MENU

Day 1
Chocolate Hazelnut Smoothie
Caprese Salad
Artichoke Sauté

Day 2
Mango Overnight Oats
Cucumber Boats
Spring Vegetable Sauté & Polenta

Day 3
Egg Muffins
Lentil Salad
Kale, White Bean & Quinoa Soup

Day 4
Mango Overnight Oats
Kale, White Bean & Quinoa Soup
Spiced Beans with Plantains

Day 5
Chocolate Hazelnut Smoothie
Black Bean Mango Salad
Asparagus Sauté & Polenta

Day 6
Egg Muffins
Asparagus Bean Salad
Polenta Lasagna

PREP GUIDE

FOR THE WEEK

- Make plantains * *see recipe below*
- 4 bananas (frozen if you like a thicker smoothie)
- 4 lemons, zested & juiced (¾ cup juice, 3 Tablespoon zest)
- 8 eggs, hard boiled, sliced
- 1½ cups hazelnuts, toasted
- 4 cups cooked lentils
- 2 cups cooked quinoa

DAY 1

- 2 mangoes, sliced
- ⅔ cup hazelnuts, soaked overnight
- 2 bunches kale, chopped (8 cups)
- 2 yellow onions, diced (2 cups)

DAY 2

- 4 mangos, diced (4 cups)
- 3 carrots, shredded (1 cup)
- 2 cucumbers, halved lengthwise, seeds scooped out
- 1 pound brown mushrooms, cleaned and sliced (5-6 cups)
- 8 bok choy, sliced in quarters

DAY 3

- 2 mangoes, sliced
- 2 carrots, shredded (⅔ cup)
- 4 carrots, diced (2 cups)
- 2 yellow onions diced (2 cups)
- 2 bunches kale, chopped (8 cups)

DAY 4

- 4 mangos, diced (4 cups)
- 1 yellow onion, diced (1 cup)
- 2 bell pepper (preferably green), diced (2 cups)
- 1 bunch kale, chopped (4 cups)

DAY 5

- ⅔ cup hazelnuts, soaked overnight
- 3 mangos, diced (3 cups)
- 1 cucumber, diced (2 cups)
- 1 yellow onion, diced (1 cup)
- 1 bunch asparagus, trimmed and cut into 1 inch pieces (16 spears)

DAY 6

- 1 mango, diced (1 cup)
- 1 bunch asparagus, shaved (16 spears)
- 4 carrots, shredded (1⅓ cups)
- 1 cucumber, sliced thin (2 cups)
- 1 yellow onion, chopped (1 cup)

Plantains

6 very ripe plantains
1 Tablespoon grapeseed oil

1. Preheat oven to 450°F.
2. Cut the ends off of the plantains and peel.
3. Cut each plantain on the diagonal into ½ inch slices. Toss with grapeseed oil.
4. Arrange in single layer on baking sheet.
5. Bake, turning occasionally, for 10-15 minutes, until plantains are golden brown and very tender.

