

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*
- 7 cups cooked quinoa prepared according to package directions **for the week*
- Smoky dressing can be made ahead
- 14 limes, juiced (1¾ cups) **for the week*
- Cut vegetables: kale, onion, bell pepper, cauliflower, tomatillos

DAY #15

- 14 hardboiled eggs * *for the week*
- Freeze 6 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

- 1½ cups 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** (makes about 7 cups)

2 Tablespoons (30 mL) olive oil
1 yellow onion, diced (1 cup/240 mL)
4 cloves garlic, minced
2 carrots, minced ($\frac{2}{3}$ cup/160 mL)
 $\frac{1}{2}$ teaspoon (2.5 mL) kosher salt
 $\frac{1}{4}$ teaspoon (1.25 mL) black pepper
 $\frac{1}{4}$ teaspoon (1.25 mL) dried oregano
3 (15 ounce/420 g) cans crushed tomatoes
 $\frac{1}{2}$ cup (120 mL) water
1 cup (240 mL) chopped basil

1. In a large 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

2 large spaghetti squash

Cut squash in half and scoop out seeds. Place cut side down in two 9 x 13 pans with $\frac{1}{2}$ " -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 13 cups of squash strands for the week.

ROASTED SWEET POTATOES

3½ pounds (1.6 kg) 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 2 cups of potatoes for Day #18; leave remaining squash in cubes for the rest of the week.

ROASTED CUMIN CAULIFLOWER

1 head cauliflower, chopped into small florets
1 Tablespoon (15 mL) olive oil
 $\frac{3}{4}$ teaspoon (3.75 mL) cumin
Dash each salt and pepper

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



VEGETARIAN MIND BODY RESET • Week 3

VEGETABLES & FRUIT	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
spaghetti squash	2 large		
basil	3 bunches		
kale	4 bunches		
sweet potatoes	3-1/2 pounds	1.6 kg	
avocado	8		
cilantro	5 bunches		
bell peppers	12		
tomatillos	20		<i>about 2 pounds</i>
banana	9		
apples	10		
carrots	14		
eggplant	1 lg + 1 sm		or 3 small
cabbage	2 heads		
brussels sprouts	2-1/2 pounds	1.1 kg	
corn	4 cups	960 mL	
cauliflower	3 heads		

MISC.	QTY US	QTY METRIC	NOTES/SUBSTITUTION SUGGESTIONS
pepitas	2-1/2 cups	600 mL	<i>pumpkin seeds</i>
chipolte peppers	1 sm can		
quinoa	3-1/2 cups	840 mL	
almond milk	7 cups	1.7 l	
cocoa powder	1/2 cup	120 mL	
raisins	1-1/4 cups	300 mL	
baking powder	1 teaspoon	5 mL	
canned (crushed) tomatoes	4 (15 oz) cans	4 (420 g)	
nutmeg	1/4 teaspoon	1.25 mL	<i>optional</i>
vanilla	7 teaspoons	35 mL	<i>optional</i>
cinnamon	4-1/4 tsps	21.25 mL	<i>optional</i>
white beans	4 (15 oz) cans	4 (420 g)	
kidney beans	4 (15 oz) cans	4 (420 g)	
black beans	10 (15 oz) cans	10 (420 g)	
curry powder	1 teaspoon	5 mL	

SPRING RESET PANTRY ESSENTIAL	QTY US	QTY METRIC
Olive Oil	2 cups	480 mL
Grapeseed Oil	6 Tablespoons	90 mL
Veg broth (gluten free)	2 cups	480 mL
Kosher Salt & Black Pepper	6-1/4 tsp salt	36.25 mL
	2-1/2 tsp pepper	12.5 mL
Garlic Cloves	19 cloves	
Cayenne Pepper	1/4 teaspoon	1.25 mL
Paprika		
Cumin	5-1/4 teaspoons	26.25 mL
Italian seasoning or oregano	4-1/2 teaspoons	22.5 mL
Dijon Mustard	3 teaspoons	15 mL
canned beans	see above	
Tea:		
Nuts:		
Vinegar: white	4-1/2 Tblspns	67.5 mL
Onion: yellow	9	
Citrus: Lemon		
Citrus: Lime	15	
Eggs, organic	42	
Oatmeal (gluten free)	7-1/2 cups	1.8 l

WEEKLY NOTES
<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>

BREAKFAST: SPAGHETTI FRITTERS with SLICED APPLES

Serving Size: ¼ prepared fritters + 1 apple

3 cups (720 mL) cooked spaghetti squash **see prep guide*

6 eggs

¼ cup (60 mL) chopped basil

¼ teaspoon (1.25 mL) kosher salt

Dash of black pepper

1-2 Tablespoons (15-30 mL) grapeseed oil (for the pan)

1 cup (240 mL) marinara **see prep guide*

4 apples, sliced

1. Combine squash, eggs, basil, salt, and pepper.
2. Heat a large 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. Repeat with remaining oil and batter.
5. Serve topped with marinara with a side of apples.

