

MENU

Day 1

Power Smoothie
Salsa Salad with Tortilla Chips
Garbanzo Patties with Zucchini Noodles

Day 2

Huevos Rancheros Scramble
Garbanzo Patties & Zucchini Noodles
White Bean, Tomato & Vegetable Quinoa

Day 3

Blueberry Ginger Almond Oats
Two Bean Salsa Tacos
Chimichurri Portobellos with Grilled Vegetable Salad

Day 4

Power Smoothie
Thai Edamame Salad
Summer Black Eyed Pea Salad with Quinoa & Corn

Day 5

Huevos Rancheros Scramble
Lettuce Wraps
Summer Quinoa Soup

Day 6

Blueberry Ginger Almond Oats
Watermelon Quinoa
Veggie Tostadas

PREP GUIDE**FOR THE WEEK**

- 9 cups cooked quinoa prepared according to package directions
- 5 cups cooked brown rice prepared according to package directions
- 7 limes, juiced (14 Tablespoons juice. 1½ Tablespoons zest)
- 8 eggs, hardboiled, sliced
- 2" fresh ginger, grated (2 teaspoons)

DAY 1

- 2 cups diced watermelon
- 8 tomatoes, diced (6 cups)
- 2 cucumbers, diced (4 cups)
- 7 carrots, shredded (2½ cups)
- 4 ears corn, kernels (3 cups)
- 2 red onions, diced (2 cups)
- 4 cups chopped lettuce (1 head iceberg or ¾ head romaine)
- 2 red or green bell peppers, diced (2 cups)
- 8 large zucchini, into noodles or very thin strips

DAY 2

- 2 mangoes, peeled and diced
- 1 red onion, chopped (1 cup)
- 3 red or green bell peppers, chopped (3 cups)
- ½ large zucchini, chopped (1 cup)
- 6 tomatoes, chopped (4½ cups)
- 3 carrots, chopped (1½ cups)

DAY 3

- 2 zucchini, sliced lengthwise
- 4 red or green bell peppers, quartered

DAY 4

- 2 mangoes, sliced
- 2 cucumbers, sliced (4 cups)
- 2 cucumbers, peeled and chopped (4 cups)
- 2 carrots, shredded (¾ cup)
- 4 cups chopped lettuce (1 head iceberg or ¾ head romaine)
- 1 red onion, chopped (1 cup)
- 2 red or green bell peppers, diced (2 cups)

(Continued)

DAY 5

- 2 mangoes, peeled and diced
- 1½ red onions, diced (1½ cups)
- 2 red or green bell peppers, diced (2 cups)
- ½ large zucchini, chopped (1 cup)
- 1 head lettuce, separated into large leaves
- 2 ears corn, kernels (1½ cups)

DAY 6

- 4 cups diced watermelon
- 2 mangoes, sliced
- 4 cups chopped lettuce (1 head iceberg or ¾ head romaine)
- 1 cucumber, diced (2 cups)
- 1 red onion, sliced (1 cup)
- 2 ears corn, kernels (1½ cups)

For Grilled Corn (Dinner Day #4)

Drizzle 4 ears of shucked corn with olive oil. Wrap each cob tightly in foil and bake in 375° oven for 20-25 minutes. When cooled, remove kernels and refrigerate.

Fruits & Vegetables	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes for 4 servings
	Qty				
bananas	6	3	2	3	
blueberries	7 pints	4 pints	2 pints	14	
cucumber	9	5	3	9	
avocado	7	4	2	7	
tomatoes	22	11	6	15	
carrots	12	6	3	3	
corn	12 ears	6 ears	3 ears	6	
red onion	7	4	2	7	
cilantro	5 bunches	3 bunches	2 bunches	7.5	
limes	12	6	3	6	
iceberg or romaine	4 heads	2 heads	1 head	8	
red or green bell peppers	15	8	4	15	
zucchini	13	7	4	13	
fresh ginger	2"	1"	1"	2	<i>need 2 teaspoons grated</i>
watermelon	1 medium	1 small	1 small	3	
mango	8	4	2	8	
fresh mint	1 bunch	1 bunch	1 bunch	1.5	
Portobello mushroom caps	8 large	4 large	2 large	12	
edamame (frozen)	5 cups	2-1/2 cups	1-1/4 cups	3	

