



	Breakfast	Mid-Morning Snack	Lunch	Mid-Afternoon Snack	Dinner	Dessert
Day 1	<u>Loaded Oatmeal</u>	One piece of fruit of choice (hereafter known as Fruit Selection)	<u>Sweet Potato Bowl</u>	One apple with 2 Tbs <u>Oil-free hummus</u>	<u>Fiesta Rice</u>	1 cup of mixed berries
Day 2	Cold Cereal with plant milk	Carrot and Celery Sticks with 2 TBS <u>Oil-free hummus</u>	<u>Cannellini Beans and Broccoli</u>	One apple with 2 Tbs <u>Oil-free hummus</u>	<u>Stuffed Potato, Balsamic Glazed Roasted Vegetables</u>	Fruit Selection
Day 3	<u>Loaded Oatmeal</u>	Fruit Selection	<u>The Big Salad</u>	1/2 cup black beans (or bean of choice)	<u>Sloppy Joes, 1/2 Big Salad</u>	<u>Fruit Bowl with Oat-Nut Topping</u>
Day 4	Cold Cereal with plant milk	Carrot and Celery Sticks with 2 TBS <u>Oil-free hummus</u>	<u>Cannellini Beans and Broccoli</u>	Red pepper strips cut from one whole red pepper	<u>Pasta with Lentils, Tomatoes and Olives, 1/2 Big Salad,</u>	Fruit Selection
Day 5	<u>Loaded Oatmeal</u>	Fruit Selection	<u>The Big Salad</u>	One apple with 2 Tbs <u>Oil-free hummus</u>	<u>Sloppy Joes, 1/2 Big Salad</u>	1 cup of mixed berries
Day 6	<u>Tofu Scramble</u>	Carrot and Celery Sticks with 2 TBS <u>Oil-free hummus</u>	<u>Sweet Potato Bowl</u>	1/2 cup garbanzo beans (or bean of choice)	<u>Pasta with Lentils, Tomatoes and Olives, 1/2 Big Salad</u>	Fruit Selection
Day 7	<u>Blueberry Pancakes</u>	Fruit Selection	<u>Cannellini Beans and Broccoli</u>	One apple with 2 Tbs <u>Oil-free hummus</u>	<u>Stuffed Potato, Balsamic Glazed Roasted Vegetables</u>	<u>Fruit Bowl with Oat-Nut Topping</u>



## ONE WEEK MEAL PLAN RECIPES

**Note:** A way to save time on meal prep is to purchase frozen vegetables and/or pre-washed and cut up vegetables and fruit. Another option is to prep vegetables one or two days a week and store in fridge and take out as needed.

Not all recipes have demo videos.

### **Loaded Oatmeal**

1/2 cup Old-Fashioned Rolled Oats (not quick cooking)  
3/4 cup water  
1/2 cup berries of choice  
1 ripe mashed banana  
1 tablespoon chia seeds  
1 tablespoon ground flax seeds  
A sprinkle of cinnamon  
dash of green macha powder (green tea powder), optional

Put the oatmeal and water into a large bowl. Microwave for 2 minutes. Top with berries, mashed banana, chia seeds, ground flax, cinnamon and macha. Stir and enjoy. Makes 1 serving. (Note: you can also use steel cut oats but they take longer to cook).



## **Balsamic Glazed Roasted Vegetables**

**DEMO**

1/2 pound vegetable of choice (Brussel sprouts, asparagus, carrots all roast well)  
2 TBS balsamic vinegar (or any vinegar you like)  
2 TBS Dijon mustard

Preheat oven to 400. Cut up vegetable into bite sized pieces. Toss them in a bowl with the vinegar and mustard. Spread out on a cookie sheet and roast in the oven until done to your liking (usually 15-20 minutes). Makes 2 servings as a side.



### **Sweet Potato Bowl**

**DEMO**

- 1 medium sweet potato
- 2 cups mixed vegetables (frozen is fine)
- 1 cup sliced mushrooms (frozen is fine)
- 1/2 cup frozen corn
- 2-4 TBS pico di gallo (or salsa), or to taste

Cut sweet potato into bite size chunks and cook (boil, steam, microwave, or roast). Heat mixed vegetables, mushrooms, corn in pan or in microwave. Place cooked potato in a bowl and top with heated vegetables and pico di gallo/salsa. Makes 1 serving.



## **Fiesta Rice**

**DEMO**

Most grocery stores have prepared brown rice - usually frozen. Again, just make sure it has nothing added to it.

Mix all of the following together in a bowl:

1 1/2 cup cooked brown rice

1 1/2 cups black beans (one can, drained and rinsed)

3 cups pico di gallo or salsa

6 cups cut up vegetables of choice (corn, peas, onions, zucchini, carrots, yellow pepper)

Mix all together in a bowl. Makes 2-3 servings.



## **Stuffed Potato**

**DEMO**

- 1 very large potato of choice (white or sweet)
- 1/2 cup corn (frozen is fine)
- 1 cup pinto beans (drained and rinsed) (or canned bean of choice such as black beans)
- 2 TBS Pico di Gallo or Salsa (make sure they are oil free), or to taste

Bake or microwave the potato. Heat the corn and beans. Slit open the potato when done and fill and top with corn and beans. Top with pico di gallo/salsa. Makes 1 serving.