VEG AND VEG FOR ONE	the FRESH 180			MAY 13 2016	
Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
banana	8	4	2	4	
tomatoes	26	14	7	13	
fresh basil	3 bunches	2 bunches	1 bunch	1.5	
arugula	26 oz	13 ounces	7 ounces	3	
new potatoes	2 pounds	1 pound	1/2 pound	5	
kale	5 bunches	3 bunches	2 bunches	1	
yellow onion	7	4	2	7	
mango	16	8	4	16	
carrots	13	7	4	4	
lemons	4	2	1	2	
cucumbers	4	2	1	4	
bok choy	8	4	2	4	
plantains	6	3	2	6	
asparagus	2 bunches	1 bunch	1 bunch	4	
brown mushrooms	1 pound	1/2 pound	1/4 pound	6	
snap peas	8 ounces	4 ounces	2 ounces	2	
green bell pepper	2	1	1	2	
Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
cocoa powder	6 Tablespoons	3 Tablespoons	1-1/2 Tblspns	2	
fresh mozzarella	22 ounces	11 ounces	6 ounces	12	
artichoke hearts	4 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	8	
cinnamon	1/4 teaspoon	1/8 teaspoon	Dash	0.5	
vanilla	1/4 teaspoon	1/8 teaspoon	Dash	0.5	
polenta	3 cups	1-1/2 cups	3/4 cup	1.5	
grapeseed oil	1 Tablespoon	1/2 Tblspns	3/4 tsp	1	
hazelnuts	3 cups	1-1/2 cups	3/4 cup	12	
walnuts	1-1/4 cups	3/4 cup	1/3 cup	6	
lentils	2 cups	1 cup	1/2 cup	4	
quinoa	3-1/2 cups	1-3/4 cups	1 cup	4	
black beans	3 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	6	
white beans	12 (15 oz) cans	6 (15 oz) cans	3 (15 oz) cans	24	
PANTRY INGREDIENTS					
Olive Oil	1-1/4 cups	3/4 cup	1/3 cup		
balsamic vinegar	1/4 cup	2 Tablespoons	1 Tablespoon		
light coconut milk	48 fl oz	24 ounces	12 ounces		
Dijon mustard					
Garlic cloves	16 cloves	8 cloves	4 cloves		
Herbes de Provence	3-1/2 tsp	1-3/4 tsp	1 teaspoon		
eggs	24	12	6		
cumin	3/4 teaspoon	1/2 teaspoon	1/4 teaspoon		
cayenne	dash	dash	dash		
paprika					
vegetable broth	136 fl oz	68 fl oz	34 fl oz		
quinoa					
tomato paste					
oregano					
kosher salt	4 teaspoons	2 teaspoons	1 teaspoon		
black pepper	2-3/4 teaspoons	1-1/2 tsp	3/4 tsp		
raw old fashioned oats	5 cups	2-1/2 cups	1-1/4 cups		

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

■ DAY ONE ■

BREAKFAST: Chocolate Hazelnut Smoothie

½ cup raw old fashioned oats
⅔ cup hazelnuts, soaked overnight
3 Tablespoons cocoa powder
2 bananas (frozen if you like a thicker smoothie)
1 cup light coconut milk
2 cups water
2-3 cups ices

4 eggs, hard boiled, sliced

Blend oats into powder. Add remaining ingredients and blend. Serve with a side of hardboiled egg.

Smoothie: 270 kcal, 6g Protein, 30g Carb, 20mg Sodium, 7g Fiber, 0mg Cholesterol, 16g Fat, 3g Saturated, 10g Sugar, 2% Calcium, 8% Iron
Egg: 70kcal, 6g Protein, 1g Carb, 65mg Sodium, 0g Fiber, 215mg Cholesterol, 4.5g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 4% Iron

■ DAY ONE ■

LUNCH: Caprese Salad

8 large tomatoes, sliced
6 ounces fresh mozzarella, sliced
1 cup basil leaves
6 ounces arugula
2 Tablespoon olive oil
2 Tablespoons balsamic vinegar
Dash of kosher salt and pepper
½ cup toasted hazelnuts, chopped

Layers slices of tomato and cheese with basil leaves over a bed of arugula. Drizzle with oil and vinegar and sprinkle with salt, pepper, and nuts.