Misc.	4 Servings	2 Servings	1 Serving	Price (4 servings)	Notes
	Qty				
small corn tortillas	20	10	5	4	
feta cheese	11 ounces	6 ounces	3 ounces	9	
cinnamon	2 teaspoons	1 teaspoon	1/2 teaspoon	1	
vanilla	2 teaspoons	1 teaspoon	1/2 teaspoon	1	
brown rice	1-1/2 cups	3/4 cup	1/3 cup	2	
red chili flakes	2 teaspoons	1 teaspoon	1/2 teaspoon	0.5	<i>optional</i>
soy sauce	1 Tablespoon	1/2 Tblspns	3/4 teaspoon	1	
chickpeas (garbanzos)	3 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	6	
white beans	2 (15 oz) cans	1 (15 oz) can	1 (15 oz) can	4	
black eyed peas	3 (15 oz) cans	2 (15 oz) cans	1 (15 oz) can	6	
black beans	6 (15 oz) cans	3 (15 oz) cans	2 (15 oz) cans	12	

PANTRY INGREDIENTS

Olive Oil	1-1/4 cups	3/4 cup	1/3 cup		
balsamic vinegar	2 Tablespoons	1 Tablespoon	1/2 Tblspn		
almond milk	112 fl oz	56 fl oz	28 fl oz		
Dijon mustard					
Garlic cloves	8 cloves	4 cloves	2 cloves		
Herbes de Provence	4 teaspoons	2 teaspoons	1 teaspoon		
eggs	25	13	7		
cumin	3-1/2 tsp	1-3/4 tsp	1 teaspoon		
cayenne	dash	pinch	pinch		
paprika					
chicken broth					
quinoa	5-1/2 cups	2-3/4 cups	1-1/2 cups		
tomato paste	1 Tablespoon	1/2 Tablespoon	3/4 teaspoon		
oregano	1/4 teaspoon	1/8 teaspoon	1/8 teaspoon		
kosher salt	5 teaspoons	2-1/2 tsps	1-1/4 tsp		
black pepper	2-1/2 teaspoons	1-1/4 tsp	3/4 tsp		
nuts: sliced almonds	1-3/4 cups	1 cup	1/2 cup		
raw old fashioned oats	4-1/4 cups	2-1/4 cups	1-1/4 cups		

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

■ DAY ONE ■

BREAKFAST: POWER SMOOTHIE

3 bananas
 1 pint blueberries (2 cups)
 1 cucumber, peeled
 1 avocado, peeled & pitted
 3 cups almond milk
 3 cups ice

Blend together. Serve along with a side of boiled eggs.

4 eggs, hardboiled, sliced

Smoothie: 230 kcal, 3g Protein, 39g Carb, 100mg Sodium, 8g Fiber, 0mg Cholesterol, 9g Fat, 0.5g Saturated, 21g Sugar, 25% Calcium, 10% 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: SALSA SALAD WITH TORTILLA CHIPS (CAN BE MADE AHEAD)

For salsa

2 (15 ounce) cans black beans, rinsed and drained
 8 tomatoes, diced (6 cups)
 2 cucumbers, diced (4 cups)
 4 carrots, shredded (1½ cups)
 4 ears corn, kernels (3 cups)
 1 red onion, diced (1 cup)
 1 cup chopped cilantro
 ¼ cup lime juice
 2 Tablespoons olive oil
 ¼ teaspoon kosher salt
 ¼ teaspoon black pepper

For salad

4 cups chopped lettuce (1 head iceberg or ¾ head romaine)
 1 avocado, sliced
 4 small corn tortillas, cut in wedges, crisped in oven

1. Toss all salsa ingredients together. **Save one third for Lunch Day #3.**
2. Serve salsa on lettuce with avocado slices and tortilla chips

Salsa Salad with Chips: 470 kcal, 16g Protein, 80g Carb, 160mg Sodium, 18g Fiber, 0mg Cholesterol, 13g Fat, 1g Saturated, 19g Sugar, 15% Calcium, 25% Iron

■ DAY ONE ■

DINNER: GARBANZO PATTIES WITH ZUCCHINI NOODLES

1 red onion, diced (1 cup)
 2 red or green bell peppers, diced (2 cups)
 4 cloves garlic, chopped
 3 carrots, shredded (1 cup)
 3 (15 oz) cans chickpeas, drained and rinsed
 ½ cup chopped cilantro
 ¼ cup chopped mint
 2 teaspoons ground cumin
 1 teaspoon kosher salt
 ¼ teaspoon black pepper
 2 ounces crumbled feta cheese (½ cup)
 1 egg, beaten
 ¼ cup ground almonds
 ¼ cup ground raw old fashioned oats
 1 Tablespoon olive oil

