



Clean Eating Easy Meal Prep *Guide*



Your *CE* Recipe Guide

Meal planning just got a whole lot easier with this array of delicious, real-food recipes designed to save time in the kitchen and maximize nutrition and convenience.



P Paleo
F Freezable
Q Quick *under 45 minutes*
V Vegetarian *may contain eggs and dairy*
GF Gluten-free
GFA Gluten-free adaptable *Recipe contains soy sauce, miso, Worcestershire sauce and/or tamari. All of these ingredients are available in gluten-free and regular varieties.*



ON THE COVER

Recipe featured is our
 "Sweet & Sour Chickpea Balls," p. 13.
 Photographer: **Beata Lubas**

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TAKE IT TO GO

Being out and about doesn't have to mean compromising on flavor or nutritional benefit – not when you have these recipes in your back pocket! Chow down on these delectable and portable dishes.

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COOK ONCE

Spend a few hours prepping on Sunday for a week's worth of scrumptious and satiating meals. We've got you covered for breakfast, lunch and dinner with creative and versatile recipes for an effortless, tasty week ahead.

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ICE COLD CONVENIENCE

With the help of a large zip-top bag and some simple prep, make and store healthy, time-saving dishes in the freezer and pull out months later for simple, fuss-free meals.

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MEAL PLANS

We've got 4 weeks of unique meal plans to boost energy, aid in digestion, limit waste and help you feel your best – all replete with nourishing fare for morning, noon and night with a highly craveable taste.

PHOTO BY ANGEL DIMOV (OF EVERGREEN KITCHEN), FOOD STYLING BY BRIANNE BEAUDOIN

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V GF

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P V GF

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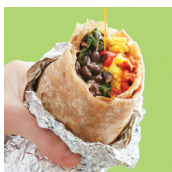
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nutritional values

The nutritional values used throughout *Clean Eating* are calculated with the use of The Food Processor SQL (Esha Research) and are provided by food manufacturers or found in the USDA National Nutrient Database.

What Is Clean Eating?

The soul of clean eating is consuming food the way nature delivered it, or as close to it as possible. It is not a diet; it's a lifestyle approach to food and its preparation. It's about eating real food, for a healthy, happy life.

Eat five to six times a day – three meals and two to three small snacks. Include a lean protein, plenty of fresh fruit and vegetables, and a complex carbohydrate with each meal. This keeps your body energized and burning calories efficiently all day long.

Choose organic whenever possible. If your budget limits you, make meat, eggs, dairy and the Dirty Dozen (ewg.org/foodnews) your organic priorities.

Drink at least 2 liters of water a day, preferably from a reusable canteen, not plastic; we're friends of the environment here! Limit your alcohol intake to one glass of antioxidant-rich red wine a day.

Get label savvy. Clean foods contain short ingredient lists. Any product with a long ingredient list is human-made and not considered clean.

Avoid processed and refined foods such as white flour, sugar, bread and pasta. Enjoy complex carbs such as whole grains instead.

Know thy enemies. Steer clear of trans fats, fried foods or foods high in sugar. Avoid preservatives, color additives and toxic binders, stabilizers, emulsifiers and fat replacers.

Consume healthy fats (essential fatty acids, or EFAs) every day.

Learn about portion sizes and work toward eating within them.

Reduce your carbon footprint. Eat produce that is seasonal and local. It is less taxing on your wallet and the environment.

Shop with a conscience. Consume humanely raised, local meats and ocean-friendly seafood. Visit seachoice.org for a printable pamphlet.

Practice mindful eating. Never rush through a meal. Food tastes best when savored. Enjoy every bite.

Take it to go. Pack a cooler for work or outings so you always have clean eats on the go.

Clean Eating
cleaneating.com



Your #1 Meal Planning Source

Welcome to your one-stop meal-prep shop. If you're a passionate and healthy foodie with a penchant for organization and making nutrient-dense foods in advance, you're in the right place.

Eating clean on the go has long been a challenge for many people. More and more health-focused takeout restaurants are emerging, especially in major metropolises, but in smaller towns and more rural areas, greasy chain food joints still reign supreme. The reality is, healthy or not, eating out is costly, and it's hard to know what's in your food. Enter the "Take It to Go" recipes on page 8. With 14 meals you can prep ahead and take with you anywhere you go, you can stay on track and fueled with real food.

Speaking of prepping ahead, in recent years, CE readers have fallen madly in love with our "Cook Once for the Week Ahead" series, so we've dedicated a chunk of this book to that (p. 24). The idea: Spend a few hours on Sunday (or any day) making a handful of recipes that multiply into many more throughout the week so that the bulk of your cooking happens in a single day, leaving the rest of the week for quick-fix, delicious eating.

We've also got from-scratch freezer meals that replace the packaged and processed freezer meals of yesteryear. What I adore about these is that they're made ahead and frozen right away, and when you're ready, they go directly from freezer to your cooking apparatus. We have recipes for the latest craze – the Instant Pot – as well as your tried-and-true slow cooker and, of course, oven and stove top. These recipes make all kinds of sense for busy folks. You don't have to worry about fresh proteins and produce turning in your fridge when you suddenly have no time to cook. And also be sure to check out the cult-favorite meal plans starting on page 66 for structured plans complete with shopping lists to take all the guesswork out of what to eat.

I sincerely hope this book makes nourishing your body a little easier and even more delicious while freeing up time for a few of the other things you enjoy.

Alicia

Alicia Tyler
Editor-in-Chief

Write to us! We're listening.
CEeditorial@aimmedia.com



Take It **to Go**

Have your workday lunch options become a tossup between bland takeout salad and that same-old sandwich? To rescue you from the desk-lunch doldrums, we've created these incredibly tasty recipes you can make ahead and grab on your way out the door. These portable meals will keep you satisfied and on track – and out of the drive-through line.

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MAKE IT A SMOOTHIE PACK:

For effortless mornings, prep the banana, spinach, pineapple, hemp and matcha in advance and store in a container in the freezer. Simply blend with almond milk and vanilla when you're ready to drink.

Matcha Smoothies

SERVES **2**. HANDS-ON TIME: **10 MINUTES**. TOTAL TIME: **10 MINUTES**.

Smoothies are the ultimate take-to-go breakfast, but it's easy to fall into a smoothie rut. Our secret? Switch up the flavor by adding matcha, a finely ground green tea that adds sweet, earthy flavor and a power punch of antioxidants.

- 2** bananas, sliced and frozen
- 2 cups** lightly packed baby spinach
- 1¼ cups** plain unsweetened almond milk
- 1 cup** chopped pineapple

- 2 tbsp** hemp hearts
- 2 tsp** matcha powder
- ½ tsp** pure vanilla extract

In a blender, combine all ingredients until smooth.

TIP: Opt for culinary-grade matcha, which is less expensive, for blended drinks and baking recipes.

PER SERVING (½ of recipe): Calories: 247, Total Fat: 7 g, Sat. Fat: 1 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 4 g, Carbs: 42 g, Fiber: 7 g, Sugars: 23 g, Protein: 8 g, Sodium: 158 mg, Cholesterol: 0 mg

Triple Fruit & Oat Blended Parfait

MAKES **4 PARFAITS**.

HANDS-ON TIME: **25 MINUTES**.

TOTAL TIME: **25 MINUTES**.

These portable parfaits have two fruity layers: a cherry and a banana layer, all topped with chopped plums and crunchy almonds for a filling breakfast. Get creative with chopped fruit and nuts of your choice for sprinkling between layers and on top.

BANANA LAYER

- 1 cup** cold cooked oatmeal
- 1** frozen banana
- ¼ cup** plain unsweetened almond milk
- ¼ tsp** pure vanilla extract
(**TRY:** Simply Organic Pure Vanilla Extract)

FOR SPRINKLING

- 3** plums, pitted and diced, divided
- 6 tbsp** sliced unsalted almonds, divided

CHERRY LAYER

- 1 cup** cold cooked oatmeal
- 1 cup** frozen cherries
- ¼ cup** plain unsweetened almond milk
- ⅛ tsp** pure almond extract

1. Prepare banana layer: To a blender, add all banana layer ingredients and blend on high until smooth. Divide among 4 small jars or glasses. Divide half of plums and almonds over top.

2. Prepare cherry layer: Rinse out blender, add cherry layer ingredients to blender and blend on high until smooth. Layer over top of plums and almonds, dividing evenly among the 4 jars.

3. Sprinkle with remaining half of plums and almonds.

TIP: Store covered in the refrigerator for 2 to 3 days. (Placing plastic wrap directly on the surface will help prevent discoloration.)

PER SERVING (1 parfait): Calories: 207, Total Fat: 7 g, Sat. Fat: 1 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 2 g, Carbs: 34 g, Fiber: 5.5 g, Sugars: 14 g, Protein: 6 g, Sodium: 80 mg, Cholesterol: 0 mg





Savory Breakfast Quick Bread

SERVES 12. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 45 MINUTES.

These quick breads hit just the right balance of savory, salty and sweet with a mix of turkey bacon, Parmesan cheese and maple syrup. We love these warmed lightly with a pat of butter.

- 2 oz** all-natural turkey bacon (no added nitrates or nitrites), chopped
- 1 cup** whole-wheat flour
- 1 cup** white whole-wheat flour
- 2 tbsp** grated Parmesan cheese
- 2 tsp** baking powder
- 1 tsp** baking soda
- ½ tsp** sea salt
- 2 large** eggs
- 1¼ cups** whole buttermilk
- ⅓ cup** safflower oil
- 3 tbsp** pure maple syrup
- ¼ cup** chopped fresh chives

1. Preheat oven to 350°F. Mist a 12-count muffin tin with cooking spray or line with paper liners.

2. Mist a medium nonstick skillet with cooking spray and heat on medium high. Add bacon and cook, stirring frequently, until lightly browned, about 3 minutes. Transfer to a paper towel-lined plate.

3. In a large bowl, whisk together flours, Parmesan, baking powder, baking soda and salt. In a medium bowl, whisk together eggs, buttermilk, oil and maple syrup. Add wet ingredients to dry and mix with a wooden spoon until just combined. Do not overmix. Fold in cooked bacon and chives.

4. Divide batter evenly among prepared muffin cups. Bake for 25 minutes, or until a toothpick inserted in the middle of one quick bread comes out clean.

TIP: Store in an airtight container in the fridge for 3 to 4 days, or in the freezer for up to 1 month.

PER SERVING (1 quick bread): Calories: 173, Total Fat: 9 g, Sat. Fat: 1 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 5 g, Carbs: 18.5 g, Fiber: 2 g, Sugars: 4.5 g, Protein: 6 g, Sodium: 365 mg, Cholesterol: 39 mg

Sweet & Sour Chickpea Balls

SERVES 8. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR.

This vegetarian take on chicken balls can be transformed into a number of dishes throughout the week; try them in sandwiches, tossed with veg noodles, on salads, in your favorite grain bowls or simply on their own dunked into the tangy sweet 'n' sour sauce.

CHICKPEA BALLS

- 2 tbsp** ground flaxseeds
- 3 tsp** grape seed oil, divided
- 1 small** yellow onion, diced
- 3 cloves** garlic, minced
- 3 tsp** each ground cumin and coriander
- 1 tsp** ground ginger
- ½ tsp** Chinese five-spice powder
- 4 cups** cooked chickpeas or 3 15-oz BPA-free cans chickpeas, drained and rinsed
- ½ tsp** sea salt
- ⅓ cup** fresh flat-leaf parsley, finely chopped
- ½ cup** thinly sliced green onions

SAUCE

- ½ cup** diced pineapple
- ½ cup** frozen and thawed pitted sour cherries
- ¼ cup** unsweetened pineapple juice
- 1 tbsp** rice vinegar
- 1 tbsp** raw honey
- 1 tsp** tapioca starch
- 1 clove** garlic, crushed
- ¼ tsp** sea salt

1. In a small bowl, combine flaxseeds and ¼ cup water. Set aside for 10 minutes.

2. Meanwhile, in a small skillet on medium, heat 1 tsp oil. Add yellow onion and sauté until translucent, about 4 minutes. Add garlic, cumin, coriander, ginger and five-spice. Sauté until fragrant, about 1 minute. Set aside.

3. To a food processor, add chickpeas and salt; process until combined but still leaving a coarse texture (do not purée).

4. In a large bowl, thoroughly combine chickpea mixture, onion mixture, flaxseed mixture and parsley using your hands.

5. Using a 1 tbsp measure, form mixture into balls and place on a large rimmed parchment-lined baking sheet, making about 32 balls total.

6. In a large nonstick skillet on medium, heat ½ tsp oil. Add 8 balls. Using a spatula, flatten each ball slightly then cover and cook for 6 to 8 minutes, flipping once, until golden brown on both sides. Repeat with remaining oil and balls.

7. Meanwhile, to a blender, add all sauce ingredients plus ¼ cup water and blend until smooth. Transfer to a small saucepan on medium. Constantly whisk until heated through, about 4 minutes.

8. If serving immediately, drizzle balls with sauce and garnish with green onions. If reserving for future use, store separately, reheat each separately and drizzle before eating.

TIP: Serve over fried brown rice, with egg noodles or as a protein-rich garnish to an Asian-inspired salad (such as carrot, cabbage, bok choy, sweet peas and a sesame vinaigrette).

PER SERVING (4 balls and 2 tbsp sauce):
Calories: 199, Total Fat: 5 g, Sat. Fat: 0.5 g,
Monounsaturated Fat: 1 g, Polyunsaturated
Fat: 3 g, Carbs: 32 g, Fiber: 8 g, Sugars: 10 g,
Protein: 8 g, Sodium: 192 mg, Cholesterol: 0 mg



Antipasto Salad Skewers

SERVES 4. HANDS-ON TIME: 10 MINUTES. TOTAL TIME: 10 MINUTES.

What could be better than caprese salad? Caprese salad on a stick! Skewering these delectable ingredients makes popping them into your mouth while on the move so much easier.

- 4 cups** baby spinach leaves
 - 2 cups** grape tomatoes
 - 1 cup** jarred artichoke hearts in water, drained
 - 1 cup** large basil leaves
 - 8 balls** bocconcini cheese (aka mini mozzarella; about 4 oz total), halved
 - 3 tbsp** extra-virgin olive oil
 - 2 tbsp** balsamic vinegar
 - 2 tsp** Dijon mustard
- sea salt and ground black pepper, to taste

EQUIPMENT:

- 8 4-inch** bamboo skewers

1. Thread spinach, tomatoes, artichokes, basil and cheese onto 8 4-inch bamboo skewers, alternating vegetables. (Stack spinach and basil leaves and fold to make them easier to skewer.)

2. To a small jar, add oil, vinegar, Dijon, salt and pepper. Shake vigorously to combine. Drizzle over skewers just before eating.

TIP: Store dressing in the fridge for 3 to 4 days. Store skewers in a container in the fridge for up to 2 days.

PER SERVING (2 skewers): Calories: 311, Total Fat: 24 g, Sat. Fat: 9 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 2 g, Carbs: 11.5 g, Fiber: 5 g, Sugars: 4 g, Protein: 13 g, Sodium: 227 mg, Cholesterol: 46 mg





Grilled Chicken & Peach Quinoa Salad

SERVES **6**. HANDS-ON TIME: **30 MINUTES**. TOTAL TIME: **35 MINUTES**.

Bitter arugula's got bite, but juicy peaches and a citrusy maple dressing hit the sweet notes to give this colorful salad the perfect balance of flavors.

- 1 cup** quinoa, rinsed
- 1 lb** boneless, skinless chicken breasts
- Pinch** each sea salt and ground black pepper
- 1 tbsp** extra-virgin olive oil
- 2** peaches, pitted and diced
- 2 stalks** celery, diced
- 4 cups** lightly packed baby arugula
- ½ cup** chopped fresh flat-leaf parsley
- ½ cup** crumbled goat cheese, optional
- ⅓ cup** sliced unsalted almonds, toasted

DRESSING

- 3 tbsp** extra-virgin olive oil
- 3 tbsp** fresh lemon juice
- 2 tbsp** fresh orange juice
- 4 tsp** minced shallot
- 2 tsp** pure maple syrup or raw honey
- ½ tsp** sea salt
- ½ tsp** lemon zest

1. Prepare dressing: In a small bowl, whisk together all dressing ingredients. Set aside.

2. Cook quinoa according to package directions. Remove from heat; let stand for 10 minutes then fluff with a fork and let cool, uncovered.

3. Meanwhile, halve chicken breasts horizontally through center to make thin cutlets; sprinkle with salt and pepper. In a grill pan, heat 1 tbsp oil on medium. Add chicken; cook, turning once, until no longer pink inside, 6 to 8 minutes. Transfer to a cutting board; thinly slice.