370 kcal, 13g Protein, 19g Carb, 220mg Sodium, 4g Fiber, 30mg Cholesterol, 26g Fat, 7g Saturated, 10g Sugar, 35% Calcium, 10% Iron

■ DAY ONE ■

DINNER: Artichoke Sauté

2 pounds new potatoes, diced
2 (15 ounce) cans artichoke hearts, rinsed and drained
4 tomatoes, chopped (3 cups)
2 bunches kale, chopped (8 cups)
2 yellow onions, diced (2 cups)
4 cloves garlic, chopped
1 teaspoon kosher salt
½ teaspoon black pepper
2 teaspoon Herbes de Provence
2 Tablespoon olive oil
2 (15 oz) cans organic white beans, drained and rinsed

¼ cup hazelnuts, chopped

2 mangoes, sliced

1. Heat oven to 400°F.
2. Toss together first ten ingredients (potatoes through oil) and place in a baking dish. Bake for about 35-40 minutes. **Save half of vegetables for Breakfast Day #3 and Day #6.**
3. Add white beans to pan with remaining vegetables. Toss and return to oven for 5-6 minutes until warmed through.
4. Top with chopped hazelnuts. Serve with a side of sliced mango or save mango for dessert.

Chicken:390 kcal, 16g Protein, 61g Carb, 590mg Sodium,14g Fiber, 0mg Cholesterol, 10g Fat, 0.5g Saturated, 9g Sugar, 15% Calcium, 30% Iron
Mango: 70kcal, 0g Protein, 17gCarb, 0mg Sodium, 1g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 15g Sugar, 0% Calcium, 0% Iron

DAY TWO

BREAKFAST: Mango Overnight Oats

2 cups raw old fashioned oats
2 cups light coconut milk
½ cup water
4 mangos, diced (4 cups)
Dash of cinnamon, optional
Dash of vanilla, optional

¼ cup toasted hazelnuts

Combine all ingredients except hazelnuts and put in refrigerator overnight. Garnish with hazelnuts.

430 kcal, 8g Protein, 69g Carb, 40mg Sodium, 8g Fiber, 0mg Cholesterol, 14g Fat, 5g Saturated, 34g Sugar, 2% Calcium, 10% Iron

DAY TWO

LUNCH: Cucumber Boats

3 carrots, shredded (1 cup)
2 tomatoes, chopped (1½ cups)
3 Tablespoons lemon juice
1 Tablespoon lemon zest
2 (15 oz) cans organic white beans, drained and rinsed
1 (15 oz) can diced artichoke hearts
4 ounces fresh mozzarella cheese, diced
dash each kosher salt and ground black pepper

2 cucumbers, halved lengthwise, seeds scooped out

Combine all ingredients except cucumbers. Fill cucumbers with bean and artichoke mixture and serve.

360kcal, 21g Protein, 51g Carb, 560mg Sodium, 14g Fiber, 20mg Cholesterol, 8g Fat, 4g Saturated, 15g Sugar, 30% Calcium, 25% Iron

■ DAY TWO ■

DINNER: Spring Vegetable Sauté, & Polenta

For polenta
1 Tablespoon olive oil
2 cloves garlic, minced
3 cups low-sodium vegetable broth
1 cup polenta

For sauté
1 Tablespoon olive oil
1 pound brown mushrooms, cleaned and sliced (5-6 cups)
8 ounces snap peas (2 cups)
2 cups cooked lentils
8 bok choy, sliced in quarters
¼ teaspoon kosher salt
dash ground black pepper
1 Tablespoon lemon zest
½ cup chopped walnuts

1. For polenta, heat a medium pot over medium heat and add olive oil and garlic; sauté for 1 minute. Add the broth and bring to simmer. Whisk in polenta and reduce heat to low. Cook about 10 minutes, stirring frequently.

Meanwhile

2. For sauté, heat oil in a skillet over medium heat. Add mushrooms, snap peas, lentils, bok choy, salt and pepper; cook about 3-4 minutes. Turn off heat and add zest and walnuts.
3. Serve sauté over polenta.