### **Cannellini Beans and Broccoli**

**DEMO**

- 1/4 cup vegetable broth or water
- 4 cups broccoli (fresh or frozen)
- 1 can cannellini beans (white beans), rinsed and drained
- 2 tsp chopped garlic (they sell this in jars)
- 1 tsp dried rosemary, crushed in between your fingers
- 1 tsp dried thyme
- 1 cup cooked brown rice

Heat a large fry pan over medium heat. Add the vegetable broth or water to hot pan. Add broccoli and saute 3 minutes. Add beans, garlic, rosemary, thyme, and rice and continue to cook until everything is heated through, about 3 more minutes. Makes 2 servings.



## **The Big Salad**

The Big Salad is very versatile and you can incorporate the vegetables that you like. All of the quantities are just minimums. You can make the big salad even bigger by increasing the quantities of anything (except the nuts and seeds!). If you really like tomatoes, use two instead of one. If you love cannellini beans use 1 cup instead of 1/2 and skip the peas. You can also change the vegetables and beans used. For example, you can use black beans or garbanzo beans instead of cannellini beans or any other type of canned bean. You could use red peppers instead of carrots etc. I do however recommend you stick to the lettuces recommended and the arugula or kale as they are healthier than iceberg lettuce. Also do keep some sort of peas and beans in the salad as they are important for protein and fiber.

Combine all the following in a LARGE bowl:

- 4 cups chopped leafy lettuce (green leaf, red leaf, butter lettuce, boston lettuce or romaine)
- 2 cups arugula or baby kale, chopped
- 1/2 cup chopped carrot
- 2 sliced scallions (about 1/2 cup)
- 1 chopped tomato (about 3.4 cup)
- 2 chopped radishes (1/2 cup)
- 1/2 cup chopped broccoli (or other green vegetable such as brussel sprouts, green beans)
- 1/2 cup frozen peas
- 1/2 cup canned cannellini beans (or canned beans of choice), drained and rinsed
- 1/2 tsp Italian seasoning (or seasoning of choice and to taste)
- 1 TBS nuts or seeds of choice (crushed if large) (ONLY after first two weeks!)
- fresh ground pepper, to taste
- 1 1/2 - 2 TBS red balsamic vinegar or lemon juice (or select from dressing recipes), or to taste

Makes 1 serving as a meal or 2 servings as a side.



## **Sloppy Joes**

**DEMO**

1 small onion, chopped  
1/2 cup water  
1 can brown lentils  
4 ounces tomato paste  
1/2 tsp vegetarian Worcestershire sauce (if you can't find it just you can use regular worcestershire)  
1/2 tsp ketchup  
1 cup cooked quinoa (available cooked in most frozen food sections) (or you can use a whole grain bun)

Saute the onion in 1/4 of the water until translucent (bout 3 minutes), adding more water as necessary to prevent sticking. Add the lentils and 2 more TBS water and cook five minutes until heated through. Stir in the tomato paste, 2 more TBS water and stir and cook to make a thick sauce. Add the worcestershire and ketchup. Place 1/2 of this mixture over 1/2 cup quinoa or on a whole-grain bun. Makes 2 servings - save the rest for the next dinner.



## **Pasta with Lentils, Tomatoes, and Olives**

**DEMO**

- 1 medium onion, diced
- 1 15 oz can lentils, drained and rinsed
- 1 14.5 oz can diced tomatoes
- 1 can or jar pitted kalamata olives (about 1/2 cup)
- 8 grape or cherry tomatoes, halved
- 3-4 cloves of garlic, minced (or 1 tablespoon of jarred garlic)
- 4 basil leaves, torn into bite sized pieces (if no fresh basil, use 1 tsp dried)
- 8 ounces brown rice pasta of choice (small shells or fusilli is nice here)

Bring a large pot of water to a boil and cook pasta according to package directions. Drain and set aside but keep warm in the same pot you cooked it in. In a large fry pan saute onion in 1/4 cup water until soft. Add lentils, canned tomatoes, olives and grape tomatoes. Continue to cook over medium-low heat for 8 more minutes. Add the garlic and cook 2 more minutes. Toss the sauce with the warmed pasta and top with the basil leaves. Makes 2 servings.



### **Fruit Bowl with Oat-Nut Topping**

**DEMO**

- 1 banana, sliced
- 1/2 small can mandarin orange slices, drained
- 2 TBS Old Fashioned Rolled Oats
- 1 1/2 teaspoons chopped walnuts

Place the fruit in a bowl and sprinkle with oats and nuts. Makes one serving.



## **Oil-Free Hummus**

1 15.5 oz can of chickpeas (garbanzo beans), drained, reserving 1/4 cup of the water from the can, and rinsed

2 tablespoons tahini (also called sesame seed paste)

1/4 cup of the water from the chickpea can

1 tablespoon lemon juice

1/2 teaspoon, cumin

1/4 teaspoon garlic powder

1/2 teaspoon salt, optional

Add tahini and the chickpea water to a blender and blend on high until creamy. Add the remaining ingredients and blend on high until smooth. Depending on the power of your blender, you may need to stop the blender several times to scrape down the sides and get everything to blend.

If no blender, you can simply mash the chickpeas with a potato masher or fork until they form a paste.