4. In a large bowl, gently toss together quinoa, peaches, celery, arugula, parsley, goat cheese (if using) and almonds. Divide quinoa mixture and chicken among bowls. Toss with dressing just before serving.

TIP: Store salad and dressing in separate containers in the fridge for up to 4 days.

PER SERVING (1% of recipe): Calories: 352, Total Fat: 16 g, Sat. Fat: 3.5 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 3 g, Carbs: 28 g, Fiber: 4 g, Sugars: 8 g, Protein: 23 g, Sodium: 280 mg, Cholesterol: 46 mg



Southwestern-Style Black Bean Burritos

SERVES **4**. HANDS-ON TIME: **25 MINUTES**. TOTAL TIME: **45 MINUTES**.

Make a big batch of these protein-packed burritos and store them in your fridge or freezer for heat-and-eat lunches or breakfasts. To make sure your burrito is heated through, insert a paring knife into the center and hold it there for 10 seconds. If the blade is hot when it comes out, the burrito is ready. Serve with your favorite hot sauce.

2 tbsp	olive oil, divided	8 large	eggs, lightly beaten
1 small	yellow onion, chopped	4 large	whole-grain tortillas
1 15-oz	BPA-free can unsalted black or pinto beans, drained and rinsed	1 cup	jarred all-natural salsa or pico de gallo
6 cups	lightly packed baby spinach	¾ cup	shredded Monterey Jack or Mexican blend cheese
¼ tsp	each sea salt and ground black pepper, divided		

1. In a large nonstick skillet, heat 1 tbsp oil on medium. Add onion and cook, stirring occasionally, until softened, about 6 minutes.

2. Add beans, spinach and ⅛ tsp each salt and pepper and cook, stirring often, until spinach is wilted, 4 to 5 minutes. Transfer to a large bowl to cool.

3. In same skillet, heat remaining 1 tbsp oil on medium. Add eggs and remaining ⅛ tsp each salt and pepper; cook, stirring, until softly set, about 5 minutes. Transfer to a separate large bowl to cool.

4. Spoon one-quarter of bean mixture across center of 1 tortilla, leaving a 2-inch border uncovered on each edge. Top with one-quarter of each eggs, salsa and cheese.

5. Fold left and right edges of tortilla in over filling. Lift bottom edge of tortilla (edge closest to you) over filling; roll tightly upward. Mist a square of foil with cooking spray and wrap burrito tightly, oiled side facing burrito. Repeat with remaining tortillas and filling ingredients. (**TIP:** Refrigerate for up to 1 day, or freeze for up to 1 month.)

6. To heat, preheat oven or toaster oven to 375°F. Arrange foil-wrapped burrito(s) on a baking sheet. Bake until heated through, 20 to 25 minutes. If frozen, bake 40 to 45 minutes.

PER SERVING (1 burrito):
Calories: 567, Total Fat: 27 g, Sat.
Fat: 9 g, Monounsaturated Fat: 13 g,
Polyunsaturated Fat: 4 g, Carbs: 51 g,
Fiber: 13 g, Sugars: 5.5 g, Protein: 32 g,
Sodium: 896 mg, Cholesterol: 391 mg

Thai Shrimp & Vegetable Noodle Jar

SERVES 2.

HANDS-ON TIME: **20 MINUTES.**

TOTAL TIME: **20 MINUTES.**

This genius jar of healthy, quick-cooking ingredients is the answer to your desk-lunch woes. If you're using precooked shrimp, add it to the jars while still frozen – it'll thaw in the fridge overnight and be ready to eat by lunchtime. If you're using fresh shrimp, simply cook and add to the jars as directed.

- 1 cup** BPA-free canned full-fat coconut milk
- 4 tsp** reduced-sodium soy sauce
- 2 tsp** peeled and grated ginger
- 2 tsp** Thai red curry paste
- 1 tsp** sriracha or chile-garlic sauce
 - 1** all-natural bouillon cube, halved
 - 8** snow peas, trimmed and cut into 1-inch lengths
 - 2** shiitake mushrooms, stemmed and thinly sliced
- 1 small** zucchini, cut into matchsticks
- ½ cup** lightly packed baby spinach
- 1½ oz** cooked brown rice vermicelli noodles
 - 4** frozen cooked deveined peeled large shrimp or fresh shrimp, sautéed or steamed

SHRIMP is a top source of both selenium and B₁₂ – selenium is a key mineral involved in maintaining thyroid health, while vitamin B₁₂ plays a vital role in supporting the nervous system.

1. In a small bowl, whisk together coconut milk, soy sauce, ginger, curry paste and sriracha. Divide among 2 16-oz Mason jars with tight-fitting lids. Add ½ bouillon cube to each jar.

2. In jars, layer snow peas, mushrooms, zucchini, spinach, noodles and shrimp (ensure vegetables are at the bottom). Close lid; refrigerate until shrimp are thawed, 8 to 12 hours.

3. To prepare, add 1½ cups boiling water to each jar; close lid. Let stand until vegetables are softened, about 8 minutes. Shake gently to combine.

PER SERVING (1 jar): Calories: 356, Total Fat: 25 g, Sat. Fat: 22 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 27 g, Fiber: 3 g, Sugars: 4 g, Protein: 10 g, Sodium: 997 mg, Cholesterol: 26 mg



Grain-Free Cranberry Orange Breakfast Cookies

MAKES 8 COOKIES. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 45 MINUTES.

The term “breakfast cookie” might sound like a devilishly delicious oxymoron, but we’re not kidding around with these good-for-you jumbo cookies. They’re made with protein-rich almond flour and pecans and sweetened with maple syrup for an easy grab-and-go breakfast.

2 cups	blanched almond flour (NOTE: Not almond meal.)	½ tsp	each sea salt, baking soda and ground cinnamon	1 tsp	orange zest
¼ cup	shredded unsweetened coconut	2 large	eggs, lightly beaten	1 tsp	pure vanilla extract
2 tbsp	coconut flour	⅓ cup	coconut oil or organic unsalted butter, softened	½ cup	naturally sweetened or unsweetened dried cranberries or cherries
2 tbsp	hemp hearts	¼ cup	pure maple syrup or raw honey	⅓ cup	raw unsalted pecans, chopped

1. Preheat oven to 325°F. Line a large baking sheet with parchment paper.

2. In a large mixing bowl, whisk together almond flour, shredded coconut, coconut flour, hemp hearts, salt, baking soda and cinnamon. Add eggs, oil, maple syrup, orange zest and vanilla; with a handheld electric mixer on medium, mix until well combined. Reduce to low speed, add cranberries and pecans and mix until combined.

3. Drop by ¼ cup, 1 inch apart, onto prepared baking sheet. Bake until golden and centers are no longer doughy, about 25 minutes. Let cool on sheet for 5 minutes. Transfer to a rack to cool completely.

TIP: Refrigerate cookies in an airtight container for up to 4 days, or freeze for up to 3 months.

PER SERVING (1 cookie): Calories: 365, Total Fat: 30 g, Sat. Fat: 11 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 6 g, Carbs: 18 g, Fiber: 6 g, Sugars: 7 g, Protein: 9 g, Sodium: 224 mg, Cholesterol: 47 mg





Creamy Kale Dip with Za'atar Pita Chips

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 30 MINUTES.

A sprinkling of Za'atar, an aromatic Middle Eastern blend of herbs and spices, gives these baked pita chips addictive flavor without the need for a ton of salt. Be sure to let the dip sit in the fridge for a couple of hours before serving – this softens the kale and mellows out its bitterness. You can also serve with vegetables for dipping.

DIP

- 1 cup** plain whole-milk Greek yogurt
- ½ cup** finely chopped stemmed kale
- 2 tbsp** each finely chopped fresh chives and flat-leaf parsley
- 1 tbsp** fresh lemon juice
- 1 small** clove garlic, crushed
- ½ tsp** sea salt
- ¼ tsp** ground black pepper
- Pinch** ground cayenne pepper

PITA CHIPS

- 2 6-inch** whole-grain pitas
- 2 tbsp** extra-virgin olive oil
- 2 tsp** Za'atar seasoning blend
- Pinch** sea salt

1. Prepare pita chips: Preheat oven to 350°F. Line a large rimmed baking sheet with parchment paper.

2. Using kitchen scissors or a sharp knife, split pitas horizontally through centers to make 4 thin pitas total. Brush both sides of each piece with

oil; cut each into 6 triangles to make 24 pieces total. Arrange in a single layer on prepared baking sheet. Sprinkle with Za'atar and salt. Bake until crisp, turning halfway, 15 to 20 minutes. Let cool completely.

3. Meanwhile, in a large bowl, stir together all dip ingredients until well combined. Serve with chips.

TIP: Store pita chips in an airtight container for up to 2 days. Cover and refrigerate dip for 3 to 4 days.

PER SERVING (¼ of dip and 6 pita chips): Calories: 215, Total Fat: 11 g, Sat. Fat: 3 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 1 g, Carbs: 22 g, Fiber: 2.5 g, Sugars: 4 g, Protein: 9 g, Sodium: 491 mg, Cholesterol: 8 mg



Lemon Ginger Tapioca Pudding

SERVES 5.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 1 HOUR.

Full-fat coconut milk is the key to achieving a luscious, creamy texture often lacking in dairy-free puddings. For a pop of color, sprinkle with curls of lemon zest, mint or berries just before serving.

- 1 14-oz** BPA-free can coconut milk
- 1 cup** plain unsweetened almond milk
- 3 tbsp** raw honey
- 1 tbsp** lemon zest
- 1 tbsp** peeled and grated ginger
- ⅓ tsp** sea salt
- ¼ cup** small pearl tapioca (**TRY:** Bob's Red Mill Small Pearl Tapioca)
- 1 tbsp** pure vanilla extract

1. In a medium saucepan, whisk together coconut milk, almond milk, honey, lemon zest, ginger and salt. Stir in tapioca pearls and set aside to soak for 30 minutes.

2. Place saucepan on medium heat and bring to a boil. Reduce to a simmer and cook uncovered, 10 to 12 minutes, stirring occasionally, until thickened and tapioca is soft. Stir in vanilla. Let cool.

TIP: Transfer cooled pudding to airtight containers. Store in the refrigerator up to 5 days.

PER SERVING (½ cup): Calories: 231, Total Fat: 17 g, Sat. Fat: 14 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 0 g, Carbs: 20 g, Fiber: 0.5 g, Sugars: 11 g, Protein: 2 g, Sodium: 95 mg, Cholesterol: 0 mg



Potato & Pea Samosas

MAKES 16 SAMOSAS.

HANDS-ON/TIME: 30 MINUTES. TOTAL TIME: 1 HOUR, 10 MINUTES.

These samosas have a kick, so if you'd like to keep them milder, reduce the amount of cayenne or skip it altogether.

- 2 cups** white whole-wheat flour + additional to dust surface
- 1 tsp** sea salt, divided
- 6 tbsp** safflower oil, divided + additional for brushing
- 1½ cups** cubed and peeled Russet potato
- 1 small** yellow onion, diced
- 1 tbsp** peeled and minced ginger
- 2 cloves** garlic, minced
- 1 tsp** each ground cumin and fennel seeds
- ½ tsp** each ground black pepper and cayenne pepper
- 1 cup** frozen peas, thawed
- ¼ cup** chopped fresh cilantro
- ½ cup** full-fat plain yogurt
- 2 tsp** yellow curry powder
- 1 tsp** raw honey

1. In a food processor, pulse flour and ½ tsp salt 2 to 3 times. Add 5 tbsp oil and pulse until mixture

looks slightly crumbly, 4 to 6 pulses. Add ½ cup warm water and pulse until dough comes together. Turn dough out onto a lightly floured surface and knead 2 to 3 times, until firm. Cover with a damp kitchen towel and let sit, 30 minutes.

2. Place potato in a steamer basket and set over a large pot of simmering water. Steam until potatoes are just fork-tender but not falling apart, 15 minutes. Transfer potatoes to a bowl to cool slightly.

3. Preheat oven to 350°F. Line a large baking sheet with parchment paper.

4. In a large skillet on medium, heat remaining 1 tbsp oil. Add onion and cook, stirring frequently, until softened and golden, 4 to 5 minutes. Add ginger and garlic and cook, stirring frequently, until fragrant, 1 minute. Add cumin, fennel seeds, black pepper, cayenne and remaining ½ tsp salt and

stir to combine. Add peas and cook until slightly softened, 1 to 2 minutes. Add potato and stir to coat. Remove from heat and stir in cilantro. Set aside.

5. On a lightly floured surface, knead dough 3 to 4 times and divide into 8 balls. Cover with a damp kitchen towel. Roll out 1 ball into a 6-inch circle. Cut circle in half with a pastry cutter or sharp knife. Place 1 rounded tablespoon potato filling in the middle of each semi-circle. Brush edges of pastry with water and fold one side over the filling then the other to completely encase the filling, lightly pressing edges to seal. Place on prepared baking sheet. Cover samosas with damp kitchen towel. Repeat with remaining dough. Remove kitchen towel from baking sheet. Brush samosas lightly with oil. Bake for 30 to 35 minutes, until golden brown and crisp. Cool on baking sheet.

6. Meanwhile, in a small bowl, combine yogurt, curry powder and honey. Serve with samosas.

TIP: Store samosas and sauce in separate containers in the fridge for up to 4 days. Samosas can be eaten warm or at room temperature.

PER SERVING (1 samosa): Calories: 133, Total Fat: 7 g, Sat. Fat: 1 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 5 g, Carbs: 15 g, Fiber: 3 g, Sugars: 2 g, Protein: 3 g, Sodium: 127 mg, Cholesterol: 1 mg

Prepare the mushroom mixture ahead and refrigerate in an airtight container until you're ready to eat. Serve with guacamole, pico de gallo, shredded cheese, lettuce, fresh cilantro and lime wedges.



Mushroom, Walnut & Chipotle Chile Taco Dip

SERVES 5.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 45 MINUTES.

Mushrooms, walnuts and a handful of spices transform into a savory meatless swap for taco meat – the texture is uncannily similar!

- ½ cup** sun-dried tomatoes (dry-packed)
- 2 large** Medjool dates, pitted
- 2 cups** cremini mushrooms
- 1 cup** raw unsalted walnuts or pecans
- 1 tbsp** reduced-sodium soy sauce
- 2 tsp** ground coriander
- 1 tsp** ground cumin
- ½ tsp** sea salt
- ¼ tsp** chipotle chile powder
- whole-grain tortilla chips, as needed, optional

1. To a large heat-proof bowl, add tomatoes and dates. Add boiling water to cover. Let stand until softened, about 30 minutes. Drain.

2. To a food processor, add tomatoes and dates, mushrooms, walnuts, soy sauce, coriander, cumin, salt and chile powder. Pulse until coarsely chopped.

3. Divide mixture among containers with desired fixings and tortilla chips (if using).

TIP: Store in airtight containers in the refrigerator for up to 3 days.

PER SERVING (⅓ of recipe): Calories: 200, Total Fat: 14 g, Sat. Fat: 1 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 10 g, Carbs: 18 g, Fiber: 5 g, Sugars: 11 g, Protein: 6 g, Sodium: 327 mg, Cholesterol: 0 mg

Veggie Pizza Rolls

MAKES 16 ROLLS.

HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR, 25 MINUTES.

We've captured all the savory flavors of veggie pizza (think sauce, veggies and two types of cheese!) into these baked rolls. Keep them in the freezer so you can always have pizza at the ready when your craving hits!

- 2¼ cups** white whole-wheat flour + additional to dust surface
- 1 tbsp** olive oil
- ½ tsp** sea salt
- 1 tbsp** raw honey
- 2 tsp** instant yeast
- 3 tbsp** all-natural tomato-basil sauce or pizza sauce
- 1 small** green bell pepper, diced
- 5** white mushrooms, thinly sliced
- ½ small** red onion, peeled and thinly sliced
- 2 tbsp** pitted Kalamata olives, chopped
- ½ cup** shredded mozzarella cheese
- ¼ cup** shredded Parmesan cheese

1. Preheat oven to 425°F. Line a large baking sheet with parchment paper.

2. To a food processor, add flour, oil and salt. Pulse 4 to 5 times until combined. Stir honey into 1 cup lukewarm water and sprinkle with yeast. Let stand for 5 minutes, until foamy. With motor running, pour yeast mixture through feed tube and continue to process until ball of dough forms, 45 to 60 seconds. Turn dough out onto a lightly

floured board (dough will be slightly sticky). Knead dough 10 to 15 times until smooth and elastic. Place in an oiled bowl, cover with plastic wrap and set aside in a warm place until doubled in volume, 45 minutes. (**TIP:** You can help the dough rise faster by setting bowl in a larger bowl of warm water; this will cut rising time to about 25 minutes.)