Polenta: 160 kcal, 3g Protein, 24g Carb, 95mg Sodium, 2g Fiber, 5mg Cholesterol, 5g Fat, 0g Saturated, 1g Sugar, 2% Calcium, 6% Iron
Sauté: 290 kcal, 14g Protein, 28g Carb, 250mg Sodium, 8g Fiber, 0mg Cholesterol, 15g Fat, 2.5g Saturated, 8g Sugar, 20% Calcium, 30% Iron

■ DAY THREE ■

BREAKFAST: Egg Muffins (can be made ahead and reheated)

8 eggs, beaten
Half the saved veggies & potatoes * ***from Dinner Day #1***
½ cup chopped basil
2 ounces mozzarella cheese, diced, optional

2 mangoes, sliced

1. Heat oven to 400°F.
2. Combine ingredients and put into greased muffin tins.
3. Cook for 10-20 minutes depending on muffin size.
4. Serve with mangoes or save for a morning snack

Muffins: 240 kcal, 17g Protein, 10g Carb, 470mg Sodium, 2g Fiber, 440mg Cholesterol, 14g Fat, 5g Saturated, 3g Sugar, 15% Calcium, 10% Iron
Mango: 70kcal, 0g Protein, 17g Carb, 0mg Sodium, 1g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 15g Sugar, 0% Calcium, 0% Iron

■ DAY THREE ■

LUNCH: Lentil Salad

2 cups cooked lentils
1 (15 ounce) can artichoke hearts, rinsed and drained
2 tomatoes, diced (1½ cups)
2 carrots, shredded (⅔ cup)
3 Tablespoons lemon juice
1 Tablespoon lemon zest
1 Tablespoon olive oil
Dash of kosher salt and black pepper
¼ cup chopped basil
4 ounces arugula

3 cooked plantains **see prep guide*

Combine salad ingredients and serve with plantains.

Salad: 320 kcal, 34g Protein, 15g Carb, 620mg Sodium, 3g Fiber, 65mg Cholesterol, 12g Fat, 2g Saturated, 6g Sugar, 10% Calcium, 10% Iron
Plantains: 180kcal, 2g Protein, 43g Carb, 5mg Sodium, 3g Fiber, 43mg Cholesterol, 2g Fat, 0g Saturated, 20g Sugar, 0% Calcium, 4% Iron

■ DAY THREE ■

DINNER: Kale, White Bean & Quinoa Soup

2 Tablespoons olive oil
2 yellow onions diced (2 cups)
4 carrots, diced (2 cups)
1 teaspoon Herbes de Provence
4 tomatoes, diced (3 cups)
½ teaspoon kosher salt
¼ teaspoon black pepper
8 cups low-sodium vegetable broth
3 (15 oz) cans organic white beans, drained and rinsed
2 bunches kale, chopped (8 cups)
2½ cups dry quinoa
2 ounces mozzarella cheese, diced

1. Heat a large pot over medium heat. Add oil, onions and carrots and cook for 2-3 minutes.
2. Add Herbes, tomatoes, salt, pepper, broth, beans, and kale.
3. Stir in quinoa. Bring to a simmer for about 15 minutes until quinoa is cooked and soup has thickened slightly
4. **Save half for Lunch Day #4.** Top remaining soup with cheese.

450 kcal, 19g Protein, 69g Carb, 400mg Sodium, 13g Fiber, 10mg Cholesterol, 11g Fat, 3g Saturated, 10g Sugar, 15% Calcium, 15% Iron

■ DAY FOUR ■

BREAKFAST: Mango Overnight Oats

2 cups raw old fashioned oats
2 cups light coconut milk
½ cup water
4 mangos, diced (4 cups)
Dash of cinnamon, optional
Dash of vanilla, optional

¼ cup toasted hazelnuts

Combine all ingredients except hazelnuts. Put in refrigerator overnight, garnish with hazelnuts before serving.

430 kcal, 8g Protein, 69g Carb, 40mg Sodium, 8g Fiber, 0mg Cholesterol, 14g Fat, 5g Saturated, 34g Sugar, 2% Calcium, 10% Iron

■ DAY FOUR ■

LUNCH: Kale, White Bean and Quinoa Soup

Reserved soup, reheated ***from Dinner Day #3***
2 ounces of arugula
1 ounce chopped walnuts (¼ cup)

Heat soup and top with arugula and chopped walnuts.