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

MAKE AHEAD:

3 cups spaghetti squash ** see prep guide*

1 cup marinara sauce ** see prep guide*

2 cups roasted sweet potatoes cubes, diced ** see prep guide*

2 cups cooked quinoa

6 limes, juiced (¾ cup)

Smoky dressing can be made ahead

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

LUNCH: ROASTED SWEET POTATO SALAD

Serving Size: ¼ prepared dish

For Smoky Dressing (can be made ahead)

1 Tablespoon (15 mL) chopped chipotles in adobo

2 Tablespoons (30 mL) olive oil

⅓ cup (80 mL) lime juice

½ teaspoon (2.5 mL) cumin

¼ teaspoon (1.25 mL) kosher salt

½ cup (120 mL) chopped cilantro

For Salad

1 bunch kale, chopped (6 cups/1.4 l)

1 Tablespoon (15 mL) olive oil

Dash of kosher salt

2 Tablespoons (30 mL) lime juice

2 cups (480 mL) roasted sweet potato cubes, diced **see prep guide*

1 avocado, diced

1 (15 oz/420 g) can white beans, drained and rinsed

¼ cup (60 mL) pepitas

Combine dressing ingredients and **save half for Dinner #15**. In a large 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

Serving Size: ¼ prepared dish

2 Tablespoons (30 mL) olive oil
 1 yellow onion, thinly sliced (1 cup/240 mL)
 2 green bell peppers, thinly sliced (2 cups/480 ml)
 1 head of cauliflower, chopped very small
 2 cans (15 oz/420 g) black beans, drained and rinsed
 2 teaspoons (10 mL) cumin
 Dash of cayenne, optional
 ½ teaspoon (2.5 mL) kosher salt
 ¼ teaspoon (1.25 mL) black pepper
 2 tomatillos, thinly sliced
 ¾ cup (180 mL) chopped cilantro
 ¼ cup (60 mL) lime juice
 2 cups (480 mL) cooked quinoa, warmed **see prep guide*

1. Heat oil in a large 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

Serving Size: ¼ prepared recipe

- 1½ cups (360 mL) rolled oats
- 4 eggs
- 2 bananas
- 3-4 Tablespoons (45-60 mL) Tablespoons almond milk
- 2 teaspoons (10 mL) vanilla, optional
- 2 teaspoons (10 mL) cocoa powder

1. Combine all ingredients in a blender.
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

6 cups cooked spaghetti squash * see prep guide

5 hardboiled eggs

1 lime, juiced (2 Tablespoons)

Freeze 3 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

Serving Size: ½ pepper filled with ¼ egg mixture

- 1 Tablespoon (15 mL) olive oil
- 1 teaspoon (5 mL) curry powder
- 2 teaspoons (10 mL) Dijon mustard
- 1 teaspoon (5 mL) white or cider vinegar
- ¼ teaspoon (1.25 mL) kosher salt
- Dash of black pepper

- 5 hardboiled eggs, chopped
- 1 can (15 oz/420 g) organic white beans, drained and rinsed
- ¼ cup (60 mL) raisins
- 2 Tablespoons (30 mL) pepitas
- 1 avocado, small dice
- 1 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 halves.

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

Serving Size:

For Smokey Beans over Spaghetti Squash

2 Tablespoons (30 mL) olive oil, divided
 3 cans (15 oz/425 g) red kidney beans, drained and rinsed
 Smokey dressing * **from Lunch 14**
 3 cloves garlic, minced
 1 bunch kale, chopped (6 cups/1.4 l)
 6 cups (1.4 l) cooked spaghetti squash, warmed *see prep guide

For Carrot Apple Slaw

2 carrots, grated (¾ cup /160 mL)
 1 apple, cut into matchsticks
 ¼ yellow onion, thinly sliced (¼ cup/60 mL)
 ¼ cup (60 mL) pepitas
 2 Tablespoons (30 mL) raisins
 2 Tablespoons (30 mL) olive oil
 2 Tablespoons (30 mL) lime juice (orange will work well too)
 ¼ teaspoon (1.25 mL) kosher salt
 2 Tablespoons (30 mL) chopped cilantro
 2 Tablespoons (30 mL) chopped basil