3. Turn dough out onto a lightly floured surface. Press or roll into a 14 x 8-inch rectangle. Spread with tomato sauce, leaving a ½-inch border along one of the long sides. Arrange bell pepper, mushroom, onion and olives over sauce and sprinkle with mozzarella cheese. Roll up along the long sides, ending at the clean edge and pinching the seam to seal. Cut dough into 16 even rounds and place cut side down on prepared baking sheet. Gently press down each roll to flatten slightly, and sprinkle with Parmesan cheese.

4. Bake until golden and crispy, 12 to 15 minutes.

TIP: Store in the refrigerator for 3 to 4 days, or freeze for up to 1 month. These rolls can be eaten warm or cold.

PER SERVING (1 roll): Calories: 96, Total Fat: 3 g, Sat. Fat: 1 g, Carbs: 13 g, Fiber: 2 g, Sugars: 2 g, Protein: 4 g, Sodium: 126 mg, Cholesterol: 4 mg





Cook Once **for the Week**



Gather your recipes, ingredients and a helper or two and devote a weekend afternoon to cooking a week's worth of meals. Try all of the recipes from one section using our handy shopping lists – or mix and match to create your own menu – then thank yourself all week long as you enjoy each dish in a variety of ways – we'll show you how!

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Batch-Cooking Sunday: Week 1

Put on a pot of tea, hit play on your favorite playlist and spend some leisurely time in your kitchen this Sunday prepping wholesome, delicious recipes you can enjoy and transform into a variety of meals all week long.

PREP SUNDAY

Tropical Energy Bites will keep for 2 weeks covered at room temperature, or they can be kept in the freezer for long-term storage

Purple Porridge with Teff & Blueberries will keep up to 4 days in the refrigerator

Sweet or Savory Maple Squash Muffins will keep for 4 days unrefrigerated and covered

Moroccan-Style Cauliflower Stew with Cannellini Beans will keep in a sealable container in the fridge for 4 days

Cashew Broccoli Kelp Noodles will keep in a sealable container in the fridge for 4 days

ON THE MENU THIS WEEK

BREAKFAST

Purple Porridge
with Teff & Blueberries

Purple Porridge
with Teff & Blueberries
layered with yogurt
and banana

**Sweet or Savory Maple
Squash Muffins**

LUNCH

**Moroccan-Style
Cauliflower Stew** with
Cannellini Beans and
roasted green beans

**Cashew Broccoli Kelp
Noodles** with a mixed
green salad

**Cashew Broccoli Kelp
Noodles** wrapped in
butter lettuce leaves

SNACKS

Tropical Energy Bites

**Sweet or Savory Maple
Squash Muffins**

DINNER

**Moroccan-Style
Cauliflower Stew** with
Cannellini Beans and
**Sweet or Savory Maple
Squash Muffins**

**Moroccan-Style
Cauliflower Stew** with
Cannellini Beans
over a baked potato

**Cashew Broccoli Kelp
Noodles** with brown rice

Purple Porridge with Teff & Blueberries

MAKES 10 CUPS. HANDS-ON TIME: 10 MINUTES. TOTAL TIME: 35 MINUTES.

High-protein teff creates a rich porridge that can be combined with fruits of all varieties. Lightly spiced, this sweet and creamy breakfast is an ultra-satisfying way to start the day.

- 1½ cups** whole-grain teff
- 1 cup** Medjool dates, pitted and chopped
- 1 tbsp** ground cinnamon
- 1 tsp** ground cardamom
- ¼ tsp** sea salt
- ¾ cup** plain unsweetened almond milk + additional for serving
- 6 tbsp** natural unsalted creamy almond butter (or try a nut and seed butter blend)
- 3 cups** frozen blueberries, thawed
- ⅔ cup** hemp hearts
- pure maple syrup, for serving

1. In a large pot, bring 6 cups water to a boil. Reduce heat to medium-low to simmer, and stir in teff, dates, cinnamon, cardamom and salt. Cover and cook for 10 minutes; stir in almond milk, cover and continue cooking 5 minutes more.

2. Uncover pot and stir in almond butter until completely incorporated. Stir in blueberries and hemp to heat through then remove porridge from heat.

3. If serving immediately, transfer to bowls and swirl in additional almond milk (about 1 tbsp per serving) and desired amount of maple syrup (about 1 tsp) to each serving. If storing, transfer to Mason jars and refrigerate, reheating with almond milk and maple syrup mixed in. Porridge will keep up to 4 days refrigerated.

PER SERVING (1 cup): Calories: 315, Total Fat: 12 g, Sat. Fat: 1 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 6 g, Carbs: 46.5 g, Fiber: 7 g, Sugars: 18 g, Protein: 10 g, Sodium: 80 mg, Cholesterol: 0 mg



Moroccan-Style Cauliflower Stew

with Cannellini Beans

MAKES 6 SERVINGS.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 1 HOUR, 20 MINUTES.

Rich in fiber and warming Moroccan spices, this flavorful stew makes a hearty meal when combined with a baked potato, cooked grains or a fresh side salad.

- 2 tsp** olive oil + additional for drizzling
- 1 large** carrot, halved lengthwise and thinly sliced
- 1** yellow onion, diced
- 6 large** cloves garlic, minced
- 1 tsp** sea salt, or to taste
- 1 tsp** each ground cumin, turmeric and cinnamon
- 8 large** Roma tomatoes, diced (about 5 cups)
- 1 head** cauliflower, trimmed and chopped into 1-inch florets (about 6 cups)
- 4 cups** low-sodium vegetable broth
- ⅓ cup** unsweetened raisins
- 1½ cups** cooked cannellini beans (or 1 15-oz BPA-free can, drained and rinsed)
- 20** pitted green olives, thinly sliced
- 6 tbsp** finely chopped fresh cilantro, for serving



1. In a large heavy-bottomed pot on medium, heat oil. Add carrot and onion and cook for 3 minutes, stirring occasionally. Add garlic, salt, cumin, turmeric and cinnamon and cook for 30 seconds, stirring constantly. Add tomatoes and cauliflower and cook for 3 minutes more, stirring often.

2. Add broth and raisins; increase heat to high to bring to a boil. Cover and reduce heat to medium-low; simmer for 40 minutes.

3. Stir in beans and olives and cook, covered, for 10 minutes more. Divide among plates and top each serving with 1 tbsp cilantro and drizzle with additional oil.

TIP: Serve this stew over rice or other cooked grains or with pita or toast alongside. If storing, cool slightly then transfer to a sealable container and refrigerate for up to 4 days.

PER SERVING (2 cups): Calories: 242, Total Fat: 8 g, Sat. Fat: 1 g, Monounsaturated Fat: 5.5 g, Polyunsaturated Fat: 1 g, Carbs: 36 g, Fiber: 9 g, Sugars: 18 g, Protein: 8 g, Sodium: 615 mg, Cholesterol: 0 mg

Sweet or Savory Maple Squash Muffins

MAKES 12 MUFFINS. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 45 MINUTES.

The base of these muffins is just mildly sweet, meaning you can go one of two ways with your add-ins: Incorporate dark chocolate chips for a sweet version, or add sesame seeds and green onions for a savory spin.

- 1¾ cups** whole-wheat flour
- 2 tsp** each ground cinnamon and baking powder
- ½ tsp** each baking soda, nutmeg and sea salt
- ½ cup** plain unsweetened almond milk
- ½ cup** butternut squash purée (unsweetened canned or freshly steamed and mashed)
- ½ cup** pure maple syrup
- ¼ cup** melted coconut oil

SWEET OPTION

- ⅓ cup** dark chocolate chips (70% or greater)

SAVORY OPTION

- 2 tbsp** finely chopped green onion
- 2 tbsp** sesame seeds

1. Preheat oven to 350°F.

Line a 12-cup muffin tin with paper liners.

2. In a medium bowl, combine flour, cinnamon, baking powder, baking soda, nutmeg and salt.

3. In a large bowl, whisk together milk, squash purée and maple syrup. Add coconut oil, whisking vigorously to combine. Add dry ingredients to the wet and stir until just incorporated; do not over-mix.

4. For sweet muffins, fold in chocolate chips. For savory muffins, fold in green onion and seeds. Spoon batter evenly into muffin cups.

5. Bake for 25 to 28 minutes, or until a toothpick inserted comes out mostly clean. Let muffins cool for 5 minutes in the pan then transfer to a rack to finish cooling. Wrap cooled muffins in plastic wrap and store in a cool, dark place for up to 4 days. Alternatively, freeze for up to 3 months.

PER SERVING (1 SWEET MUFFIN):

Calories: 179, Total Fat: 8 g, Sat. Fat: 5 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 1 g, Carbs: 26.5 g, Fiber: 3 g, Sugars: 10 g, Protein: 3 g, Sodium: 234 mg, Cholesterol: 0 mg

PER SERVING (1 SAVORY MUFFIN):

Calories: 152, Total Fat: 6 g, Sat. Fat: 4 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 1 g, Carbs: 24 g, Fiber: 3 g, Sugars: 8 g, Protein: 3 g, Sodium: 234 mg, Cholesterol: 0 mg



Cashew Broccoli Kelp Noodles

SERVES 6. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 30 MINUTES.

This vegetable-rich stir-fry is made even more nutrient-dense with the addition of kelp noodles, small noodles made from algae that are low in calories yet high in minerals.

2 12-oz pkgs kelp noodles
(**NOTE:** Alternatively, use mung bean or brown rice noodles; follow package directions if using another noodle variety.)

3 tbsp reduced-sodium tamari

3 tbsp natural unsalted creamy peanut butter

3 tbsp grape seed oil, divided

2 tbsp coconut sugar

1½ tbsp peeled and grated ginger

5 cups broccoli florets, cut into 1-inch pieces

1 large red bell pepper, trimmed and cut into matchsticks

2 cups sugar snap peas, trimmed and halved diagonally

4 green onions, thinly sliced diagonally

¾ cup unsalted cashews

2 cloves garlic, minced

2 tbsp fresh lime juice + additional for serving

all-natural hot sauce, for serving

3. In a large heavy-bottomed pot on high, heat remaining 2 tbsp oil. Add broccoli and bell pepper and cook for 1 minute, stirring. Add peas and cook for 1 minute more. Add onions, cashews and garlic and cook for 30 seconds, stirring constantly. Mix in noodles and cook for 1 minute. Stir in sauce, and cook for 1 minute more.

4. Remove from heat and transfer to a large bowl. Sprinkle with lime juice and toss well. Enjoy warm, cooled as a cold salad or wrapped in romaine lettuce as a fresh wrap with a squeeze of additional lime juice and hot sauce. If storing, cool slightly then transfer to a sealable container and refrigerate for up to 4 days.

PER SERVING (⅙ of recipe):
Calories: 270, Total Fat: 17 g, Sat. Fat: 2 g,
Monounsaturated Fat: 6.5 g, Polyunsaturated
Fat: 7 g, Carbs: 20 g, Fiber: 5 g, Sugars: 9 g,
Protein: 8 g, Sodium: 409 mg, Cholesterol: 0 mg

1. Soak kelp noodles in warm water for 5 minutes to partially soften. Drain and cut into manageable pieces (kelp noodles are very long).

2. Prepare sauce: In a small bowl, whisk together tamari, peanut butter, 1 tbsp oil, sugar, ginger and ¼ cup water. Set aside.



Tropical Energy Bites

MAKES **20 BITES**.

HANDS-ON TIME: **20 MINUTES**.

TOTAL TIME: **20 MINUTES**.

These fruit- and nut-packed energy bites are the ideal grab-and-go snack.

- ½ cup** raw unsalted walnuts
- ½ cup** raw unsalted almonds
- 3 oz** unsweetened dried mango slices
- 6 large** Medjool dates, pitted
- ¼ cup** dried goji berries
- 1 tsp** pure vanilla extract
- ¼ tsp** ground ginger
- ½ cup** unsweetened shredded coconut
- 2 tbsp** chia seeds

1. To a food processor, add walnuts and almonds. Process to the size of small gravel.

2. Using scissors or a sharp knife, cut mango into ¼-inch pieces, yielding about 1 cup. To food processor with nuts, add mango, dates, goji berries, vanilla and ginger. Process until clumps form and mixture begins to stick together. Add coconut and chia; process to incorporate, leaving some larger coconut pieces for texture. Transfer to a bowl.

3. Working with 1 tbsp of mixture, form into a ball, compacting firmly. Repeat with remaining mixture, making about 20 balls total.

TIP: Tropical Energy Bites will keep for 2 weeks covered at room temperature, or they can be kept in the freezer for longer-term storage.

PER SERVING (2 bites): Calories: 180, Total Fat: 10 g, Sat. Fat: 3 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 4 g, Carbs: 21 g, Fiber: 4 g, Sugars: 14 g, Protein: 4 g, Sodium: 12 mg, Cholesterol: 0 mg

COOK ONCE FOR THE WEEK



YOUR COOK ONCE SHOPPING LIST

VEGGIES & FRUITS

- 2 bunches broccoli
- 1 large red bell pepper
- 4½ oz sugar snap peas
- 1 bunch green onions
- 1 large carrot
- 1 yellow onion
- 1 head garlic
- 1 pkg mixed greens, optional
- 1 head butter lettuce, optional
- 1 potato of your choice, optional
- 8 large Roma tomatoes
- 1 head cauliflower
- 1 lime
- 1 2-inch piece ginger
- ½ bunch fresh cilantro
- 4 oz green beans, optional

NUTS, SEEDS & OILS

- 2 oz raw unsalted walnuts
- 2 oz raw unsalted almonds
- 1 bag chia seeds
- 1 jar natural unsalted creamy almond butter (or a nut & seed butter blend)
- 1 bag hemp hearts
- 1 bag sesame seeds, optional
- 1 jar natural unsalted creamy peanut butter
- 4 oz raw unsalted cashews
- 1 bottle olive oil
- 1 bottle grape seed oil
- 1 jar coconut oil

WHOLE GRAINS


- 1 bag whole-grain teff
- 1 bag whole-wheat flour
- 1 box brown rice, optional

PROTEINS

- ½ qt plain unsweetened almond milk
- 1 16-oz container whole-milk yogurt, optional

EXTRAS

- 1 bottle pure vanilla extract
- 1 bottle ground ginger
- 1 bottle ground cinnamon
- 1 bottle ground cardamom
- 1 bottle ground nutmeg
- 1 bottle sea salt
- 1 bag unsweetened shredded coconut
- 1 container baking powder
- 1 box baking soda
- 1 15-oz BPA-free can or jar unsweetened butternut squash purée (or ½ cup freshly steamed and mashed)
- 1 bottle pure maple syrup
- 1 bag dark chocolate chips, optional
- 1 15-oz BPA-free can cannellini beans (or about ¾ cup dry cannellini beans)

- 1 bottle ground cumin
- 1 bottle ground turmeric
- 1 32-oz carton low-sodium vegetable broth
- 2 oz unsweetened raisins
- 3 oz unsweetened dried mango slices
- 11 oz Medjool dates, pitted
- 1 bag dried goji berries
- 1 jar pitted green olives
- 2 12-oz pkgs kelp noodles
- 1 bottle reduced-sodium tamari
- 1 pkg coconut sugar
- 1 bottle all-natural hot sauce
- 1 bag frozen blueberries 





Batch-Cooking Sunday: Week 2

A Sunday well spent means supremely healthy and delicious weekdays. Prep these 6 versatile recipes ahead and grab and go all week long for your most nutritious, efficient and low-cost week yet.

PREP SUNDAY

Sweet Potato Pie Parfaits

will keep in the fridge until Friday; topping by itself will keep for 4 weeks

Radish, Fennel & Carrot Cakes will keep in the fridge until Friday or in the freezer for up to 3 months

Vibrant Veggie Bundles

will keep in the fridge until Wednesday

Mango Peanut Curry

will keep in the fridge until Friday or in the freezer for up to 3 months

Gluten-Free Seed Crackers

will keep in the fridge for 3 weeks in a zip-top bag

Broccoli Pesto

will keep in the fridge until Thursday

ON THE MENU THIS WEEK

BREAKFAST

Sweet Potato Pie Parfaits

Radish, Fennel & Carrot Cakes on a whole-grain English muffin with cucumber, hummus and dill

Broccoli Pesto and scrambled eggs

LUNCH

Vibrant Veggie Bundles with 4-Ingredient Sweet & Sour Dipping Sauce

Mango Peanut Curry over soba or brown rice noodles

Mango Peanut Curry wrapped in a whole-wheat roti

Radish, Fennel & Carrot Cakes with a mixed green salad

SNACKS

Vibrant Veggie Bundles with 4-Ingredient Sweet & Sour Dipping Sauce

Gluten-Free Seed Crackers with your favorite hummus, spread or cheese

Broccoli Pesto stirred into hummus and served with crudité

DINNER

Mango Peanut Curry over soba or brown rice noodles

Radish, Fennel & Carrot Cakes with steamed greens and roasted root vegetables

Broccoli Pesto Whole-Grain Linguine & Shaved Parmigiano-Reggiano



Sweet Potato Pie Parfaits

SERVES 6. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.