460 kcal, 18g Protein, 70g Carb, 370mg Sodium, 14g Fiber, 0mg Cholesterol, 13g Fat, 1.5g Saturated, 11g Sugar, 20% Calcium, 30% Iron

■ DAY FOUR ■

DINNER: Spiced Beans with Plantains

For spiced beans
2 Tablespoons olive oil
1 yellow onion, diced (1 cup)
2 bell pepper (preferably green), diced (2 cups)
2 cloves garlic, minced
2 (15 oz) cans black beans, drained and rinsed
½ teaspoon cumin
Dash of cayenne
½ teaspoon kosher salt
½ teaspoon black pepper

For plantains
1 Tablespoon olive oil
2 cloves garlic, minced
1 bunch kale, chopped (4 cups)
3 cooked plantains ****see prep guide***
¼ teaspoon kosher salt
Dash of black pepper

1. For beans, heat oil in skillet over medium heat. Add onion, bell pepper, and garlic and cook 3 minutes. Add black beans and spices and stir to warm through. Serve over plantain mixture.

Meanwhile:

2. For plantains, heat a large skillet over medium heat and add olive oil and garlic; sauté for 1 minute. Add kale and cook 3-4 minutes. Add plantains, salt, and pepper and cook until heated through.

Beans: 240 kcal, 13g Protein, 33g Carb, 320mg Sodium, 11g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 4g Sugar, 10% Calcium, 15% Iron
Kale: 220kcal, 2g Protein, 44g Carb, 160mg Sodium, 4g Fiber, 0mg Cholesterol, 6g Fat, 1g Saturated, 20g Sugar, 2% Calcium, 6% Iron

■ DAY FIVE ■

BREAKFAST: Chocolate Hazelnut Smoothie

½ cup raw old fashioned oats
⅔ cup hazelnuts, soaked overnight
3 Tablespoons cocoa powder
2 bananas (frozen if you like a thicker smoothie)
1 cup light coconut milk
2 cups water
2-3 cups ices

4 eggs, hardboiled, sliced

Blend oats into powder. Add remaining ingredients and blend. Serve with a side of boiled egg

270 kcal, 6g Protein, 30g Carb, 20mg Sodium, 7g Fiber, 0mg Cholesterol, 16g Fat, 3g Saturated, 10g Sugar, 2% Calcium, 8% Iron
Egg: 70kcal, 6g Protein, 1g Carb, 65mg Sodium, 0g Fiber, 215mg Cholesterol, 4.5g Fat, 1.5g Saturated, 0g Sugar, 2% Calcium, 4% Iron

■ DAY FIVE ■

LUNCH: Black Bean Mango Salad

1 (15 oz) can black beans, drained and rinsed
3 mangos, diced (3 cups)
1 cucumber, diced (2 cups)
2 tomatoes, diced (1½ cups)
3 Tablespoons lemon juice
1 Tablespoon olive oil
¼ teaspoon salt
dash of black pepper
Dash of ground cumin
6 ounces arugula
2 cups cooked quinoa

Toss all ingredients together.

360 kcal, 12g Protein, 66g Carb, 180mg Sodium, 10g Fiber, 0mg Cholesterol, 7g Fat, 0.5g Saturated, 28g Sugar, 15% Calcium, 20% Iron

■ DAY FIVE ■

DINNER: Asparagus Sauté & Polenta

For sauté
1 Tablespoon olive oil
1 yellow onion, diced (1 cup)
1 bunch asparagus, trimmed and cut into 1 inch pieces (16 spears)
2 (15 oz) cans organic white beans, drained and rinsed
½ teaspoon kosher salt
¼ teaspoon ground black pepper
½ cup chopped walnuts

For polenta
2 Tablespoons olive oil
4 cloves garlic, minced
6 cups low-sodium vegetable broth
2 cups polenta
2 ounces mozzarella cheese, diced

