted sweet potato *\*see prep guide*

1. Heat oven to 400°F.
2. Heat oil in a skillet over medium heat. Add onion and cook for about 5 minutes, add garlic and cook for another minute.
3. Add bell pepper, tomatillos, corn, beans, cumin, salt, pepper, tomatoes, vinegar, and cilantro; cook about 5 minutes.
4. Put bean mixture in a lightly oiled mini loaf pan or 3 muffin cups and top with mashed sweet potato.
5. Bake for 10-15 minutes.

390 kcal, 17g Protein, 72g Carb, 380mg Sodium, 20 Fiber, 0mg Cholesterol, 2g Fat, 0g Saturated, 15g Sugar, 15% Calcium, 30% Iron

**BREAKFAST: OATMEAL RAISIN COOKIE SMOOTHIE**

¾ frozen banana  
 2½ Tablespoons (37.5 mL) oats  
 2 Tablespoons (30 mL) raisins  
 ¾ cup + 2 Tablespoons (210 mL) almond milk  
 ¼ teaspoon (1.25 mL) vanilla, optional  
 ¼ teaspoon (1.25 mL) cinnamon, optional

**MAKE AHEAD:**

¾ frozen banana  
 ½ lime juiced (3¾ teaspoons)  
 2 hardboiled eggs  
 Cut vegetables: Brussels sprouts, kale, cabbage, bell pepper, carrot, onion

Blend all ingredients together until smooth.

240 kcal, 4g Protein, 48g Carb, 125mg Sodium, 6g Fiber, 0mg Cholesterol, 4.5g Fat, 0g Saturated, 27g Sugar, 30% Calcium, 0% Iron

**LUNCH: CHOPPED SPROUT SALAD**

6 ounces (170 g) Brussels sprouts, trimmed and shaved  
 1¼ hardboiled eggs, chopped (save rest of egg for a snack)  
 ¾ apple, chopped small  
 2¼ teaspoons (11.25 mL) lime juice  
 2¼ teaspoons (11.25 mL) olive oil  
 ¼ clove garlic, minced  
 ¼ teaspoon (1.25 mL) Dijon mustard  
 Pinch of kosher salt  
 Pinch of black pepper  
 1 Tablespoon (15 mL) pepitas

1. Combine sprouts, eggs, and apple in a serving bowl.
2. In small bowl, whisk together lime juice, oil, garlic, Dijon, salt and pepper; toss with salad.
3. Top with pepitas.

410 kcal, 18g Protein, 38g Carb, 290mg Sodium, 10g Fiber, 280mg Cholesterol, 22g Fat, 4g Saturated, 18g Sugar, 8% Calcium, 20% Iron

**DINNER: BLACK BEAN MOLE BURGERS with LIME SLAW**

*For lime slaw:*

Heaping ¼ cup (60 mL) chopped kale  
 ½ cup (120 mL) shredded cabbage  
 ¼ green bell pepper (¼ cup/60 mL)  
 ¼ carrot, shredded (1½ Tablespoons/22.5 mL)  
 1½ teaspoons (7.5 mL) pepitas  
 1½ teaspoons (7.5 mL) lime juice  
 1 Tablespoon (15 mL) chopped cilantro  
 1½ teaspoons (7.5 mL) olive oil  
 Pinch of kosher salt

Toss all ingredients together.

### *For mole sauce:*

¾ teaspoon (3.75 mL) olive oil  
 ¼ yellow onion, chopped (¼ cup/60 mL)  
 ½ clove garlic, minced  
 ¾ -1½ teaspoons (3.75-7.5 mL) chipotles in adobo, depending on how spicy you want it  
 Pinch of cinnamon  
 Pinch of cumin  
 1 teaspoon (5 mL) raisins  
 2 Tablespoons (30 mL) canned crushed tomatoes  
 1 teaspoon (5 mL) cocoa powder  
 1½ teaspoons (7.5 mL) pepitas  
 Pinch of kosher salt  
 1 Tablespoon (15 mL) water

1. Heat a medium saucepan over medium heat and add olive oil and onions and cook for 5 minutes.
2. Add garlic, chipotles, cinnamon, and cumin; cook for 2 minutes. Add the remaining ingredients and bring to a low simmer for 5 minutes, then puree and set aside. **Save 1 Tablespoon sauce for Lunch #20.**

### *For black bean burgers:*

½ (15 ounce/420 g) can black beans, rinsed and drained  
 1 Tablespoon (15 mL) mole sauce  
 2 Tablespoons (30 mL) chopped yellow onion  
 2 Tablespoons (30 mL) chopped cilantro  
 Dash of cumin  
 2 Tablespoons (30 mL) rolled oats  
 ¼ carrot, chopped (2 Tablespoons/30 mL)  
 Pinch of kosher salt  
 ¼ green bell pepper, chopped (¼ cup/60 mL)  
 ¼ avocado, sliced

1. Heat oven to 425°F. Line a baking sheet with parchment paper.
2. Puree first eight ingredients then fold in bell pepper. Scoop onto tray into 2 patties (an ice cream scooper works great; flatten slightly with a lightly oiled spatula). Cook 20 minutes, turning half way through. Serve with dollop of mole and sliced avocado.