Using vegetables in your morning meal is a great way to jump-start your day and squeeze in essential vitamins and minerals. Try our Sweet Potato Pie Parfaits for a grab-and-go, savory-meets-sweet option. Top with berries for an extra kiss of sweetness.

- 4 small** baked sweet potatoes
- 2–3 tbsp** pure maple syrup + additional for drizzling, if desired
- 1 tsp** ground cinnamon
- 1 tsp** pure vanilla extract
- ¼ tsp** each ground allspice and nutmeg
- ⅓ tsp** ground cardamom
- 1 13½-oz** BPA-free can full-fat coconut milk
- 1½ cups** unsweetened coconut yogurt or yogurt of your choice

TOPPING

- 2 cups** rolled oats
- ¾ cup** raw unsalted pecans
- ¼ cup** raw unsalted pumpkin seeds
- ¼ cup** hemp hearts
- 2 tbsp** pure maple syrup
- 1 tsp** ground cinnamon
- ½ cup** chopped pitted Medjool dates

1. Preheat oven to 375°F and line a medium or large baking sheet with parchment paper.

2. Prepare topping: In a large bowl, add all topping ingredients except dates and combine until oats and seeds are completely coated in syrup. Evenly distribute on baking sheet and bake for 10 to 12 minutes, or until mixture is toasted and slightly brown. Set aside to cool on baking sheet then transfer to an airtight container.

3. Meanwhile, prepare purée: To a food processor, add potatoes (including skin), 2 to 3 tbsp maple syrup, 1 tsp cinnamon, vanilla, allspice, nutmeg and cardamom. Purée until completely smooth.

4. Remove half of purée and set aside. To food processor, add coconut milk and process until completely mixed. Remove from processor and set aside.

5. In 6 12-oz Mason jars, layer parfaits in the following order: ¼ cup sweet potato purée, ½ cup coconut-potato mixture and ¼ cup yogurt. Seal and refrigerate until ready to eat. When ready to eat, top with ½ cup of topping. Drizzle with additional maple syrup (if using).

TIPS: Make a double batch to have on hand for easy breakfasts and afternoon snacks. Switch up the dates with any dried fruit of your choice.

PER SERVING (1½ cups): Calories: 563, Total Fat: 34 g, Sat. Fat: 17 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 7 g, Carbs: 60 g, Fiber: 9 g, Sugars: 25 g, Protein: 11 g, Sodium: 31 mg, Cholesterol: 0 mg



Radish, Fennel & Carrot Cakes

MAKES 14 CAKES. HANDS-ON TIME: 40 MINUTES. TOTAL TIME: 40 MINUTES.

Keeping lunches light yet fiber-rich and filling is the best way to avoid afternoon energy slumps. This veg-centric take on fish cakes pairs nicely with a leafy green salad or steamed greens for easy meals.

- ½ cup** whole-grain spelt flour
- 1 tbsp** ground flaxseeds
- 1 tbsp** paprika
- 1 tbsp** dulce flakes (**TIP:** Dulce flakes give the cakes a fishlike flavor, but you can omit if you can't find them.)
- 2 tsp** ground coriander
- ½ tsp** sea salt
- ¼ tsp** ground black pepper
- 1½ cups** grated carrots
- 1 cup** BPA-free canned unsalted chickpeas, drained and rinsed
- 1 cup** grated fennel
- 1 cup** grated radishes
- ¼ cup** fresh dill, chopped
- 2 tsp** lemon zest + ¼ cup fresh lemon juice
- 2 large** eggs, lightly beaten
- 2 tbsp** grape seed oil, divided

GARNISH, OPTIONAL

Hummus, Broccoli Pesto (recipe, page 39), yogurt, cucumber slices, fresh dill, as desired

1. In a small bowl, mix together flour, flaxseeds, paprika, dulce, coriander, salt and pepper.

2. In a large bowl, mix together carrots, chickpeas, fennel, radishes, dill, lemon zest, lemon juice and eggs. Toss to coat vegetables evenly.

3. Add flour mixture to egg mixture. Combine until incorporated.

4. In a large sauté pan on medium-high, heat 2 tsp oil. Working in batches, using a ¼-cup measure per cake, add 5 scoops batter to pan. Cook until golden brown, about 4 minutes.

Flip and press cakes to flatten them, to approximately 3 inches in diameter. Cook on second side until golden brown, about 3 minutes. Repeat two more times with remaining oil and batter, making a total of 14 cakes.

5. To serve, garnish with your choice of hummus, Broccoli Pesto, cucumber and/or fresh dill.

TIP: To freeze for future use, let cakes cool, wrap in parchment paper and freeze in a resealable bag or storage container. To reheat, place on a baking sheet lined with parchment paper and bake in a 375°F oven until heated through, about 15 minutes.

PER SERVING (1 cake): Calories: 75, Total Fat: 3 g, Sat. Fat: 0.5 g, Carbs: 9 g, Fiber: 2 g, Sugars: 2 g, Protein: 3 g, Sodium: 98 mg, Cholesterol: 27 mg

Vibrant Veggie Bundles with 4-Ingredient Sweet & Sour Dipping Sauce

SERVES 6. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 40 MINUTES.

A winter version of the spring roll, these portable handheld delights and their addicting 4-ingredient sauce make a satisfying snack or a perfect lunch paired with your favorite soup.

- 4 tsp** sesame oil
- 7 large** king oyster mushrooms, thinly sliced lengthwise
- 1 cup** frozen shelled edamame, thawed
- 2 tbsp** reduced-sodium tamari
- 1 tbsp** pure maple syrup
- 12 8-inch** rice paper wraps
- 2 oz** dry brown rice vermicelli noodles, cooked
- 1 cup** grated carrots
- 1 cup** grated Brussels sprouts
- 1 cup** thinly sliced red cabbage
- ½ bunch** fresh basil (leaves only)

SAUCE

- ½ cup** hoisin sauce
- ¼ cup** rice vinegar
- 2 tsp** pure maple syrup
- 2 tsp** sambal oelek

1. In a large sauté pan on medium-high, heat oil. Add mushrooms and sauté for 10 to 12 minutes, or until brown and slightly crispy.

2. Add edamame, tamari and 1 tbsp maple syrup and sauté for 4 more minutes. Remove from heat.

3. In warm water, wet 1 sheet rice paper and set flat on a clean surface. Fill with mushroom

mixture, noodles, carrots, Brussels sprouts, cabbage and basil. Do not overfill. Fold ends over, wrap tightly and place on a plate or in a container for storage. Repeat with remaining ingredients. (**TIP:** If stacking rolls, place a piece of parchment paper between layers.)

4. Prepare sauce: In a small bowl, whisk together all sauce ingredients. Serve with rolls.

PER SERVING (2 rolls and 2 tbsp sauce):
Calories: 299, Total Fat: 6 g, Sat. Fat: 1 g,
Monounsaturated Fat: 1.5 g, Polyunsaturated
Fat: 2 g, Carbs: 52 g, Fiber: 7 g, Sugars: 15 g,
Protein: 13 g, Sodium: 691 mg, Cholesterol: 1 mg



Mango Peanut Curry

SERVES 5. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 40 MINUTES.

This meatless curry is stick-to-your-ribs, freezable family favorite. To increase heart-helping fiber, serve curry over brown rice, quinoa, soba noodles or brown rice noodles.

1 tbsp	coconut oil	1½ cups	½-inch-cubed mango
12 oz	extra-firm organic tofu, cut into 1-inch cubes	2	green onions, thinly sliced
1 tbsp	reduced-sodium tamari	½ cup	roasted unsalted peanuts
1	eggplant, cubed	¼ cup	chopped fresh cilantro
1 large	carrot, diced		
1 large	yellow onion, diced		
3 cloves	garlic, minced		
1 tbsp	ground turmeric		
1 tsp	each ground cumin, ginger and coriander		
½ tsp	each red pepper flakes and ground cinnamon		
1	red bell pepper, diced		
¼ small	green cabbage, chopped		

SAUCE

1	lime, zested and juiced
½ cup	natural unsalted peanut butter
3 tbsp	pure maple syrup
1 tsp	sea salt

1. In a large sauté pan on medium-high, heat oil. Add tofu; cook about 4 minutes per side, until tofu is crispy. Drizzle tamari

over tofu. Continue to cook for about 1 minute, until tamari has been absorbed.

2. Add eggplant, carrot, yellow onion and garlic. Sauté for 5 minutes, until onion is translucent and garlic is fragrant. Add turmeric, cumin, ginger, coriander, pepper flakes and cinnamon and sauté until fragrant, about 2 minutes.

3. Meanwhile, to a jar with a lid, add sauce ingredients plus 1 cup water and shake until combined.

4. Reduce heat to medium and add sauce, bell pepper and cabbage. Cook for 5 to 7 minutes, stirring occasionally. Add mango and heat through, 3 minutes.

5. Divide among bowls and top with green onions, peanuts and cilantro.

PER SERVING (2 cups): Calories: 472, Total Fat: 27.5 g, Sat. Fat: 7 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 7 g, Carbs: 44 g, Fiber: 10.5 g, Sugars: 25.5 g, Protein: 20 g, Sodium: 558 mg, Cholesterol: 0 mg



Broccoli Pesto

MAKES **1¾ CUPS**.

HANDS-ON TIME: **15 MINUTES**.

TOTAL TIME: **15 MINUTES**.

Pesto can be used in countless ways – as a pizza topper, a flavor booster for proteins, stirred into noodles or with crackers. Try this unique broccoli version for a nutritious, adventurous twist.

- 2 tbsp** unsalted pine nuts
- 2 cups** steamed broccoli florets, cooled (or frozen and thawed)
- ½ cup** packed fresh basil
- ⅓ cup** extra-virgin olive oil
- 2 tbsp** fresh lemon juice
- 1 tbsp** nutritional yeast
- 1 clove** garlic, roughly chopped
- ½ tsp** sea salt
- ¼ tsp** red pepper flakes

1. To a dry pan on low heat, add pine nuts. Toast for 3 to 5 minutes until golden brown, stirring frequently. Remove from heat and transfer to a plate to cool.

2. Meanwhile, to a food processor or high-speed blender, add broccoli, basil, oil, lemon juice, yeast, garlic, salt and pepper flakes. Blend to a thick paste. Add pine nuts and just enough water to blend the mixture into a smooth sauce (2 to 3 tbsp). Refrigerate pesto until ready to use.

PER SERVING (¼ cup): Calories: 129, Total Fat: 12.5 g, Sat. Fat: 1.5 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 2 g, Carbs: 4 g, Fiber: 2 g, Sugars: 0 g, Protein: 2 g, Sodium: 178 mg, Cholesterol: 0 mg



Gluten-Free Seed Crackers

SERVES **8**. HANDS-ON TIME: **15 MINUTES**. TOTAL TIME: **1 HOUR**.

Homemade gluten-free crackers? You bet. Crackers are the ultimate snack food; they're crunchy, savory and the perfect vehicle for your favorite hummus or olive oil. These savory crackers also pair nicely with jams, chutneys and regular or nut cheeses.

- 2 cups** cooked white quinoa
- 2 cups** cooked brown rice
- ⅔ cup** chia seeds
- 2 tbsp** lemon zest + ¼ cup fresh lemon juice
- 1 tsp** ground black pepper
- ½ tsp** sea salt
- ¼ cup** extra-virgin olive oil

1. Preheat oven to 300°F.

2. To a food processor, add all ingredients except oil. Process until a mushy, doughlike consistency has formed, about 3 minutes.

3. Divide mixture into 4 balls. Place 1 ball between 2 sheets of parchment paper and roll out until slightly less than ¼ cm thick. Remove top sheet of parchment and cut dough into 1½-inch squares. Poke each square

3 times with a fork, then slide bottom parchment with dough onto a large baking sheet. Repeat with remaining dough balls and transfer each to a separate baking sheet. (**NOTE:** You can do this in batches depending on how many baking sheets you have.) Using a pastry brush, brush top of each sheet of dough with about ½ tbsp oil.

4. Bake for 25 minutes then carefully separate crackers, flip them over and brush other side with another ½ tbsp oil per tray; bake for 20 to 30 minutes more, until crackers are crispy and slightly brown. (**TIP:** Make sure to keep a close eye on them so that they don't burn.) Set aside to cool. Store in a resealable bag.

PER SERVING (⅓ of crackers): Calories: 213, Total Fat: 9 g, Sat. Fat: 1 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 4 g, Carbs: 28 g, Fiber: 7 g, Sugars: 1 g, Protein: 6 g, Sodium: 126 mg, Cholesterol: 0 mg



YOUR COOK ONCE SHOPPING LIST

VEGGIES & FRUITS

- 1 bunch fresh basil
- ¼ bunch fresh cilantro
- ¼ bunch fresh dill
- 1 head broccoli
- 4 oz Brussels sprouts
- 1 small green cabbage
- 1 small red cabbage
- 5 large carrots
- 1 cucumber
- 1 bag frozen shelled edamame
- 1 eggplant
- 1 head fennel
- 1 head garlic
- 2 green onions
- 5 lemons
- 1 lime
- 1 mango
- 1 pkg mixed greens
- 7 large king oyster mushrooms
- 1 large yellow onion
- 4 small sweet potatoes
- 1 bunch radishes
- root vegetables for chile fries and roasted vegetables
- 1 red bell pepper

WHOLE GRAINS

- 1 pkg whole rolled oats
- 1 pkg quinoa
- 1 pkg whole-grain spelt flour
- 1 pkg brown rice
- 1 pkg soba noodles, optional
- 1 pkg brown rice vermicelli noodles
- 1 pkg whole-grain English muffins, optional
- 1 pkg whole-grain linguine, optional
- 1 pkg whole-grain roti or buns of your choice, optional


NUTS, SEEDS & OILS

- 3 oz raw unsalted pecans
- ½ cup roasted unsalted peanuts
- 1 bag unsalted pine nuts
- 1 jar natural unsalted peanut butter
- 1 bag raw pumpkin seeds
- 1 bag hemp hearts
- 1 bag chia seeds
- 1 bag ground flaxseeds
- 1 jar coconut oil
- 1 bottle extra-virgin olive oil
- 1 bottle grape seed oil
- 1 bottle sesame oil

PROTEINS

- 12 oz organic extra-firm tofu
- 1 dozen eggs
- 12 oz unsweetened coconut yogurt or yogurt of your choice
- 1 pkg shaved Parmigiano-Reggiano, optional
- nut cheese or dairy cheese of your choice, optional

EXTRAS

- 1 bottle allspice
- 1 bottle ground cardamom
- 1 15-oz BPA-free can chickpeas
- 1 bottle ground cinnamon
- 1 13½-oz BPA-free can full-fat coconut milk
- 1 bottle ground coriander
- 1 bottle cumin
- ½ cup chopped pitted Medjool dates
- 1 bag dulse flakes
- 1 bottle ground ginger
- ½ cup hoisin sauce
- 1 bottle ground nutmeg
- 1 pkg nutritional yeast
- 1 bottle paprika
- 1 bottle red pepper flakes
- 1 bottle rice wine vinegar
- 1 jar sambal oelek
- 1 bottle turmeric
- 1 bottle ground black pepper
- 1 8-oz container hummus
- 1 bottle pure maple syrup
- 1 bottle sea salt
- 1 bottle reduced-sodium tamari
- 1 bottle pure vanilla extract
- 12 8-inch rice paper wraps 



Batch-Cooking Sunday: Week 3

Set aside a few hours of prep on Sunday and get a head start on the busy days to come. These versatile savory and sweet recipes will have you a covered for a week's worth of nourishing and tasty meals.