For Smokey Beans over Spaghetti Squash

1. Heat a non-stick skillet over medium heat and add 1 Tablespoon olive oil. Add beans and ½ the reserve smokey dressing. Cook 2-3 minutes until heated through. Remove beans from skillet, **reserve 1½ cups for Lunch #16**, and set remaining beans aside.
2. Return skillet to heat and add 1 Tablespoon 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

Serving Size: ¼ prepared smoothie

- 1 (15 ounce/420 g) can low sodium black beans drained and rinsed
- 3 bananas, frozen
- ¼ cup (60 mL) unsweetened cocoa
- 1 teaspoon (5 mL) cinnamon, optional
- 2 teaspoons (10 mL) vanilla, optional
- 2 cups (480 mL) almond milk

Blend all ingredients together.

MAKE AHEAD:

- 3 cups marinara * *see prep guide*
- 1½ cups smokey beans **from Dinner #15*
- 1 lime, juiced (2 Tablespoons)
- 4 hardboiled eggs, optional
- 3 cups 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

Serving Size: ¼ cup salad + ½ avocado, ¾ cup quinoa, 1 egg

- 1½ cups smokey beans * **from Dinner #15**
- 2 tomatillos, diced (1½ cups/360 mL)
- 1 green bell pepper, diced (1 cup/240 mL)
- 2 carrots, grated (¾ cup/180 mL)
- ½ yellow onion, diced (½ cup/120 mL)
- ½ cup (120 mL) chopped cilantro
- 2 Tablespoons (30 mL) lime juice
- ¼ teaspoon (1.25 mL) kosher salt
- 2 avocados, cut in half, pitted

- 3 cups (720 mL) cooked quinoa
- 4 hardboiled eggs, sliced, optional

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

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

Serving Size: ¼ prepared dish

1 Tablespoon (15 mL) olive oil
1 yellow onion, chopped (1 cup/240 mL)
2 cloves garlic, chopped
1 small eggplant, chopped
1 green bell pepper, chopped (1 cup/240 mL)
2 carrots, grated (¾ cup/180 mL)
2 cans (15 oz/420 g) white beans, drained and rinsed
1 teaspoon (5 mL) dried oregano
¼ cup (60 mL) chopped basil
½ teaspoon (2.5 mL) kosher salt
¼ teaspoon (1.25 mL) black pepper
3 cups (720 mL) marinara **see prep guide*

1 Tablespoon (15 mL) olive oil
1 clove garlic, minced
½ head cabbage, shredded (4 cups/960 mL)
Dash of kosher salt and pepper
1 Tablespoon (15 mL) white wine vinegar

1. Heat a large 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 large 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.

400 kcal, 15g Protein, 59g Carb, 580mg Sodium, 20g Fiber, 0mg Cholesterol, 12g Fat, 1.5g Saturated, 15g Sugar, 15% Calcium, 20% Iron

BREAKFAST: NAKED BREAKFAST BURRITO SCRAMBLE

Serving Size: ¼ prepared dish

- 1 Tablespoon (15 mL) olive oil
- ½ yellow onion, chopped (½ cup/120 mL)
- Dash of cumin
- Dash of cayenne, optional
- 1 green bell pepper, chopped (1 cup/240 mL)
- 4 tomatillos, chopped (3 cups/720 mL)
- 6 eggs, beaten
- ¼ teaspoon (1.25 mL) kosher salt
- Dash of black pepper
- ¼ cup (60 mL) chopped cilantro
- 1 avocado, sliced

1. Heat a large 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.

210 kcal, 12g Protein, 9g Carb, 250mg Sodium, 4g Fiber, 340mg Cholesterol, 17g Fat, 3.5g Saturated, 3g Sugar, 4% Calcium, 10% Iron

MAKE AHEAD:

Brussels Sprouts & Sweet Potato salad can be made ahead

1 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)

Serving Size: ¼ prepared dish

- 1 pound (454 g) Brussels sprouts, trimmed and shaved
- ¼ teaspoon (1.25 mL) kosher salt
- 2 Tablespoons (30 mL) olive oil
- 1 cup (240 mL) roasted sweet potato cubes * see *prep guide*
- 2 apples, sliced
- ½ cup (120 mL) pepitas
- 2 Tablespoons (30 mL) white or balsamic vinegar
- Dash 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*Serving Size: 2 cups*