 2 Tablespoons olive oil, divided
 8 large zucchini, into noodles or very thin strips
 Dash of kosher salt and pepper

 2 cups diced watermelon
 1 pint blueberries (2 cups)

1. Heat oven to 375°F.
2. Combine onion, pepper, garlic, carrot, chickpeas, cilantro, mint, cumin, salt, and pepper in a food processor; pulse until combined, but not completely smooth. Transfer to a mixing bowl.
3. Add feta, egg, almonds, and oats. Form into 16 small patties. Place patties on a parchment lined baking sheet, brush with oil, and bake for 12-15 minutes. **Save half for Lunch Day #2.**
4. Meanwhile, heat a large non-stick skillet over high heat and add oil and zucchini in batches. Cook for only about 1-2 minutes to *slightly* cook the zucchini, season with salt and pepper. Repeat with remaining ingredients. **Save half for Lunch Day #2.**
5. Serve patties with zucchini noodles and a side of fruit.

Garbanzo Patties: 280 kcal, 12g Protein, 35g Carb, 450mg Sodium, 8g Fiber, 0mg Cholesterol, 9g Fat, 2g Saturated, 5g Sugar, 10% Calcium, 10% Iron

Zucchini Noodles: 90kcal, 4g Protein, 10g Carb, 60mg Sodium, 3g Fiber, 0mg Cholesterol, 4.5g Fat, 0.5g Saturated, 7g Sugar, 6% Calcium, 6% Iron

Melon and Blueberries: 50kcal, 1g Protein, 14g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0.5g Fat, 0g Saturated, 11g Sugar, 2% Calcium, 4% Iron

■ DAY TWO ■

BREAKFAST: HUEVOS RANCHEROS SCRAMBLE

1 Tablespoon olive oil
½ red onion, chopped (½ cup)
1 red or green bell pepper, chopped (1 cup)
½ large zucchini, chopped (1 cup)
½ (15 ounce) can black beans, drained and rinsed
8 eggs, beaten
dash of kosher salt and black pepper
2 tomatoes, chopped (1½ cups)
¼ cup chopped cilantro
1-ounce feta cheese (¼ cup)
1 lime, sliced

2 mangoes, peeled and diced
1 pint blueberries (2 cups)

Heat a large non-stick skillet over medium heat and add oil. Add onion, bell pepper, and zucchini and cook for about 4 minutes. Add in black beans and eggs and scramble as they cook. Season with salt and pepper. Top with tomato, cilantro, feta, and slice of lime. Serve with mangoes and blueberries.

Rancheros Scramble: 280kcal, 18g Protein, 19g Carb, 240mg Sodium, 5g Fiber, 435mg Cholesterol, 15g Fat, 4.5g Saturated, 4g Sugar, 10% Calcium, 15% Iron

Blueberries and Mango: 110kcal, 1g Protein, 27g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 23g Sugar, 0% Calcium, 2% Iron

■ DAY TWO ■

LUNCH: GARBANZO PATTIES & ZUCCHINI NOODLES

2-3 Tablespoons water or broth
Garbanzo patties, crumbled, warmed **from Dinner Day #1*
Zucchini noodles, warmed **from Dinner Day #1*

In a medium skillet, warm crumbled patties with enough water or broth to moisten. Serve over zucchini noodles. Patties can also be left whole and served with zucchini noodles.

Garbanzo Patties: 280 kcal, 12g Protein, 35g Carb, 450mg Sodium, 8g Fiber, 0mg Cholesterol, 9g Fat, 2g Saturated, 5g Sugar, 10% Calcium, 10% Iron

Zucchini Noodles: 90kcal, 4g Protein, 10g Carb, 60mg Sodium, 3g Fiber, 0mg Cholesterol, 4.5g Fat, 0.5g Saturated, 7g Sugar, 6% Calcium, 6% Iron

■ DAY TWO ■

DINNER: WHITE BEAN, TOMATO & VEGETABLE QUINOA

1 Tablespoon olive oil
½ red onion, chopped (½ cup)
3 carrots, chopped (1½ cups)
2 red or green bell peppers, chopped (2 cups)
2 garlic cloves, minced
1½ (15 oz) cans organic white beans, drained and rinsed
½ teaspoon kosher salt
¼ teaspoon of black pepper
4 tomatoes, chopped (3 cups)
3 cups cooked quinoa * **see prep guide**
¼ cup water or broth
½ cup sliced almonds

1. Heat a large skillet over medium-high heat and add olive oil, onion, carrots, peppers, garlic, beans, salt, and pepper. Cook 3-4 minutes.
2. Add in tomatoes, quinoa, and water and simmer until liquid is absorbed. Add almonds just before serving.