PREP SUNDAY

Protein-Packed Chickpea Blondies

will keep covered in the fridge until Friday

Cranberry Pistachio Cheese Spread

will keep in a resealable bag in the fridge until Friday

Cream of Roasted Garlic & Tomato Soup

will keep in the fridge until Thursday, or in the freezer up to 3 months

Okra Mushroom Gumbo with Red & White beans

will keep in the fridge until Thursday, or in the freezer up to 3 months

Egg Roll Bowl

will keep in an airtight container the fridge until Friday

Phorrito will keep in resealable bags in the fridge until Friday (store garnishes separately)

ON THE MENU THIS WEEK

BREAKFAST

Protein-Packed Chickpea Blondies

Cranberry Pistachio Cheese Spread
with a whole-grain bagel and orange slices

Cranberry Pistachio Cheese Spread
with sliced pear and boiled egg

SNACKS

Cranberry Pistachio Cheese Spread
with seed crackers and apple slices

Protein-Packed Chickpea Blondies
with raspberries

LUNCH

Cream of Roasted Garlic & Tomato Soup
with your favorite wrap or sandwich

Okra Mushroom Gumbo

Egg Roll Bowl

Phorrito

DINNER

Cream of Roasted Garlic & Tomato Soup with your favorite salad

Okra Mushroom Gumbo with corn bread or crusty whole-grain bread

Egg Roll Bowl with egg noodles or brown rice

Phorrito with your favorite soup or broth

Okra Mushroom Gumbo with Red & White Beans

SERVES 8. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR, 10 MINUTES.

Louisiana-style gumbos are a creative way to spice up your meals and add fiber and nutrient-dense vegetables to your day. Spicy foods have also been shown to help increase metabolism and circulation.

- 1 tbsp** olive oil
- 2** stalks celery, finely chopped
- 2** carrots, finely chopped
- 1 large** sweet onion, finely chopped
- 2 cups** sliced king oyster or cremini mushrooms
- 2 cups** okra (fresh or frozen and thawed), cut into ¼-inch pieces
- 1** green bell pepper, diced
- 1 large** red chile, seeded and minced
- 5–6** cloves garlic, minced
- 1 tbsp** dried thyme
- 2 tsp** ground cumin
- 2** bay leaves
- ½ cup** long-grain brown rice
- 2** white potatoes, chopped
- 2 cups** unsalted diced tomatoes
- 2 cups** low-sodium vegetable broth
- 1 cup** BPA-free canned white kidney beans, drained and rinsed
- 1 cup** BPA-free canned red kidney beans, rinsed
- ½ cup** chopped fresh flat-leaf parsley
- 2 tsp** sea salt

- 1 tsp** each ground black pepper and cayenne pepper
- 4** green onions, thinly sliced
- corn bread, for serving, optional

1. In a large stockpot on medium-high, heat oil. Add celery, carrots and onions. Sauté for 5 to 7 minutes, until fragrant.

2. Add mushrooms and sauté for 7 minutes, stirring occasionally, until slightly brown. Add okra, bell pepper, chiles, garlic, thyme, cumin and bay leaves. Sauté until fragrant, about 4 minutes.

3. Stir in rice; sauté for 2 to 3 minutes. Add potatoes, tomatoes and broth.

4. Bring to a boil then reduce heat to a simmer. Cover pot and cook, stirring occasionally, until rice is al dente, 30 to 40 minutes.

5. Add beans, parsley, salt, black pepper and cayenne pepper. Heat through, about 3 minutes. Remove bay leaves, top with green onions and serve with corn bread (if using).

PER SERVING (⅛ of recipe): Calories: 220, Total Fat: 3 g, Sat. Fat: 0.5 g, Carbs: 43 g, Fiber: 10 g, Sugars: 8 g, Protein: 9 g, Sodium: 565 mg, Cholesterol: 0 mg



Cream of Roasted Garlic & Tomato Soup

SERVES 8. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 1 HOUR, 20 MINUTES.

Paired with your favorite ooey-gooey grilled cheese sandwich or fresh veggie-centric wrap, tomato soup is the ultimate comfort food perfect for any time of year. Tomatoes are high in the antioxidant lycopene, which aids in the prevention of certain types of cancers.

- 4** carrots, roughly chopped
- 2** sweet onions, roughly chopped
- 1 head** garlic, top sliced off to expose cloves
- 5 sprigs** fresh rosemary
- 3 tbsp** grape seed oil, divided
- 2 14.5-oz** BPA-free cans unsalted diced tomatoes
- 2 tsp** sea salt

- 2 13.5-oz** BPA-free cans full-fat coconut milk
- whole-grain baguette, for serving, optional

1. Preheat oven to 375°F. To a large roasting pan, add carrots, onions, garlic and rosemary. Drizzle 2 tbsp oil over top. Roast for 45 minutes.

2. In a large stockpot on medium-high, add remaining 1 tbsp oil. Add roasted vegetables, making

sure to remove peel from garlic and stems from rosemary sprigs. Add tomatoes and salt, bring to a simmer and cook for 5 minutes. Add coconut milk then purée in pot using a handheld immersion blender. Bring to a simmer, about 4 minutes, then remove from heat. Serve with baguette (if using).

PER SERVING (⅛ of soup): Calories: 300, Total Fat: 26 g, Sat. Fat: 18.5 g, Mono-unsaturated Fat: 2 g, Polyunsaturated Fat: 4 g, Carbs: 17.5 g, Fiber: 2.5 g, Sugars: 9 g, Protein: 4 g, Sodium: 532 mg, Cholesterol: 0 mg



Egg Roll Bowl

SERVES 8.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 30 MINUTES.

Cabbage is a great way to add fiber and cancer-fighting sulfuric compounds to your diet. This bowl incorporates two varieties into a stir-fry that tastes like a classic egg roll. Serve with noodles of your choice.

- 2 tbsp** sesame oil
- 1 10-oz** pkg organic firm tofu, cut into ¼-inch cubes
- 2 tbsp** pure maple syrup
- 2 tbsp** reduced-sodium tamari or soy sauce
- 2 tsp** sambal oelek or sriracha sauce
- ⅓ tsp** ground black pepper
- 1 large** white onion, thinly sliced
- ½ head** green cabbage, thinly sliced
- ½ head** red cabbage, thinly sliced
- 3 tbsp** peeled and minced ginger
- 5 cloves** garlic, minced
- 3** carrots, grated

OPTIONAL GARNISHES:

Bean sprouts, chopped
roasted peanuts, chopped
green onion, sesame seeds,
hot sauce or Vietnamese
chile sauce

1. In a large skillet or wok on medium-high, heat oil. Add tofu and sear until browned on underside, about 4 minutes. Flip and brown on other side, about 3 minutes more.

2. In a small bowl, whisk together maple syrup, tamari, sambal oelek and black pepper. Pour over tofu and stir to coat. Add onion and sauté until translucent, about 2 minutes. Add cabbage, ginger and garlic; sauté until fragrant, about 5 minutes. Stir in carrots and heat through, 1 minute.

3. Divide among bowls and top with desired garnishes. Serve over brown rice or egg noodles.

PER SERVING (⅓ of recipe): Calories: 135, Total Fat: 5 g, Sat. Fat: 0.5 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 2.5 g, Carbs: 17 g, Fiber: 4 g, Sugars: 9 g, Protein: 6 g, Sodium: 252 mg, Cholesterol: 0 mg





Phorrito

SERVES 8. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 30 MINUTES.

Pho, or Vietnamese noodle soup, is made with a variety of flavorful and health-promoting ingredients including fresh herbs, spices, citrus fruit and fiber-rich vegetables. Try our portable version of this healthy favorite conveniently wrapped up in a whole-grain burrito for an easy, on-the-go lunch or dinner.

- | | | | |
|----------------|---|---|-----------------------|
| 14 oz | brown rice noodles | ¼ cup | rice vinegar |
| 3 tbsp | sesame oil, divided | 3 tbsp | pure maple syrup |
| 5 tbsp | reduced-sodium tamari or soy sauce, divided | ½ tsp | sea salt |
| 2 10-oz | pkgs firm organic tofu, cut into ¼-inch cubes or sliced | ¼ tsp | ground black pepper |
| 2 tsp | each ground cinnamon, ginger and garlic powder | 8 10-inch | whole-wheat tortillas |
| 4 cups | shiitake mushrooms, thinly sliced | OPTIONAL ADDITIONS: Savoy or red cabbage, grated carrot, cilantro and basil leaves, chopped green onions and hot sauce | |
| 2 | limes, zested and juiced | 1. Cook noodles according to package directions. Drain and toss with 1 tbsp each sesame oil and tamari. | |

2. Meanwhile, in a large skillet on medium, heat remaining 2 tbsp sesame oil. Add tofu and sear until browned on underside, about 4 minutes. Flip and brown other side, about 4 minutes.

3. Add cinnamon, ginger and garlic powder and cook until fragrant, about 1 minute. Add mushrooms and sauté until soft, about 2 minutes. In a small bowl, whisk together lime zest and juice, vinegar, remaining ¼ cup tamari, maple syrup, salt and pepper. Add to skillet and stir to coat.

4. To each tortilla, add noodles and tofu along center. Top with desired additions and fold to close. If making ahead, store tofu mixture, noodles and optional additions separately and assemble just before eating.

PER SERVING (1 wrap): Calories: 508, Total Fat: 13 g, Sat. Fat: 2 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 6.5 g, Carbs: 79 g, Fiber: 5 g, Sugars: 8 g, Protein: 19 g, Sodium: 895 mg, Cholesterol: 0 mg

Cranberry Pistachio Cheese Spread

MAKES **2 LOGS**.

HANDS-ON TIME: **20 MINUTES**.

TOTAL TIME: **1 HOUR, 20 MINUTES***

*PLUS SOAKING TIME.

Nut cheeses are a great way to impress your lactose-intolerant or vegan guests and get a little adventurous in the kitchen. Serve on bagels, sandwiches or crackers or with veggies.

SPREAD

- 2 cups** shelled raw unsalted pistachios, soaked in water for 45 minutes and drained
- 2 cups** raw unsalted cashews, soaked in water for 45 minutes and drained
- ½ cup** finely chopped fresh flat-leaf parsley
- ¼ cup** chopped dried unsweetened cranberries
- ¼ cup** finely chopped fresh chives
- ¼ cup** fresh lemon juice
- 2 tbs** nutritional yeast
- 2 tbs** chopped fresh thyme
- 2 tsp** sea salt
- ½ tsp** ground black pepper

TOPPINGS

- 1 cup** chopped dried unsweetened cranberries
- 1 cup** finely chopped fresh parsley

1. To a high-powered blender, add drained pistachios and cashews and 2 cups water; blend until smooth.

2. Line a small colander with cheesecloth and add nut mixture. Place colander over a plate to catch drippings or place over the sink. Wrap cheesecloth around nut mixture, twist at the top and squeeze. Place a heavy item on top of nut mixture and let sit in a warm location for 1 hour (for example, near the stove if it's on, or on top of the fridge).

3. Transfer nut mixture to a bowl and mix in remaining spread ingredients. Form into 2 logs, each about 6 inches long. Place topping ingredients on a small plate and roll logs over to coat. Refrigerate for up to 1 week.

TIP: You can save the drippings from squeezing out the nuts and use it as creamer for coffee or tea or as an addition to smoothies.

PER SERVING (¼ of 1 log): Calories: 362, Total Fat: 26.5 g, Sat. Fat: 4 g, Monounsaturated Fat: 14 g, Polyunsaturated Fat: 7 g, Carbs: 25 g, Fiber: 7 g, Sugars: 6 g, Protein: 13 g, Sodium: 493 mg, Cholesterol: 0 mg



Protein-Packed Chickpea Blondies

MAKES 16 SQUARES. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 40 MINUTES.*

*PLUS COOLING TIME.

Legumes such as chickpeas are a great source of protein, iron and folate. Here, we've incorporated them into this sweet treat for a clean snack or dessert. Don't worry, they don't taste like chickpeas!

- coconut oil,
for greasing
- 2 cups** BPA-free canned
chickpeas, drained
and rinsed
- ⅓ cup** pure maple syrup
- 3 tbsp** hemp seeds
- 1 tbsp** ground flaxseed
- 2 tsp** pure vanilla extract
(**TRY:** Simply Organic
Pure Vanilla Extract)
- ½ tsp** sea salt

- ¼ tsp** each baking powder
and baking soda
- ½ cup** chopped unsweetened
dark chocolate, divided

1. Preheat oven to 375°F and grease an 8-inch square baking dish with oil.

2. To a food processor, add all ingredients except dark chocolate; process until batter is smooth. Fold in ¼ cup dark chocolate. Spread batter evenly in prepared pan. Sprinkle remaining ¼ cup chocolate over top.

3. Bake for 25 minutes or until a toothpick comes out clean and edges are beginning to brown. Let cool for 1 hour, then cut into 16 squares. (**NOTE:** Batter may look slightly underdone, which is the key to these squares staying moist. Don't be tempted to skip the cooling time as the squares will crumble if you try to cut them while they're hot.)

PER SERVING (1 square): Calories: 105, Total Fat: 5 g, Sat. Fat: 2 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 1 g, Carbs: 12 g, Fiber: 3 g, Sugars: 5 g, Protein: 3 g, Sodium: 92 mg, Cholesterol: 0 mg



YOUR COOK ONCE SHOPPING LIST

PROTEINS

- 3 10-oz pkgs
firm organic tofu

VEGGIES & FRUITS

- 1 head green cabbage
- 1 head red cabbage
- 1 head savoy
or red cabbage, optional
- bean sprouts, optional
- 1 apple, optional
- 1 orange, optional
- 1 pear, optional
- 1 pint raspberries, optional

- 19 oz medium carrots,
plus additional carrot
for optional garnish
- 1 large red chile
- 2 heads garlic
- 3 1-inch pieces fresh ginger
- 1 green bell pepper
- 2 lemons
- 2 limes
- 5 oz king oyster
or cremini mushrooms
- 12 oz shiitake mushrooms
- 3 large sweet onions
- 1 large white onion
- 7 oz okra (or frozen)
- 2 celery stalks
- 2 white potatoes
- 4 green onions, plus additional
for optional garnish
- 1 bunch fresh chives
- 1 large bunch fresh parsley
- 1 bunch fresh rosemary
- 1 bunch fresh thyme
- 1 small bunch fresh basil, optional
- 1 small bunch fresh cilantro, optional

WHOLE GRAINS


- 1 pkg brown rice noodles
- 1 bag long-grain
brown rice
- 8 10-inch whole-wheat wraps
- 1 whole-grain bagel, optional
- 1 whole-wheat wrap or piece of
bread, optional
- corn bread and/or whole-grain
baguette, optional
- 1 box seed crackers, optional

NUTS, SEEDS & OILS

- 11 oz raw unsalted cashews
- 1 bottle extra-virgin olive oil
- 1 bottle olive oil
- 1 bottle coconut oil
- 1 bottle grape seed oil
- 1 bottle sesame oil

- chopped roasted unsalted
peanuts, optional
- 9 oz raw unsalted pistachios
- 1 bag ground flaxseeds
- 1 bag hemp seeds
- 1 container black or white sesame
seeds, optional

EXTRAS

- 1 bottle bay leaves
- 1 bottle cayenne pepper
- 1 bar unsweetened dark chocolate
- 1 bottle sambal oelek
or sriracha sauce
- 1 bottle all-natural hot sauce
or Vietnamese chile sauce, optional
- 2 8-oz cartons low-sodium
vegetable broth
- 1 bag dried
unsweetened cranberries
- 1 pkg egg noodles, optional
- 1 bottle ground cinnamon
- 1 bottle ground cumin
- 1 bottle garlic powder
- 1 bottle ground ginger
- 1 tbsp dried thyme
- 3 14.5-oz BPA-free cans unsalted
diced tomatoes
- 1 15-oz BPA-free can unsalted
white kidney beans
- 1 15-oz BPA-free can unsalted
red kidney beans
- 2 15-oz BPA-free cans
unsalted chickpeas
- 2 13.5-oz BPA-free
cans coconut milk
- 1 bottle rice vinegar
- 1 container baking powder
- 1 container baking soda
- 1 bottle ground black pepper
- 1 bottle sea salt
- 1 bottle nutritional yeast
- 1 bottle pure maple syrup
- 1 bottle reduced-sodium tamari
or soy sauce
- 1 bottle pure vanilla extract 





Ready-Made *Freezer Meals*

Getting supper on the table on busy weeknights doesn't have to mean processed frozen dinners: With a little bit of prep ahead, all these stellar recipes — from coffee-rubbed flank steak to meatballs in vodka sauce — were designed to be pulled out of the freezer and popped into the oven, slow cooker or Instant Pot for a convenient weeknight meal that's worthy of dinner guests. Simply look for the round icons indicating the type of appliance and pick your cooking method!

- 52 Smoky & Spicy Brisket Sliders
with Pickled Onions
- 53 Ginger Apricot Chicken
with Garlicky Greens
- 54 Creole Shrimp & Sausage Jambalaya
- 55 Chicken Tikka Masala
- 56 Smoked Cheddar Mac & Cheese
- 57 Vegetable & Brown
Rice—Stuffed Peppers
- 58 Pork al Pastor Tacos
- 59 Meatballs in Vodka Sauce
- 60 Beef Picadillo Shepherd's Pie
- 61 Lemon Chicken with Kasha
- 62 Loaded Baked Potato Pizza
- 64 Coffee-Rubbed Flank Steak
with Chimichurri Carrots & Parsnips





SLOW
COOKER

Smoky & Spicy Brisket Sliders with Pickled Onions

SERVES 8 TO 10. HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 4 HOURS, 25 MINUTES.*

*PLUS THAWING TIME.