2 Tablespoons (15 mL) grapeseed oil (or 1 Tablespoon each olive oil and grapeseed oil)
1 yellow onion, chopped (1 cup/240 mL)
2 cloves garlic, minced
1 pound (454 g) tomatillos, chopped (about 10 medium)
1 Tablespoon (15 mL) chipotles in adobo, minced, optional
1 cup (240 mL) chopped cilantro
½ head cauliflower, grated
2 cups corn (frozen or from 3 fresh ears)
2 (15 oz/420 g) cans black beans, drained and rinsed
2 teaspoons (10 mL) dried oregano
1 teaspoon (5 mL) dried cumin
¼ teaspoon (1.25 mL) kosher salt
2 cups (480 mL) low-sodium vegetable broth
1 lime, wedges
1 avocado, sliced

1. Heat oil in Dutch oven 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)

Serving Size: 3 muffins

2 cups (480 mL) rolled oats
 1 teaspoon (5 mL) baking powder
 2 teaspoons (10 mL) cinnamon, optional
 ¼ teaspoon (1.25 mL) nutmeg, optional
 ¼ teaspoon (1.25 mL) kosher salt
 1 banana, mashed
 ½ cup (120 mL) mashed roasted sweet potato **see prep guide*
 1 egg
 2 carrots, grated (¾ cup/160 mL)
 2 teaspoons (10 mL) vanilla, optional
 1 cup (240 mL) almond milk
 ¼ cup (60 mL) pepitas, chopped
 ¼ cup (60 mL) raisins

1. Preheat oven to 350°F. Grease 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 3 bananas for tomorrow's breakfast

2 cups mashed roasted sweet potato *
see prep guide

Carrot cake muffins can be made ahead

Cumin roasted cauliflower * *see prep guide*

2 limes, juice (¼ cup)

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

LUNCH: CUMIN CAULIFLOWER SLAW

Serving Size: 2½ cups

Cumin roasted cauliflower * *see prep guide*
 ½ head cabbage, shredded (4 cups/960 mL)
 1 green bell pepper, sliced thin (1 cup/240 mL)
 2 carrots, shredded (¾ cup/160 mL)
 1 avocado, diced
 ¼ cup (60 mL) lime juice
 2 Tablespoons (30 mL) olive oil
 ¼ cup (60 mL) chopped cilantro
 ¼ cup (60 mL) chopped basil
 Dash of kosher salt and black pepper

¼ cup (60 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

Serving Size: ¼ prepared dish

- 1 Tablespoon (15 mL) olive oil
- 1 yellow onion, chopped (1 cup/240 mL)
- 2 cloves garlic, minced
- 1 green bell pepper, chopped (1 cup/240 mL)
- 2 tomatillos, chopped (1½ cups/360 mL)
- 1 cup (240 mL) corn kernels
- 1½ cans (15 oz/420 g) low sodium black beans, drained and rinsed
- 1 can (15 oz/420 g) kidney beans, drained and rinsed
- ¼ teaspoon (1.25 mL) cumin
- ¼ teaspoon (1.25 mL) kosher salt
- ¼ teaspoon (1.25 mL) black pepper
- ½ (15 ounce/420 g) can whole crushed tomatoes
- 1 Tablespoon (15 mL) white vinegar
- ½ cup (120 ml) chopped cilantro
- 1½ cups (480 mL) mashed roasted sweet potato **see prep guide*

1. Heat oven to 400°F.
2. Heat oil in a large 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 9 x 9 baking dish 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

Serving Size: ¼ prepared smoothie

- 3 frozen bananas
- ¾ cup (160 mL) oats
- ½ cup (120 mL) raisins
- 3½ cups (840 mL) almond milk
- 1 teaspoon (5 mL) vanilla, optional
- 1 teaspoon (5 mL) cinnamon, optional

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

MAKE AHEAD:

- 3 frozen bananas
- 3 limes, juiced (5 Tablespoons)
- 5 hardboiled eggs
- Cut vegetables: Brussels sprouts, kale, cabbage, bell pepper, carrot, onion

LUNCH: CHOPPED SPROUT SALAD

Serving Size: ¼ prepared salad

- 1½ pounds (680 g) Brussels sprouts, trimmed and shaved
- 5 hardboiled eggs, chopped
- 3 apples, chopped small
- 3 Tablespoons (45 mL) lime juice
- 3 Tablespoons (45 mL) olive oil
- 1 clove garlic, minced
- 1 teaspoon (5 mL) Dijon mustard
- ¼ teaspoon (1.25 mL) kosher salt
- ¼ teaspoon (1.25 mL) black pepper
- ¼ cup (60 mL) pepitas