White Bean, Tomato and Vegetable Quinoa: 440 kcal, 18g Protein, 63g Carb, 220mg Sodium, 13g Fiber, 0mg Cholesterol, 15g Fat, 1.5g Saturated, 12g Sugar, 15% Calcium, 25% Iron

■ DAY THREE ■

BREAKFAST: BLUEBERRY GINGER ALMOND OATS

2 cups raw old fashioned oats
4 cups almond milk
1 teaspoon grated ginger
1 teaspoon cinnamon, optional
1 teaspoon vanilla, optional
1 pint blueberries (2 cups)

¼ cup toasted almonds

Combine all ingredients except almonds the night before (in individual containers if desired). Put in refrigerator overnight. Top with almonds before serving.

Blueberry Ginger Oats: 280 kcal, 8g Protein, 42g Carb, 135mg Sodium, 8g Fiber, 0mg Cholesterol, 10g Fat, 1g Saturated, 10g Sugar, 30% Calcium, 15% Iron

■ DAY THREE ■

LUNCH: TWO BEAN SALSA TACOS

3 cups salsa **from Lunch Day #1*
½ (15 oz) can white beans, drained and rinsed
2 ounces feta cheese (½ cup)
1 avocado, sliced
8 corn tortillas, warmed if desired

Stir white beans into salsa. Layer salsa, feta, and avocado in tortillas.

Shrimp Tacos: 440kcal, 16g Protein, 69g Carb, 300mg Sodium, 15g Fiber, 15mg Cholesterol, 15g Fat, 3g Saturated, 11g Sugar, 15% Calcium, 15% Iron

■ DAY THREE ■

DINNER: CHIMICHURRI PORTOBELLOS with GRILLED VEGETABLE & BROWN RICE SALAD

For chimichurri (can be made ahead)

1½ cups chopped cilantro
 3 Tablespoons olive oil
 ¼ cup lime juice
 1½ Tablespoons lime zest
 Water for desired consistency
 Dash of kosher salt and pepper
 Dash of cayenne or red pepper flakes

For portobellos and grilled vegetables

8 large Portobello mushroom caps
 4 zucchini, sliced lengthwise
 6 red or green bell peppers, quartered
 3½ Tablespoons olive or grapeseed oil
 1 teaspoon kosher salt
 ½ teaspoon of black pepper

For brown rice salad

3 cups cooked brown rice * **see prep guide**
 3 cups frozen edamame, thawed
 2 grilled zucchini and 2 grilled bell peppers, chopped * **see below**
 1 Tablespoon lime juice
 1 Tablespoon olive oil
 ¼ teaspoon kosher salt
 dash of ground black pepper
 1 pinch red chili flakes, optional

1. Make chimichurri and set aside, **reserving ⅓ for Lunch Day #4.**
2. Heat an outdoor grill or indoor grill pan to medium.
3. Brush vegetables with oil and sprinkle with salt and pepper. Cook on grill for about 5-7 minutes. **Save 4 mushrooms and 2 peppers for lunch day 4. Save 2 zucchini and 2 bell peppers for Dinner Day #6.** Chop 2 grilled zucchini and 2 grilled peppers to use in Brown Rice Salad.
4. Top remaining 4 grilled mushrooms with chimichurri.
5. In a serving bowl combine ingredients for brown rice salad; toss gently. Serve with portobellos.

Portobello Chimichurri: 90 kcal, 2g Protein, 4g Carb, 180mg Sodium, 1g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 2g Sugar, 0% Calcium, 2% Iron

Brown Rice Salad: 400kcal, 17g Protein, 52g Carb, 170mg Sodium, 8g Fiber, 0mg Cholesterol, 15g Fat, 2g Saturated, 7g Sugar, 15% Calcium, 20% Iron

■ DAY FOUR ■

BREAKFAST: POWER SMOOTHIE

3 bananas
1 pint blueberries (2 cups)
1 cucumber, peeled
1 avocado, peeled & pitted
3 cups almond milk
3 cups ice

Blend together. Serve along with a side of boiled eggs.