Brisket makes a hearty, easy meal that pleases both kids and grown-ups.

It's also a terrific dish for last-minute entertaining. This recipe calls for canned chipotle peppers; you can adjust the amount to your heat tolerance, or, for easier prep, substitute chipotle powder. Quick-pickled onions add a fresh, tangy zip to the rich, smoky meat – make them the night before the brisket goes into the slow cooker.

BRISKET SLIDERS

1 cup ketchup (**TIP:** Look for all-natural options, such as Tessemae's, or get our homemade recipe at cleaneating.com.)

½ cup organic dark beer or low-sodium beef broth

¼ cup white vinegar or red wine vinegar

2 tbsp each coconut sugar and smoked paprika

1 or 2 BPA-free canned chipotle peppers, seeded and chopped + 1 tbsp adobo sauce from can, or to taste

6 cloves garlic, chopped

3 lb beef brisket, trimmed and cut crosswise into ½-inch-thick slices

1 small yellow onion, chopped

8–10 whole-wheat slider buns, halved and warmed

PICKLED ONIONS

1 red onion, halved and thinly sliced into half-moons

3 tbsp raw honey

½ cup apple cider vinegar (**TRY:** Bragg Organic Raw Apple Cider Vinegar)

FREEZER

1. Make brisket: In a large zip-top freezer bag or freezer-safe glass container, whisk together ketchup, beer, vinegar, coconut sugar, paprika, chipotle peppers with adobo and garlic. Seal bag; massage ingredients together to combine.

2. Open bag; add brisket and yellow onion. Seal and shake to combine. Open bag, press out as much air as possible, seal and freeze for up to 2 months.

3. Make pickled onions: The night before cooking brisket, fill a heat-proof 8-oz glass jar with red onion slices. In a small saucepan, bring ½ cup water to a boil. Stir in honey until dissolved. Stir in vinegar, then pour mixture over onions. Seal jar and refrigerate overnight.

TO SLOW COOKER

4. To cook brisket, remove bag from the freezer and let stand in the refrigerator for 24 hours. When brisket is fully thawed, transfer mixture from bag or container to a slow cooker and cook on high for 4 to 5 hours or on low for 8 hours.

5. Using a slotted spoon, transfer brisket to a large shallow bowl. Using 2 forks, shred meat. Spoon some of the sauce mixture over meat. Pour remaining sauce into a small bowl.

6. To serve, layer meat on buns and top with pickled onions. Serve with remaining sauce on the side.

PER SERVING (⅛ of recipe): Calories: 380, Total Fat: 9 g, Sat. Fat: 3 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 37 g, Fiber: 3 g, Sugars: 10 g, Protein: 38 g, Sodium: 669 mg, Cholesterol: 105 mg

Ginger Apricot Chicken

with Garlicky Greens

SERVES 6.

HANDS-ON TIME: **20 MINUTES.**

TOTAL TIME: **5 HOURS,
20 MINUTES.***

*PLUS THAWING TIME.

This Asian-inspired slow-cooker recipe uses boneless chicken breasts, but boneless chicken thighs work just as well. To give it a spicy spin, add a serrano pepper to the mixture before freezing; cook the pepper in the sauce then discard it before serving.

CHICKEN

- 1 cup** no-sugar-added apricot preserves
- 1 small** red onion, chopped
- ¼ cup** peeled and roughly chopped ginger
- ¼ cup** extra-virgin olive oil
- 2 tbsp** reduced-sodium tamari or soy sauce
- 4 large** cloves garlic
- 2 lb** boneless, skinless chicken breasts, cut into ½-inch-thick slices
- sea salt and ground black pepper, to taste
- 1 bunch** green onions (white and light green parts only), thinly sliced

GREENS

- 2 tbsp** extra-virgin olive oil
- 4 cloves** garlic, chopped
- 1 16-oz** bag baby spinach, kale or other greens
- 2 tbsp** toasted sesame seeds

FREEZER

1. Make chicken: In a blender or food processor, combine preserves, onion, ginger, oil, tamari and garlic. Purée until combined but not completely smooth; mixture should still have some small chunks. Pour into a large zip-top freezer bag or freezer-safe glass container. Add chicken, seal and shake to combine. Open bag, press out as much air as possible, seal and freeze for up to 2 months.

TO SLOW COOKER

2. To cook chicken, remove bag from freezer and let stand in the refrigerator for 24 hours, or until fully thawed. Transfer to a slow

cooker and cook on high for 5 to 6 hours or on low for 8 hours. Season with salt and pepper.

3. Make greens: About 5 minutes before serving, in a large skillet, heat oil on medium. Add garlic and greens; cook, stirring, until garlic is fragrant and greens are wilted, 2 to 3 minutes. Sprinkle with seeds.

4. To serve, divide greens among plates; divide chicken and sauce over top. Garnish with green onions.

PER SERVING (⅙ of recipe): Calories: 297, Total Fat: 15 g, Sat. Fat: 2 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 2 g, Carbs: 16.5 g, Fiber: 6 g, Sugars: 1 g, Protein: 28 g, Sodium: 260 mg, Cholesterol: 83 mg



Creole Shrimp & Sausage Jambalaya

SERVES 6.

HANDS-ON TIME: 30 MINUTES.

**TOTAL TIME: 4 HOURS,
30 MINUTES.***

*PLUS THAWING TIME.

This New Orleans classic adapted for the slow cooker is brimming with bold ingredients like turkey sausage, cayenne pepper and okra – the okra isn't traditional in jambalaya, but it adds a definitive Cajun touch.

- 1 28-oz** BPA-free can unsalted diced tomatoes, with juices
- 12 oz** all-natural spicy turkey sausage, cut into 1-inch-thick slices
- 2 large** stalks celery, chopped
- 1** yellow onion, chopped
- 1 each** large green and red bell pepper, chopped
- 6 cloves** garlic, minced
- 4 tsp** dried oregano
- 2 tsp** dried thyme
- ¾ tsp** cayenne pepper, or to taste
- 2** bay leaves
- 12 oz** frozen raw deveined peeled medium shrimp
- 1 cup** frozen long-grain brown rice
- 1 12-oz** bag frozen sliced okra, optional
- ½ tsp** sea salt
- ¼ tsp** ground black pepper
- 6 tbsp** chopped fresh flat-leaf parsley
- hot sauce, optional

FREEZER

1. Make jambalaya mixture:

In a large zip-top freezer bag or freezer-safe glass container, combine tomatoes, sausage, celery, onion, bell peppers, garlic, oregano, thyme, cayenne and bay leaves. Press out as much air as possible, seal and freeze for up to 2 months.

TO SLOW COOKER

2. To cook, remove jambalaya mixture, shrimp, rice and okra (if using) from freezer and let stand in the refrigerator for 24 hours, or until fully thawed.

Transfer jambalaya mixture to a slow cooker and cook on high for 4 to 6 hours, or on low for 8 hours.

3. During the last 10 minutes of cooking, add thawed shrimp, rice and okra (if using); cook until shrimp is pink and opaque, 7 to 10 minutes. Season with salt and pepper.

4. To serve, divide jambalaya among bowls; sprinkle with parsley. Serve with hot sauce (if using).

PER SERVING (½ of recipe): Calories: 212, Total Fat: 6 g, Sat. Fat: 2 g, Monounsaturated Fat: 1.5 g, Polyunsaturated Fat: 1 g, Carbs: 20 g, Fiber: 6 g, Sugars: 9 g, Protein: 19 g, Sodium: 914 mg, Cholesterol: 102 mg





Chicken Tikka Masala

SERVES **4 TO 6**. HANDS-ON TIME: **30 MINUTES**. TOTAL TIME: **5 HOURS, 30 MINUTES**.*

*PLUS THAWING TIME.

Our slow-cooker version of this Indian favorite calls for a traditional mix of spices, but you can substitute 3 tbsp garam masala (a ready-made spice mixture) for them. If you have time, sauté the onion, garlic and spices in 2 tbsp coconut oil before combining them with all the other ingredients in the freezer bag – it will make the flavors deeper and more complex. Serve with brown basmati rice.

1 yellow onion, chopped

1 jalapeño pepper,
seeded and chopped

2 tbsp unsalted tomato paste

2 tbsp peeled and
minced ginger

4 cloves garlic, minced

2½ tsp each ground cinnamon,
cumin, coriander
and cardamom

1½ tsp sea salt, or to taste

1 tsp ground black pepper,
or to taste

¾ tsp each ground cloves
and nutmeg

1 14-oz BPA-free can puréed
tomatoes (aka passata)

1½ lb boneless, skinless
chicken thighs, cut
into ½-inch chunks

1–2 13.5-oz BPA-free cans
full-fat coconut milk

½ cup chopped fresh cilantro

½ cup full-fat plain
yogurt, optional

FREEZER

1. In a large bowl, stir together onion, jalapeño, tomato paste, ginger, garlic, cinnamon, cumin, coriander, cardamom, salt, black pepper, cloves and nutmeg. Stir in tomatoes and pour into a large zip-top freezer bag or freezer-safe glass container. Add chicken; seal and shake to mix well. Open bag, press out as much air as possible, seal and freeze for up to 2 months.

TO SLOW COOKER

2. To cook tikka masala, remove bag from freezer and let stand in the refrigerator for 24 hours, until fully thawed. Transfer to a slow cooker and cook on high for 5 to 6 hours or on low for 8 hours.

3. About 10 minutes before cook time is done, stir enough coconut milk into slow cooker to thin sauce to desired consistency. Cover and cook until heated through, about 10 minutes. Season with additional salt and pepper, if desired.

4. Serve over brown basmati rice, and top with with cilantro and yogurt (if using).

PER SERVING (⅓ of recipe): Calories: 319, Total Fat: 19 g, Sat. Fat: 13 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 14 g, Fiber: 4 g, Sugars: 5 g, Protein: 26 g, Sodium: 622 mg, Cholesterol: 107 mg



INSTANT
POT

Smoked Cheddar Mac & Cheese

SERVES **4**. HANDS-ON TIME: **15 MINUTES**. TOTAL TIME: **55 MINUTES**.*

*PLUS FREEZING TIME.

Three cheeses – smoked cheddar, sharp cheddar and Parmesan – commingle in this super-easy Instant Pot mac and cheese. Sprinkle with green onions if you have some on hand.

- 3 cups** whole-wheat elbow macaroni (dry)
- 1 cup** grated sharp cheddar
- ½ cup** grated Parmesan
- 1** carrot, finely grated
- ½ cup** heavy cream
- 2 tsp** Dijon mustard
- 1 clove** garlic, minced
- ½ tsp** sea salt
- ¼ tsp** ground black pepper
- 2 tbsp** organic unsalted butter
- ½ cup** whole milk
- 1 tbsp** tapioca starch
- ¾ cup** grated smoked cheddar

FREEZER

1. Place a large freezer bag inside a 6½-inch-diameter bowl. (**NOTE:** Make sure the bowl fits inside the Instant Pot insert.) To bag, add macaroni, 1 cup water, sharp cheddar, Parmesan, carrot, cream, mustard, garlic, salt and pepper; massage to mix. Seal and freeze up to 2 months. Once mixture is frozen, remove bowl.

TO INSTANT POT

2. When ready to eat, add 1½ cups water and butter to Instant Pot. Add frozen pasta mixture. Lock lid; set release valve to Seal. Press Pressure Cook/Manual and set timer to 4 minutes. When cooking

is finished, leave vent in seal position and allow pressure to release naturally. When metal pin in lid falls and all pressure is released, unlock lid.

3. Whisk together milk and tapioca starch and slowly stir into pot. Stir in smoked cheddar. If a crispy top is desired, transfer to an 8 x 8-inch baking dish and place under the broiler on high for 5 minutes.

PER SERVING (¼ of recipe): Calories: 803, Total Fat: 42 g, Sat. Fat: 23 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 3 g, Carbs: 83 g, Fiber: 10 g, Sugars: 5 g, Protein: 32 g, Sodium: 841 mg, Cholesterol: 110 mg

INSTANT
POT

Vegetable & Brown Rice— Stuffed Peppers

SERVES 8.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 1 HOUR.*

*PLUS FREEZING TIME.

This dish is chock-full of veggies, herbs and hearty rice and chickpeas. You can fit four peppers at a time in the Instant Pot, so make two batches or save half for a future meal.

- 2 cups** cooked brown rice
- 1 15-oz** BPA-free can chickpeas, drained and rinsed
- 2 large** stalks celery, minced
- 1 large** carrot, shredded
- 1** shallot, minced
- ½ cup** finely chopped pitted black olives
- 2 oz** soft goat cheese, crumbled
- ⅓ cup** chopped oil-packed sun-dried tomatoes + 2 tbsp oil reserved from jar, divided
- ¼ cup** chopped fresh flat-leaf parsley
- 3 tbsp** fresh lemon juice
- 2 tsp** each dried oregano and basil
- 1½ tsp** garlic powder
- ¾ tsp** sea salt
- ¼ tsp** each ground black pepper and red pepper flakes
- 8** bell peppers (any color)
- ½ cup** grated Parmesan

FREEZER

1. In a large bowl, combine rice, chickpeas, celery, carrot, shallot, olives, goat cheese, sun-dried tomatoes, parsley, lemon juice, oregano, basil, garlic powder, salt, black pepper and pepper flakes.

2. Cut a thin slice off bottoms of any peppers that don't stand up, without cutting through bottoms. Cut off top of each pepper and remove seeds and ribs. Divide rice mixture among peppers. Drizzle with reserved oil from sun-dried tomatoes. Place peppers standing up in 2 large glass containers or freezer bags; freeze up to 2 months.

TO INSTANT POT

3. When ready to eat, pour 1 cup water into Instant Pot; place steamer rack trivet on top. Place 4 peppers standing up on trivet. Lock lid and set release valve to Seal. Press Pressure Cook/Manual; set timer to 8 minutes. When cooking is finished, leave vent in seal position and allow pressure to release naturally. When metal pin in lid falls and all pressure is released, unlock lid. Sprinkle peppers with Parmesan.

PER SERVING (1 stuffed pepper):

Calories: 241, Total Fat: 10 g, Sat. Fat: 3 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1 g, Carbs: 32 g, Fiber: 7 g, Sugars: 8 g, Protein: 8 g, Sodium: 416 mg, Cholesterol: 8 mg





Pork al Pastor Tacos

SERVES 8. HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 2 HOURS, 35 MINUTES.*

*PLUS FREEZING TIME.

Have your filling prepped in your freezer to pull out on taco night. When you're ready, pop it into your Instant Pot while you prepare your toppings. If you have time, try our homemade pineapple salsa.

- ½ pineapple, peeled, cored, cut into chunks (about 2½ cups)
- 2 canned chipotle chiles, seeded + 2 tbsp adobo sauce
- 2 tbsp apple cider vinegar
- 1 tbsp raw honey
- 1½ tbsp chile powder
- 3 cloves garlic, chopped
- 2 tsp each dried oregano, ground cumin and sea salt
- 1 tsp ground black pepper

- 1 6-lb pork shoulder, bone removed, trimmed and cut into ½-inch chunks

- ½ small red onion, chopped
- 16 6-inch corn tortillas

FOR SERVING, OPTIONAL

Pineapple salsa (at right) or chopped pineapple, fresh cilantro, chopped avocado, sliced radishes, pickled onions or hot sauce

FREEZER

1. In a blender or food processor, combine pineapple, chipotles and adobo, vinegar, honey, chile powder, garlic, oregano, cumin,

salt and pepper; blend until smooth. Line a 6½-inch-diameter bowl with a large freezer bag. (**NOTE:** Make sure the bowl fits inside the Instant Pot insert.) Place pork and onion in bag, pour in pineapple mixture; massage to coat. Seal bag; freeze up to 2 months. Once mixture is frozen, remove bowl.

TO INSTANT POT

2. When ready to eat, press Sauté on the Instant Pot and set to Medium/Normal. Place frozen pork mixture in pot with ⅔ cup water and cook for 2 minutes. Lock lid and set release valve to Seal. Press Pressure Cook/Manual and set timer to 50 minutes. When cooking is finished, leave the vent in seal position and allow pressure to release naturally. When metal pin in lid falls and all pressure is released, unlock lid.

3. Strain pork mixture, reserving liquid. Shred pork. Add back a few spoonfuls of liquid; serve with tortillas and toppings as desired.