Burger: 240 kcal, 14g Protein, 45g Carb, 410mg Sodium, 17g Fiber, 0mg Cholesterol, 8g Fat, 1g Saturated, 4g Sugar, 8% Calcium, 25% Iron  
 Slaw: 130 kcal, 4g Protein, 8g Carb, 85mg Sodium, 3g Fiber, 0mg Cholesterol, 10g Fat, 1.5g Saturated, 2g Sugar, 4% Calcium, 6% Iron

**BREAKFAST: SWEET POTATO FRITTATA**

- 2 eggs
- 1½ teaspoons (7.5 mL) almond milk
- ¾ teaspoon (3.75 mL) olive oil
- 2 Tablespoons (30 mL) chopped yellow onion
- ¼ green bell pepper, chopped (¼ cup/60 mL)
- 2 Tablespoons (30 mL) chopped basil
- ¼ cup (60 mL) roasted sweet potatoes cubes, diced

1. Heat oven to 375°F. Beat eggs with almond milk and set aside.
2. Heat olive oil in a small non-stick, oven proof skillet and add onions and bell pepper. Let cook until softened, about 3-4 minutes. Add basil and sweet potatoes and cook until warmed through; pour egg mixture over the top and let the bottom cook 2 minutes.
3. Place skillet in oven to finish cooking the top for about 6-8 minutes.
4. Cut into wedges.

**MAKE AHEAD:**

- ¼ cup roasted sweet potato cubes, diced \*  
*see prep guide*
- ½ cup marinara sauce \**see prep guide*
- 1 cup cooked spaghetti squash \**see prep guide*
- 1 Tablespoon mole sauce \* *from Dinner #19*
- ¼ lime, juiced (1½ teaspoons)
- ½ cup cooked quinoa
- 6 Tablespoons oatmeal, blended until medium fine
- Cut vegetables: onion, bell pepper, kale

210 kcal, 15g Protein, 11g Carb, 190mg Sodium, 2g Fiber, 450mg Cholesterol, 14g Fat, 35g Saturated, 2g Sugar, 8% Calcium, 10% Iron

**LUNCH: QUINOA & KALE SALAD with MOLE VINAIGRETTE**

- ¼ bunch kale, chopped (1½ cups/360 mL)
- ¾ teaspoon (3.75 mL) olive oil
- Pinch of kosher salt
- ½ cup (120 mL) cooked quinoa
- ¼ (15 ounce/420 g) can black beans, rinsed and drained
- ¼ cup (60 mL) corn kernels (frozen or from ½ fresh ear)
- 1 Tablespoon (15 mL) chopped cilantro
- 1 Tablespoon (15 mL) pepitas

*For mole vinaigrette:*

- 1 Tablespoon mole sauce \* **from Dinner #19**
- 1½ teaspoons (7.5 mL) lime juice
- ¾ teaspoon (3.75 mL) olive oil

1. In a small bowl, whisk together mole vinaigrette ingredients.
2. In serving bowl, massage kale with oil and salt until leaves are slightly softened. Add remaining ingredients and toss with vinaigrette.

380 kcal, 14g Protein, 45g Carb, 220mg Sodium, 11g Fiber, 0mg Cholesterol, 16g Fat, 2g Saturated, 3g Sugar, 6% Calcium, 25% Iron

**DINNER: EGGPLANT MARINARA**

½ small eggplant  
 1 egg, beaten  
 ½ clove garlic, minced  
 6 Tablespoons (90 mL) oatmeal, blended medium fine  
 Dash of kosher salt  
 Pinch of black pepper  
 ¼ teaspoon (1.25 mL) dried oregano  
 1½ teaspoons (7.5 mL) grapeseed oil  
 ¾ teaspoon (3.75 mL) olive oil  
 ½ cup (120 mL) marinara sauce, warmed \* *see prep guide*  
 1 cup (240 mL) cooked spaghetti squash, warmed \* *see prep guide*  
  
 1½ teaspoons (7.5 mL) pepitas, lightly toasted and finely chopped  
 1½ teaspoons (7.5 mL) finely chopped basil  
 Pinch of kosher salt

1. Slice eggplant into ½" slices. In a shallow bowl, combine eggs and garlic. In a second shallow bowl, combine oatmeal, salt, pepper, and oregano.
2. Dip eggplant slices into egg and then into seasoned oatmeal.
3. Heat a non-stick skillet over medium heat and add oils; cook eggplant for about 2 minutes per side. Eggplant can also be cooked in a 425°F oven; drizzle oil over eggplant and bake 15 minutes.
4. Top with warmed marinara sauce and serve over spaghetti squash.
5. Combine toasted chopped pepitas with basil and salt and sprinkle over top to garnish.

480 kcal, 18g Protein, 55g Carb, 460mg Sodium, 15g Fiber, 225mg Cholesterol, 23g Fat, 4g Saturated, 17g Sugar, 8% Calcium, 20% Iron