4 eggs, hardboiled, sliced

Smoothie: 230 kcal, 3g Protein, 39g Carb, 100mg Sodium, 8g Fiber, 0mg Cholesterol, 9g Fat, 0.5g Saturated, 21g Sugar, 25% Calcium, 10% 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 FOUR ■

LUNCH: THAI EDAMAME SALAD

2 cucumbers, sliced (4 cups)
2 grilled bell peppers, sliced (2 cups) **from Dinner Day 3*
4 grilled portobellos, cooked and sliced ** from Dinner Day 3*
2 carrots, shredded (2/3 cup)
2 cups frozen edamame, thawed
4 cups chopped lettuce (1 head iceberg or 3/4 head romaine)
1 Tablespoon low-sodium soy sauce
2 Tablespoons lime juice
1/2 cup chimichurri ** from Dinner Day 3*
1/4 cup chopped mint
1 avocado, sliced

2 mangoes, sliced

Toss all ingredients except mango together. Serve with a side of mango.

Thai Edamame Salad: 390kcal, 16g Protein, 30g Carb, 290mg Sodium, 11g Fiber, 0mg Cholesterol, 22g Fat, 2g.5 Saturated, 11g Sugar, 15% Calcium, 20% Iron
Mango: 70kcal, 0g Protein, 17g Carb, 0mg Sodium, 1g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 15g Sugar, 0% Calcium 0% Iron

■ DAY FOUR ■

DINNER: SUMMER BLACK EYED PEA SALAD WITH QUINOA AND CORN

1 red onion, chopped (1 cup)
2 cucumbers, peeled and chopped (4 cups)
2 red or green bell peppers, diced (2 cups)
4 ears cooked corn kernels (3 cups) **see prep guide*
3 (15 oz) cans organic black eyed peas, drained and rinsed
¼ cup chopped mint

2 Tablespoons olive oil
2 Tablespoons lime juice
½ teaspoon kosher salt
½ teaspoon cumin
¼ teaspoon dried oregano
¼ teaspoon black pepper

3 cups cooked quinoa **see prep guide*
2 ounces feta cheese (½ cup)

1. In a serving bowl, toss together onion, cucumber, peppers, corn, black eyed peas, and mint. In a small bowl, whisk oil with lime, salt, cumin oregano, and pepper; drizzle over salad and toss well. **Reserve half for Lunch Day 5.**
2. To remaining salad, add quinoa and feta and toss well. Serve chilled or at room temperature.

Black Eyed Pea Salad: 440kcal, 20g Protein, 15g Carb, 380mg Sodium, 12g Fiber, 15mg Cholesterol, 11g Fat, 3g Saturated, 8g Sugar, 15% Calcium, 20% Iron

■ DAY FIVE ■

BREAKFAST: HUEVOS RANCHEROS SCRAMBLE

1 Tablespoon olive oil
½ red onion, diced (½ cup)
1 red or green bell pepper, diced (1 cup)
½ large zucchini, chopped (1 cup)
½ (15 ounce) can black beans, drained and rinsed
8 eggs, beaten
Dash of kosher salt and black pepper
2 tomatoes, chopped (1½ cups)
¼ cup chopped cilantro
1-ounce feta cheese (¼ cup)
1 lime, sliced

2 mangoes, peeled and diced
1 pint fresh blueberries (2 cups)

Heat a large non-stick skillet over medium heat and add oil. Add onion, bell pepper, and zucchini and cook for about 4 minutes. Add in black beans and eggs and scramble as they cook. Season with salt and pepper. Top with tomato, cilantro, feta, and slice of lime. Serve with mango and blueberries.

Rancheros Scramble: 280kcal, 18g Protein, 19g Carb, 240mg Sodium, 5g Fiber, 435mg Cholesterol, 15g Fat, 4.5g Saturated, 4g Sugar, 10% Calcium, 15% Iron

Blueberries and Mango: 110kcal, 1g Protein, 27g Carb, 0mg Sodium, 3g Fiber, 0mg Cholesterol, 0g Fat, 0g Saturated, 23g Sugar, 0% Calcium. 2% Iron

■ DAY FIVE ■

LUNCH: LETTUCE WRAPS

2 cups cooked brown rice * *see prep guide*
½ black eyed pea salad * *from Dinner Day #4*
1 Tablespoon lime juice
¼ cup sliced almonds

1 head lettuce, separated into large leaves

Combine filling ingredients and serve in lettuce leaves.