PER SERVING (2 tacos): Calories: 261, Total Fat: 8 g, Sat. Fat: 3 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 1.5 g, Carbs: 23 g, Fiber: 3 g, Sugars: 1 g, Protein: 24 g, Sodium: 141 mg, Cholesterol: 69 mg

Pineapple Salsa

- ½ pineapple, peeled, cored and diced
- ¼ cup diced red onion
- ¼ cup fresh cilantro, chopped
- 2 tbsp fresh lime juice
- 1 tsp extra-virgin olive oil
- sea salt and ground black pepper, to taste

Place all salsa ingredients in a bowl and stir well.

Meatballs in Vodka Sauce

SERVES 4.

HANDS-ON TIME **30 MINUTES.**

TOTAL **1 HOUR.***

*PLUS FREEZING TIME.

Tomato sauce with a splash of vodka gets simmered with juicy meatballs – and it can all be made ahead and ready to cook in the Instant Pot. Serve with steamed green beans or with crusty bread.

MEATBALLS

- 1 lb** ground beef
- 3 tbsp** whole-grain bread crumbs
- 1 tbsp** extra-virgin olive oil
- 2 tsp** garlic powder
- 1 tsp** each onion powder and dried oregano
- ¼ tsp** each sea salt and ground black pepper

SAUCE

- 1 28-oz** BPA-free can peeled tomatoes
- ½ cup** diced white onion
- 3 tbsp** vodka
- 2 tsp** each dried basil and oregano
- 2 cloves** garlic, minced
- ½ tsp** each sea salt and smoked paprika
- ¼ tsp** each ground black pepper and red pepper flakes
- ¼ tsp** raw honey
- 1 tbsp** olive oil
- ⅓ cup** heavy cream, room temperature
- ½ cup** basil leaves, chopped
- 1 tbsp** tapioca starch

FREEZER

1. Make meatballs: Line a large baking sheet with parchment. Mix together all meatball ingredients in a large bowl. Using a 3 tbsp ice cream scoop, portion 8 meatballs. Use your hands to roll into balls; place on sheet. Cover and refrigerate.

2. Make sauce: In a blender, combine tomatoes, onion, vodka, basil, oregano, garlic, salt, paprika, black pepper, pepper flakes and honey; blend until smooth. Line a 6½-inch-diameter bowl with a large freezer bag.

(NOTE: Make sure bowl fits inside Instant Pot insert.) Add sauce and meatballs to bag. Seal and freeze up to 2 months. Once mixture is frozen, remove bowl.

PER SERVING (¼ of recipe): Calories: 464, Total Fat: 31.5 g, Sat. Fat: 12 g, Monounsaturated Fat: 15 g, Polyunsaturated Fat: 2 g, Carbs: 18 g, Fiber: 3 g, Sugars: 7 g, Protein: 25 g, Sodium: 871 mg, Cholesterol: 99

TO INSTANT POT

3. When ready to eat, press Sauté on Instant Pot and set to Normal/Medium; heat 1 tbsp oil. Place frozen meatball mixture in pot; cook until some of sauce has thawed and there is about ½ to 1 cup liquid in pot, about 3 minutes. Lock lid and set release valve to Seal. Press Pressure Cook/Manual and set timer to 7 minutes. When cooking is finished, leave vent in seal position and allow pressure to release naturally. When metal pin in lid falls and all pressure is released, unlock lid. Using a slotted spoon, transfer meatballs to a bowl. Add cream and basil to sauce. Whisk tapioca in 1 tbsp water; whisk into sauce. Serve meatballs with sauce.





OVEN

Beef Picadillo Shepherd's Pie

SERVES 6. HANDS-ON TIME: 40 MINUTES.

TOTAL TIME: 1 HOUR, 40 MINUTES.*

*PLUS COOLING TIME.

A shepherd's pie with a Latin-American twist that goes from freezer to oven for an easy, hearty midweek meal. Olives add a salty kick while puréed cauliflower stands in for mashed potatoes as a creamy topper.

4 cups	small cauliflower florets	1 cup	boxed or jarred unsalted chopped tomatoes
1¼ cups	low-sodium chicken broth, divided	¼ cup	small pimento-stuffed olives, coarsely chopped
	sea salt and ground black pepper, to taste	2 tbsp	balsamic vinegar
1 lb	extra-lean ground beef		
1	red onion, diced		
2 cloves	garlic, minced		
½	green bell pepper, diced		
½	red bell pepper, diced		
1 tsp	each ground cumin and paprika		

FREEZER

1. Preheat oven to 400°F. Spread cauliflower in a single layer on a parchment-lined baking sheet and mist with cooking spray. Roast for 30 minutes, until soft. Cool slightly; transfer to a food processor. Add ¼ cup broth and process on high until smooth. Transfer to a bowl, season with salt and pepper and set aside.

2. Meanwhile, mist a large nonstick skillet with cooking spray and heat on medium-high. Add beef and cook, breaking up with a wooden spoon, for 6 minutes, until browned. Transfer beef to a paper towel-lined tray.

3. To skillet, add onion, garlic and bell peppers. Cook, stirring frequently, for 3 minutes, until softened. Add cumin and paprika and cook, stirring constantly, for 1 minute, until fragrant. Return beef to skillet and stir in remaining 1 cup broth, tomatoes, olives and vinegar. Cook for 6 minutes, until thickened slightly and reduced by half. Season with additional salt and pepper and transfer to an 8-inch square nonstick or glass oven-safe baking dish. With a spatula, smooth out mixture. Allow to cool to room temperature.

4. Spoon cauliflower purée over beef mixture. Gently spread to cover meat and smooth out. Wrap with plastic wrap and freeze up to 2 months.

TO OVEN

5. Cook from frozen: Preheat oven to 400°F. Remove plastic and cover with foil. Bake for 45 minutes, then reduce heat to 375°F, remove foil and bake for 15 to 20 minutes, until golden brown on top and hot (165°F) throughout.

PER SERVING (⅓ of recipe): Calories: 141, Total Fat: 4 g, Sat. Fat: 1 g, Carbs: 9 g, Fiber: 3 g, Sugars: 5 g, Protein: 17.5 g, Sodium: 315 mg, Cholesterol: 40 mg

STOVE
TOP

Lemon Chicken

with Kasha

SERVES 4.

HANDS-ON TIME: **30 MINUTES.**

TOTAL TIME: **40 MINUTES.***

*PLUS COOLING TIME.

Kasha, or roasted buckwheat groats, adds a nutty flavor to this zesty chicken dish.

- 1 tsp** each cumin seeds, coriander seeds and fennel seeds
- ¼ tsp** ground cayenne pepper
- 1 lb** boneless, skinless chicken breasts, cut into ¼-inch-thick slices
- 1 tsp** olive oil
- 4 cloves** garlic, minced, divided
- 1 tbsp** lemon zest + 3 tbsp fresh lemon juice, divided
- 1** yellow onion, diced
- 1¼ cups** low-sodium chicken broth
- ¼ cup** small pimento-stuffed green olives, halved
- Pinch** saffron threads, optional
- ½ cup** whole or coarse kasha
- 3 tbsp** chopped fresh cilantro leaves
- sea salt and ground black pepper, to taste
- ½ cup** plain Greek yogurt



FREEZER

1. In a large skillet on medium, add cumin, coriander and fennel and toast, stirring constantly, until fragrant, 2 minutes. Transfer to a spice grinder; grind until few coarse pieces remain, 30 seconds. Transfer to a bowl; stir in cayenne.

2. In a medium bowl, toss chicken with oil, half of garlic, half of ground spices and 2 tbsp lemon juice, gently rubbing into meat.

3. Mist a large nonstick skillet with cooking spray and heat on medium-high. Add chicken and cook for 3 to 4 minutes, turning once, until lightly browned and cooked through. Transfer to a bowl and cover to keep warm. To skillet, add onion and remaining garlic and cook, stirring frequently, for 2 to 3 minutes, until soft and translucent. Stir in remaining ground spices and cook, stirring, for 1 minute.

4. In a small saucepan, add broth, remaining 1 tbsp lemon juice, lemon zest, olives and saffron

(if using). Bring to a boil, and continue boiling for 1 to 2 minutes. Stir in kasha, reduce heat to medium-low, cover and simmer until tender, 10 to 12 minutes. Remove from heat and set aside, covered, for 2 minutes.

5. To kasha mixture, stir in cilantro and chicken, salt and pepper. Cool, divide into 4 resealable freezer-safe containers; freeze up to 2 months.

TO STOVE TOP

6. Thaw in fridge. In a small pot on medium, add 1 portion and 1 tbsp water. Cook for 4 minutes, stirring frequently, until hot (165°F) throughout. Or, store in a microwave-safe dish and defrost for 1 minute, until thawed. Heat on high until hot throughout (165°F), 1 minute, 30 seconds. Top with yogurt.

PER SERVING (3 oz chicken, ½ cup kasha, 2 tbsp yogurt): Calories: 262, Total Fat: 4 g, Sat. Fat: 1 g, Carbs: 23 g, Fiber: 4 g, Sugars: 4.5 g, Protein: 33 g, Sodium: 443 mg, Cholesterol: 66 mg

OVEN

Loaded Baked Potato Pizza

SERVES 6. HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 1 HOUR, 15 MINUTES.*

*PLUS COOLING TIME.

Pizza meets potato skins in this chili-topped, cheesy pizza you can bake from frozen in under an hour!

- 1** Yukon Gold potato, peeled and chopped
- ¼ cup** plain Greek yogurt, divided
- 2 pinches** sea salt, divided
- 3 tbsp** stone-ground whole-grain cornmeal
- 3 tbsp** white whole-wheat or whole-wheat flour
- 1 16-oz** ball whole-wheat pizza dough (**TRY:** CE's Whole-Wheat Pizza Dough at cleaneating.com)
- 1 cup** broccoli florets
- 1 15-oz** BPA-free can all-natural vegetarian chili (**TRY:** Amy's Organic Medium Chili with Vegetables)
- 2 oz** deli-sliced all-natural ham, chopped
- 1 cup** shredded cheddar cheese
- 2** green onions, thinly sliced

FREEZER

1. Preheat oven to 450°F. To a small pot, add potato and cover with cold water by 1 inch. Boil for 8 minutes, until fork-tender. Remove pot from heat, drain and return potato to pot. Mash until smooth; stir in yogurt and 1 pinch salt. Set aside.

2. Lightly mist an 11 x 16-inch parchment-lined baking sheet with cooking spray; dust with cornmeal. Lightly dust work surface with flour. Using a rolling pin or your hands, roll or stretch dough slightly larger than sheet. Transfer dough to sheet. Prick dough all over with a fork and bake for 8 minutes until surface is just crispy and light golden.

3. Meanwhile, bring a small pot of water to a boil. Add remaining pinch salt and blanch broccoli for 1 minute, until softened. Refresh under ice water, drain and cool.

4. Spread chili evenly over dough. Dollop mashed potato over top in 2-tbsp mounds. Top with ham, broccoli then cheese. Wrap with plastic and freeze up to 2 months.

TO OVEN

5. Cook from frozen: Preheat oven to 400°F. Remove plastic and cover with foil. Bake for 55 minutes, or until hot throughout (to an internal temperature of 165°F in center of pan). Set aside, loosely covered, for 5 minutes before serving. Sprinkle with green onions.

PER SERVING (½ of pizza):

Calories: 342, Total Fat: 6 g, Sat. Fat: 1 g, Monounsaturated Fat: 0 g, Polyunsaturated Fat: 0 g, Carbs: 54 g, Fiber: 8 g, Sugars: 3 g, Protein: 18 g, Sodium: 412 mg, Cholesterol: 10 mg





Coffee-Rubbed Flank Steak with Chimichurri Carrots & Parsnips

SERVES **8**. HANDS-ON TIME: **35 MINUTES**. TOTAL TIME: **1 HOUR, 15 MINUTES**.*

*PLUS THAWING TIME.

Deep coffee flavor is balanced by sweet balsamic vinegar in this melt-in-your-mouth flank steak. Herb and garlic-roasted vegetables are a colorful addition and turn it into a complete meal.

STEAK

- 6 cloves** garlic, peeled
- ½ cup** whole espresso or dark-roast coffee beans
- ½** lightly packed cup mixed fresh herbs, leaves only (any combination of cilantro, flat-leaf parsley and rosemary)
- ¼ cup** balsamic vinegar
- 3 tbsp** Sucanat
- 2 tbsp** coarsely ground black pepper
- 2 tbsp** olive oil
- 2 lb** flank steak, trimmed and cut in half
- ¼ tsp** sea salt

CARROTS & PARSNIPS

- ½ cup** lightly packed fresh flat-leaf parsley
- ½ cup** lightly packed fresh cilantro
- 2 tbsp** balsamic vinegar
- 1 tbsp** olive oil
- 2 cloves** garlic, peeled
- 2 lb** carrots, peeled and cut diagonally into ½-inch slices
- 2 lb** parsnips, peeled and cut diagonally into ½-inch slices
- sea salt and ground black pepper, to taste

FREEZER

- 1.** Prepare steak: To a food processor, add garlic, espresso beans and mixed herbs. Pulse until beans are coarsely ground. Add vinegar, Sucanat, coarse-ground black pepper and oil and process until combined, 30 seconds. Place steak in a resealable container. Pour marinade over top and gently rub into meat. Seal and freeze up to 2 months.
- 2.** Prepare carrots and parsnips: Arrange 1 oven rack in top third and 1 rack in bottom third of oven. Preheat to 425°F. In a blender or food processor, combine parsley, cilantro, vinegar, oil, garlic and 2 tbsp water. Blend until coarsely chopped. Transfer to a large bowl with carrots, parsnips, salt and black pepper; toss.
- 3.** Spread vegetables on 2 parchment-lined baking sheets. Transfer 1 sheet to top third and 1 sheet to bottom third of oven and bake for 20 minutes, switching trays and turning vegetables halfway. Let cool to room temperature and transfer to a resealable bag or container. Freeze for up to 2 months.


TO OVEN

- 4.** Thaw steak for 24 to 48 hours in the fridge.
- 5.** Cook vegetables from frozen: Preheat oven to 425°F. Arrange vegetables in a single layer on 2 parchment-lined baking trays and bake in top and bottom thirds of oven for 20 to 30 minutes, until golden, fork tender and fragrant, switching trays and turning vegetables halfway.
- 6.** Scrape about three-quarters of marinade from steak and discard. Sprinkle with salt. Mist a nonstick skillet with cooking spray and heat on medium-high. Add steak and sear for 6 minutes, turning once, until an instant-read thermometer inserted into the center reads 145°F. Transfer to a cutting board and cover loosely with foil; let rest for 3 minutes. Slice against the grain. Divide steak and vegetables evenly among plates.

PER SERVING (3 oz steak and 1 cup vegetables): Calories: 334, Total Fat: 10 g, Sat. Fat: 4 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 34 g, Fiber: 9 g, Sugars: 13 g, Protein: 27 g, Sodium: 231 mg, Cholesterol: 40 mg



GOOD ROOTS:

Antioxidant-rich carrots and parsnips are a good source of fiber – particularly, soluble fiber, a type of fiber that not only helps you feel full but can also help control blood sugar and feed healthy gut bacteria. 



Meal Planning *Made Easy*

Whether your goal is to boost energy or heart health, break a cycle of overindulging or simply lose an inch from your waistline, look no further than our reader-favorite meal plans. Each 1-week plan is carefully designed by a dietitian and complete with a shopping list and nutritionally balanced recipes to maximize satiety and jump start health and energy.

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WEEK 1:

Your 20-Ingredient, 7-Day Meal Plan

Dine healthfully for a week using this meal plan that employs just 20 ingredients plus pantry staples for all your meals and snacks to help you prep fast and stay on budget.

Pumpkin Smoothie

Blend 1½ cups almond milk, 1 cup spinach, ¾ cup pumpkin purée, ¼ cup walnuts, 1 tbsp coconut oil, ½ tsp cinnamon, ¼ tsp ground ginger, pinch each cloves and nutmeg and handful ice.

Walnut Butter

In a high-powered blender, blend 2 cups walnuts, 2 tsp melted coconut oil and ¼ tsp salt to desired texture; refrigerate.



Brussels Sprouts Salad with Chicken

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 45 MINUTES.

Roasted Brussels sprouts and chicken get tossed with a zippy garlic-yogurt dressing for a hearty meal that you can eat throughout the week.