1. For sauté, heat a large skillet over medium heat and add oil and onion; cook for 2 minutes. Add asparagus, beans, salt, and pepper and cook for about 4 minutes. Remove from heat and top with walnuts.
2. For polenta, heat a medium pot over medium heat and add olive oil and garlic; sauté for 1 minute. Add broth and bring to simmer. Whisk in polenta and reduce heat to low. Cook about 10 minutes, stirring frequently.
3. **Pour half into a 9x9 dish, refrigerate, and reserve for Dinner Day #6**.
4. Serve asparagus sauté over remaining warm polenta; garnish with cheese.

Asparagus Sauté: 290 kcal, 13g Protein, 30g Carb, 350mg Sodium, 10g Fiber, 0mg Cholesterol, 15g Fat, 1.5g Saturated, 3g Sugar, 8% Calcium, 25% Iron
Polenta: 230kcal, 6g Protein, 37g Carb, 105mg Sodium, 4g Fiber, 10mg Cholesterol, 5g Fat, 1.5g Saturated, 1g Sugar, 4% Calcium, 4% Iron

■ DAY SIX ■

BREAKFAST: Egg Muffins (can be made ahead and reheated)

8 eggs, beaten
Half of saved veggies and potatoes * ***from Dinner Day #1***
½ cup chopped basil
2 ounces mozzarella cheese, diced, optional

4 bananas, sliced

1. Heat oven to 400°F.
2. Combine ingredients and put into greased muffin tins.
3. Cook for 10-20 minutes depending on muffin size.
4. Serve with sliced banana.

Egg muffins: 240 kcal, 17g Protein, 10g Carb, 470mg Sodium, 2g Fiber, 440mg Cholesterol, 14g Fat, 5g Saturated, 3g Sugar, 15% Calcium, 10% Iron
Banana: 110kcal, 1g Protein, 27g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 14g Sugar, 0% Calcium, 2% Iron

■ DAY SIX ■

LUNCH: Asparagus Bean Salad

1 bunch asparagus, shaved (16 spears)
2 (15 ounce) cans white beans, rinsed and drained
2 carrots, shredded (⅔ cup)
1 cucumber, sliced thin (2 cups)
1 mango, diced (1 cup)
¼ cup chopped basil
8 ounces arugula
½ cup toasted hazelnuts
3 Tablespoons lemon juice
1 Tablespoon white or balsamic vinegar
2 Tablespoon olive oil
Dash of kosher salt and pepper

Toss all ingredients together.

410 kcal, 15g Protein, 48g Carb, 170mg Sodium, 14g Fiber, 0mg Cholesterol, 18g Fat, 1.5g Saturated, 16g Sugar, 20% Calcium, 30% Iron

■ DAY SIX ■

DINNER: Polenta Lasagna

1 Tablespoon olive oil
1 yellow onion, chopped (1 cup)
2 cloves garlic, minced
2 carrots, shredded (⅔ cup)
4 tomatoes, chopped (3 cups)
¼ teaspoon kosher salt
¼ teaspoon black pepper
½ teaspoon Herbes de Provence
½ cup chopped basil
1 (15 ounce) can white beans, rinsed and drained
4 ounces mozzarella cheese, sliced thin

Pan of polenta ***from Dinner Day #5***

1. Heat oven to 375°F
2. Heat a skillet over medium heat and add oil, onions, garlic, and carrots; cook for 3 minutes.
3. Add tomatoes, salt, pepper, Herbes, basil, and beans and bring to a simmer for 5 minutes. Pour mixture over polenta and top with cheese. Cover and bake for 15-20 minutes.

480 kcal, 18g Protein, 65g Carb, 390mg Sodium, 10g Fiber, 30mg Cholesterol, 16g Fat, 6g Saturated, 10g Sugar, 25% Calcium, 15% Iron