1. Combine sprouts, eggs, and apple in a large 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

Serving Size: 2 burger patties, ¼ prepared slaw

For lime slaw:

- ¼ bunch kale, chopped (1½ cups/360 mL)
- ¼ head cabbage, shredded (2 cups/480 mL)
- 1 green bell pepper (1 cup/240 mL)
- 1 carrot, shredded (½ cup/80 mL)
- 2 Tablespoons (30 mL) pepitas
- 2 Tablespoons (30 mL) lime juice
- ¼ cup (60 mL) chopped cilantro
- 2 Tablespoons (30 mL) olive oil
- Dash of kosher salt

Toss all ingredients together.

For mole sauce:

1 Tablespoon (15 mL) olive oil
 1 yellow onion, chopped (1 cup/240 mL)
 2 cloves garlic, minced
 1-2 Tablespoons (15-30 mL) chipotles in adobo, depending on how spicy you want it
 ¼ teaspoon (1.25 mL) cinnamon
 Dash of cumin
 1 Tablespoon (5 mL) raisins
 ½ (15 ounce) can crushed tomatoes
 1½ Tablespoons (22.5 mL) cocoa powder
 2 Tablespoons (30 mL) pepitas
 ¼ teaspoon (1.25 mL) kosher salt
 ¼ cup (60 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 ¼ cup sauce for Lunch #20.** Makes 1½ cups.

For black bean burgers:

2 (15 ounce/420 g) cans black beans, rinsed and drained
 ¼ cup (60 mL) mole sauce
 ½ yellow onion, chopped (½ cup/120 mL)
 ½ cup (120 mL) chopped cilantro
 ½ teaspoon (2.5 mL) cumin
 ½ cup (120 mL) rolled oats
 1 carrot, chopped (½ cup/120 mL)
 ¼ teaspoon (1.25 mL) kosher salt
 1 green bell pepper, chopped (1 cup/240 mL)
 1 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 8 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

Serving Size: ¼ frittata

- 8 eggs
- 2 Tablespoons (30 mL) almond milk
- 1 Tablespoon (15 mL) olive oil
- ½ yellow onion, chopped (½ cup/120 mL)
- 1 green bell pepper, chopped (1 cup/240 mL)
- ½ cup (120 mL) chopped basil
- 1 cup (240 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 medium 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.

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

MAKE AHEAD:

- 1 cup roasted sweet potato cubes, diced *
see prep guide
- 2 cups marinara sauce **see prep guide*
- 4 cups cooked spaghetti squash * *see prep guide*
- ¼ cup mole sauce * *from Dinner #19*
- 1 lime, juiced (2 Tablespoons)
- 2 cups cooked quinoa
- 1½ cups oatmeal, blended until medium fine
- Cut vegetables: onion, bell pepper, kale

LUNCH: QUINOA & KALE SALAD with MOLE VINAIGRETTE

Serving Size: 2½ cups

- 1 bunch kale, chopped (6 cups/1.4 l)
- 1 Tablespoon (15 mL) olive oil
- Dash of kosher salt
- 2 cups (480 mL) cooked quinoa
- 1 (15 ounce/420 g) can black beans, rinsed and drained
- 1 cup (240 mL) corn kernels (frozen or from 1½ fresh ears)
- ¼ cup (60 mL) chopped cilantro
- ¼ cup (60 mL) pepitas

For mole vinaigrette:

- ¼ cup (60 mL) mole sauce * **from Dinner #19**
- 2 Tablespoons (30 mL) lime juice
- 1 Tablespoon (15 mL) olive oil

1. In a small bowl, whisk together mole vinaigrette ingredients.
2. In large 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

Serving Size: ¼ prepared dish + ½ Tablespoon pepitas

- 1 large or 2 small eggplant
- 3 eggs, beaten
- 2 cloves garlic, minced
- 1½ cups (360 mL) oatmeal, blended medium fine
- ½ teaspoon (2.5 mL) kosher salt
- ¼ teaspoon (1.25 mL) black pepper
- 1 teaspoon (5 mL) dried oregano
- 2 Tablespoons (30 mL) grapeseed oil
- 1 Tablespoon (15 mL) olive oil
- 2 cups (480 mL) marinara sauce, warmed * *see prep guide*
- 4 cups (960 mL) cooked spaghetti squash, warmed * *see prep guide*

- 2 Tablespoons (30 mL) pepitas, lightly toasted and finely chopped
- 2 Tablespoons (30 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 large 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