Lettuce Wraps: 430kcal, 16g Protein, 67g Carb, 180mg Sodium, 12g Fiber, 0mg Cholesterol, 14g Fat, 1g Saturated, 7g Sugar, 10% Calcium. 20% Iron

■ DAY FIVE ■

DINNER: SUMMER QUINOA SOUP

1 Tablespoon olive oil
1 red onion, diced (1 cup)
1 red or green bell pepper, diced (1 cup)
2 cloves garlic, minced
1 Tablespoon tomato paste
½ teaspoon kosher salt
Dash of black pepper
Generous pinch of red pepper flakes, optional
1 teaspoon cumin
1 cup dry quinoa
2 ears corn, kernels (1½ cups)
2 (15 ounce) cans black beans, drained & rinsed
4 tomatoes, chopped (3 cups)
4 cups water or vegetable broth
½ cup chopped cilantro
1 avocado, diced
2 limes, wedges

1. Heat a large pot over medium heat and add oil.
2. When oil is hot add onion, pepper, and garlic and cook for 2 minutes. Add tomato paste, salt, pepper, red pepper flakes, and cumin and stir for 30 seconds.
3. Add quinoa, corn, beans, tomatoes, and water and simmer for 15-20 minutes until quinoa is cooked and flavors are well combined.
4. Garnish with cilantro, avocado, and limes.

Chili Stew: 530kcal, 21g Protein, 87g Carb, 330mg Sodium, 19g Fiber, 0mg Cholesterol, 13g Fat, 1.5g Saturated, 9g Sugar, 15% Calcium. 35% Iron

■ DAY SIX ■

BREAKFAST: BLUEBERRY GINGER ALMOND OATS

2 cups raw old fashioned oats
4 cups almond milk
1 teaspoon grated ginger
1 teaspoon cinnamon, optional
1 teaspoon vanilla, optional
1 pint blueberries (2 cups)

¼ cup toasted almonds

Combine all ingredients except almonds the night before (in individual containers if desired). Put in refrigerator overnight. Top with almonds before serving.

Blueberry Ginger Oats: 280 kcal, 8g Protein, 42g Carb, 135mg Sodium, 8g Fiber, 0mg Cholesterol, 10g Fat, 1g Saturated, 10g Sugar, 30% Calcium, 15% Iron

■ DAY SIX ■

LUNCH: WATERMELON QUINOA

4 cups chopped lettuce (1 head iceberg or ¾ head romaine)
2 tomatoes, diced (1½ cups)
1 cucumber, diced (2 cups)
4 cups diced watermelon
3 cups cooked quinoa * *see prep guide*
¼ cup sliced almonds
1 ounce crumbled feta cheese (¼ cup)
1 avocado, diced
¼ cup chopped mint
2 Tablespoons balsamic vinegar
1 Tablespoon olive oil
dash of kosher salt and black pepper

Gently toss ingredients together.

Watermelon Quinoa: 410 kcal, 12g Protein, 54g Carb, 190mg Sodium, 10g Fiber, 5mg Cholesterol, 18g Fat, 2.5g Saturated, 16g Sugar, 15% Calcium, 25% Iron

■ DAY SIX ■

DINNER: VEGGIE TOSTADAS

- 1 Tablespoon olive oil
 - 1 red onion, sliced (1 cup)
 - 2 ears corn, kernels (1½ cups)
 - Grilled veggies **from Dinner Day #3*
 - 1 (15 ounce) can black beans, rinsed and drained
 - ½ cup chopped cilantro
 - 8 corn tortillas, crisped in oven
 - 2 ounces crumbled feta cheese (½ cup)
 - 1 lime, wedged
- 2 mangoes, sliced

1. Heat a large skillet over medium high heat and add oil, onions, and corn; cook for 3-4 minutes. Add grilled veggies and beans and cook until warmed. Turn off heat and add cilantro.
2. Serve on tortillas with feta, a wedge of lime, and a side of sliced mango.

Veggie Tostadas: 460 kcal, 18g Protein, 75g Carb, 370mg Sodium, 16g Fiber, 10mg Cholesterol, 14g Fat, 2.5g Saturated, 16g Sugar, 15% Calcium, 15% Iron

Mango: 70kcal, 0g Protein, 17g Carb, 0mg Sodium, 1g Fiber, 17mg Cholesterol, 0g Fat, 0g Saturated, 15g Sugar, 0% Calcium, 0% Iron