1 6-oz boneless, skinless chicken breast

1 tbsp extra-virgin olive oil, divided

½ tsp garlic powder

¼ tsp each sea salt and ground black pepper, divided

4 cups trimmed and thinly sliced Brussels sprouts

2 Granny Smith apples, julienned

½ red onion, thinly sliced

1 cup raw unsalted walnuts

DRESSING

1 cup full-fat sour cream

⅓ cup finely chopped cucumber

1 clove garlic, minced

¼ tsp sea salt

⅛ tsp ground black pepper

1. Preheat oven to 400°F. On a parchment-lined baking sheet, drizzle chicken with 1 tsp oil and sprinkle with garlic powder and ⅛ tsp each salt and pepper. Bake for 10 minutes, flip and continue baking for 15 minutes, or until chicken is cooked through. On a second parchment-lined baking sheet, toss Brussels sprouts with remaining 2 tsp oil and ⅛ tsp each salt and pepper. Add to

oven with chicken and bake for 20 minutes, stirring halfway. Set both aside to cool. Cut chicken into thin slices.

2. Meanwhile, in a small bowl, whisk together all dressing ingredients.

3. In a large bowl, place Brussels sprouts, apple, onion, walnuts and chicken. Drizzle dressing over top; toss to coat.

NOTE: If following our Meal Plan, refrigerate salad and dressing separately. Toss servings of salad with dressing when called for.

PER SERVING (¼ of recipe): Calories: 421, Fat: 30.5 g, Sat. Fat: 7 g, Monounsaturated Fat: 7.5 g, Polyunsaturated Fat: 13 g, Carbs: 25 g, Fiber: 7 g, Sugars: 12.5 g, Protein: 16 g, Sodium: 294 mg, Cholesterol: 52 mg



Spinach & Roasted Beet Salad

Toss 3 cups spinach, 1 cup diced Roasted Beets (recipe below, save leftovers), ½ cup chickpeas, ¼ cup walnuts, 2 tbsp EVOO, 1 tbsp apple cider vinegar and pinch each salt and pepper.

Roasted Beets

Preheat oven to 375°F. Place 5 large scrubbed beets in a baking dish, cover with foil and bake 45 to 60 minutes. Let cool, then peel, dice and refrigerate.

NOTE: Make salad fresh each time it's called for in the plan; however, the beets make enough to last all week.



CHOOSE YOUR CHICKEN WISELY:

Look for organic varieties of chicken when your budget permits. Also ask your butcher about pasture-raised chickens or natural farms in your area that might follow similar methods without having the organic certification.

Baked Chicken Fingers

In a bowl, combine ½ cup rice flour, 1 tsp paprika and ½ tsp each garlic powder, salt and pepper. Place 2 eggs, whisked, in a separate bowl. Cut 2 chicken breasts into strips. Coat in flour, shaking off excess. Dip in egg, then back in flour and place on a baking sheet. Bake at 425°F until no longer pink inside, flipping halfway, about 20 minutes.



Gluten-Free Pumpkin Spice Loaf

SERVES **12**. HANDS-ON TIME: **10 MINUTES**. TOTAL TIME: **1 HOUR**.

This fragrant pumpkin bread made from gluten-free rice flour and warming spices makes an easy, grab-and-go breakfast or snack.

- 2 cups** brown rice flour
- 1 tsp** each baking soda and ground cinnamon
- ¾ tsp** ground ginger and ground cloves
- ½ tsp** sea salt
- ¼ tsp** ground nutmeg
- 2 large** eggs, room temperature, separated
- 1 cup** canned pumpkin purée
- ⅔ cup** pure maple syrup
- ½ cup** plain unsweetened almond milk
- ⅓ cup** coconut oil, melted
- ½ tsp** pure vanilla extract

3. Spoon batter into prepared pan and smooth top with spoon. Bake for 50 minutes, or until a toothpick inserted in the center comes out clean. Let cool completely before cutting into 12 slices.

NOTE: If following our Meal Plan, store 5 slices in an airtight container and remaining slices in freezer; thaw when called for. Save leftover pumpkin purée for Meal Plan.

PER SERVING (½ of loaf): Calories: 219, Total Fat: 8 g, Sat. Fat: 5 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 1 g, Carbs: 34 g, Fiber: 2 g, Sugars: 12 g, Protein: 3 g, Sodium: 210 mg, Cholesterol: 31 mg

- 1.** Preheat oven to 350°F and line bottom and sides of a 9 x 5-inch loaf pan with parchment paper.
- 2.** In a large bowl, combine flour, baking soda, cinnamon, ginger, cloves, salt and nutmeg. Place 2 egg whites and 2 egg yolks in 2 separate medium bowls. Beat egg whites until tripled in volume and very fluffy; set aside. To egg yolks, add pumpkin purée, maple syrup, almond milk, coconut oil and vanilla; beat until well combined. Gently fold egg whites and egg yolk mixture into dry ingredients; stir gently until combined.



TIME-SAVER: Make Walnut Butter, p. 68, and Pumpkin Spice Loaf, p. 71, on the Sunday before the plan starts!

MONDAY		TUESDAY		WEDNESDAY			
<p>BREAKFAST: 2 slices Gluten-Free Pumpkin Spice Loaf (p. 71; save leftovers)</p> <p>SNACK: 1 cup broccoli florets with ¼ cup Homemade Hummus (recipe below)</p> <p><i>Homemade Hummus:</i> Mince 1 clove garlic in food processor; add 1 cup chickpeas, 2 tbsp lemon juice, 2 tbsp Walnut Butter (p. 68), 1 tbsp each EVOO and water, 1 tsp cumin, ½ tsp pepper and pinch salt; blend until smooth; refrigerate</p> <p>LUNCH: Spinach & Roasted Beet Salad (p. 70) with 1 hard-boiled egg</p> <p>SNACK: 1 apple, sliced, with 2 tbsp Walnut Butter (leftovers, p. 68)</p> <p>DINNER: 1 serving Brussels Sprouts Salad with Chicken (p. 69; save leftovers)</p>		<p>BREAKFAST: <i>Apple Oats:</i> Cook ⅓ cup oats with 1 apple, diced, 1 cup almond milk, ½ tbsp maple syrup, 1 tsp cinnamon and pinch salt</p> <p>SNACK: 2 carrots, sliced, with ¼ cup Homemade Hummus (leftovers)</p> <p>LUNCH: 1 serving Brussels Sprouts Salad with Chicken (leftovers, p. 69)</p> <p>SNACK: 1 slice Gluten-Free Pumpkin Spice Loaf (leftovers, p. 71); 1 hard-boiled egg</p> <p>DINNER: Baked Chicken Fingers (p. 70; eat ½, save leftovers)</p> <p>½ cup cooked brown rice</p> <p>1½ cups broccoli florets, steamed</p>		<p>BREAKFAST: 2 slices Gluten-Free Pumpkin Spice Loaf (leftovers, p. 71)</p> <p>SNACK: 2 carrots, sliced, with ¼ cup Homemade Hummus (leftovers)</p> <p>LUNCH: Spinach & Roasted Beet Salad (p. 70) with 1 hard-boiled egg</p> <p>SNACK: 1 apple, sliced, with 2 tbsp Walnut Butter (leftovers, p. 68)</p> <p>DINNER: 1 serving Brussels Sprouts Salad with Chicken (leftovers, p. 69)</p>			
<p>NUTRIENTS: Calories: 1,900, Fat: 122 g, Sat. Fat: 29 g, Carbs: 167 g, Fiber: 32 g, Sugars: 69.5 g, Protein: 51 g, Sodium: 1,180 mg, Cholesterol: 300 mg</p>		<p>NUTRIENTS: Calories: 1,666, Fat: 66 g, Sat. Fat: 19 g, Carbs: 193 g, Fiber: 30 g, Sugars: 60 g, Protein: 84 g, Sodium: 1,653 mg, Cholesterol: 549 mg</p>		<p>NUTRIENTS: Calories: 1,930, Fat: 122 g, Sat. Fat: 29 g, Carbs: 175 g, Fiber: 33 g, Sugars: 74 g, Protein: 50 g, Sodium: 1,245 mg, Cholesterol: 300 mg</p>			
THURSDAY		FRIDAY		SATURDAY		SUNDAY	
<p>BREAKFAST: Pumpkin Smoothie (p. 68)</p> <p>SNACK: 2 carrots, sliced; ¼ cup Homemade Hummus (leftovers)</p> <p>LUNCH: 1 serving Brussels Sprouts Salad with Chicken (leftovers, p. 69) with 1 egg, hard-boiled</p> <p>SNACK: 1 slice Gluten-Free Pumpkin Spice Loaf (leftovers, p. 71)</p> <p>DINNER: <i>Quick Falafels:</i> Using a potato masher, mash 2 cups chickpeas, 2 cups finely chopped spinach, ½ cup rice flour, 2 tbsp minced onion, 4 cloves garlic, minced, 2 tsp cumin and ½ tsp each salt, pepper and chile powder; form into 8 patties and cook in 2 tbsp coconut oil in a skillet on medium (eat 2; save leftovers); with 2 tbsp sour cream</p> <p>1½ cups broccoli florets, steamed; 1 cup Roasted Beets (leftovers, p. 70)</p>		<p>BREAKFAST: 2 slices Gluten-Free Pumpkin Spice Loaf (leftovers, p. 71)</p> <p>SNACK: 2 carrots, sliced with ¼ cup Homemade Hummus (leftovers)</p> <p>LUNCH: Spinach & Roasted Beet Salad (p. 70)</p> <p>SNACK: 2 Quick Falafels (leftovers) with 2 tbsp sour cream</p> <p>DINNER: Baked Chicken Fingers (p. 70, leftovers)</p> <p>½ cup cooked brown rice</p> <p><i>Sautéed Brussels Sprouts:</i> Trim and halve 3 cups Brussels sprouts; sauté in ½ tsp coconut oil with ¼ tsp each garlic powder and pepper and ½ tsp salt (eat ½, save leftovers)</p>		<p>BREAKFAST: <i>Eggs & Sprouts:</i> 2 sunny side up eggs, cooked in ½ tsp coconut oil with pinch each salt and pepper; serve over sautéed Brussels sprouts (leftovers)</p> <p>SNACK: 1 apple, sliced, with ¼ cup Walnut Butter (leftovers, p. 68)</p> <p>LUNCH: 2 Quick Falafels (leftovers) with 2 tbsp sour cream</p> <p>1½ cups broccoli florets, steamed</p> <p>SNACK: 2 carrots, sliced, with ¼ cup Homemade Hummus (leftovers)</p> <p>DINNER: 1 chicken breast brushed with ½ tsp EVOO and pinch each salt and pepper; grill or roast</p> <p>1 cup Roasted Beets (leftovers, p. 70)</p> <p>1 slice Gluten-Free Pumpkin Spice Loaf (leftovers, p. 71)</p>		<p>BREAKFAST: <i>Apple Oats:</i> Cook ⅓ cup oats with 1 apple, diced, 1 cup almond milk, ½ tbsp maple syrup, 1 tsp cinnamon and pinch salt; 1 hard-boiled egg</p> <p>SNACK: 2 slices Gluten-Free Pumpkin Spice Loaf (leftovers, p. 71) with ¼ cup walnut butter (leftovers, p. 68)</p> <p>LUNCH: 2 Quick Falafels (leftovers); 1 cup Roasted Beets (leftovers, p. 70); ½ cup cooked brown rice</p> <p>SNACK: ½ cup cucumber slices with 3 tbsp sour cream mixed with ½ clove garlic (or to taste), crushed, and pinch salt</p> <p>DINNER: <i>Veggie Scramble:</i> Sauté 2 tbsp onion in 1 tsp coconut oil; add 1 minced garlic clove and 1 cup chopped spinach; sauté until wilted; add 2 eggs, whisked with 1 tsp water; cook until softly set; 1½ cups broccoli florets, steamed</p>	
<p>NUTRIENTS: Calories: 1,662, Fat: 100 g, Sat. Fat: 37 g, Carbs: 154 g, Fiber: 35 g, Sugars: 53 g, Protein: 50 g, Sodium: 1,393 mg, Cholesterol: 284 mg</p>		<p>NUTRIENTS: Calories: 2,066, Fat: 97 g, Sat. Fat: 32 g, Carbs: 225 g, Fiber: 36 g, Sugars: 49 g, Protein: 82 g, Sodium: 1,914 mg, Cholesterol: 356 mg</p>		<p>NUTRIENTS: Calories: 1,629, Fat: 86 g, Sat. Fat: 29 g, Carbs: 149.5 g, Fiber: 32 g, Sugars: 55 g, Protein: 79.5 g, Sodium: 1,465 mg, Cholesterol: 511 mg</p>		<p>NUTRIENTS: Calories: 1,862, Fat: 93 g, Sat. Fat: 35 g, Carbs: 215 g, Fiber: 32 g, Sugars: 68 g, Protein: 55.5 g, Sodium: 1,594 mg, Cholesterol: 642 mg</p>	


EVOO= Extra-Virgin Olive Oil



Your 20-Ingredient Shopping List

- 1.** 4 6-oz boneless, skinless chicken breasts
- 2.** 1½ dozen large eggs
- 3.** 3 15-oz BPA-free cans chickpeas
- 4.** 1 qt plain unsweetened almond milk
- 5.** 1 16-oz container full-fat sour cream
- 6.** 2 lb fresh spinach
- 7.** 1½ lb broccoli
- 8.** 2 lb red beets (5 large)
- 9.** 1 head garlic
- 10.** 1 lemon
- 11.** 1½ lb Brussels sprouts
- 12.** 7 apples (2 Granny Smith)
- 13.** 2 red onions
- 14.** 1½ lb carrots
- 15.** 1 large cucumber
- 16.** 1 15-oz BPA-free can pumpkin purée
- 17.** 1 bag rolled oats
- 18.** 1 bag brown rice flour
- 19.** 1 bag brown rice
- 20.** 1 lb unsalted walnuts

PANTRY STAPLES

- 1 jar coconut oil
 - 1 bottle extra-virgin olive oil
 - 1 bottle pure maple syrup
 - 1 bottle apple cider vinegar
 - 1 box baking soda
 - 1 bottle pure vanilla extract
 - 1 bottle ground cinnamon
 - 1 bottle ground ginger
 - 1 bottle ground cloves
 - 1 bottle ground nutmeg
 - 1 bottle garlic powder
 - 1 bottle ground cumin
 - 1 bottle paprika
 - 1 bottle chile powder
 - 1 bottle sea salt
 - 1 bottle ground black pepper
- 

WEEK 2:

Your 1-Week, Feel-Great Meal Plan

Stay on track with our wholesome 7-day eating plan (that just happens to be gluten-free). It will not only boost your energy and mood but also keep you feeling full and satisfied.

Homemade Granola

Combine 1 cup oats, ½ cup each chopped almonds and walnuts, 2 tbsp coconut flakes, ½ tsp cinnamon and pinch each nutmeg and cloves. Separately, mix together 2 tbsp each honey and melted coconut oil and 1 tsp vanilla; mix into dry ingredients. Spread on a baking sheet; bake at 250°F for 30 to 45 minutes, stirring every 10 minutes. Cool; store in an airtight container. Makes 4 ½-cup servings.





Chocolate Mint Chia Mousse

SERVES 4. HANDS-ON TIME: 10 MINUTES. TOTAL TIME: 4 HOURS, 10 MINUTES.

This easy recipe is packed with satiating healthy fats from chia seeds, making this dish wholesome enough to be enjoyed as a breakfast or snack.

- 5** Medjool dates, pitted
- 1½ cups** unsweetened dairy or nondairy milk
- ¾ cup** raw cacao powder or cocoa powder
- ¼ cup** chia seeds
- ¼ cup** raw honey
- ½ tsp** pure peppermint extract
- Pinch** sea salt
- mint leaves and dried cranberries for garnish, optional

1. In a bowl, soak dates in warm water for at least 2 hours to soften; drain.

2. In a food processor or high-speed blender, combine dates, milk, cacao powder, chia seeds, honey, peppermint extract and salt until silky smooth. (**TIP:** For an even smoother texture, grind chia before adding to the blender.)

3. Divide mixture evenly into 4 small Mason jars or ramekins, cover and refrigerate at least 2 hours or overnight. If using, garnish with mint leaves and dried cranberries.

NOTE: If following our Meal Plan, keep servings refrigerated until called for.

PER SERVING (½ cup): Calories: 340, Fat: 12 g, Sat. Fat: 6 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 3 g, Carbs: 52 g, Fiber: 10 g, Sugars: 38 g, Protein: 9 g, Sodium: 73 mg, Cholesterol: 8 mg



Apple Cinnamon Smoothie

Blend 1½ cups milk, 1 apple, roughly chopped, 1 cup spinach, 1 scoop protein powder, 1 tbsp lemon juice, ½ tsp each ground ginger and cinnamon and pinch nutmeg with ice, as desired.

Quinoa Bowl

Combine 2 cups cooked and cooled quinoa, ½ cup chopped walnuts, 3 cups spinach, 1 cup each grated carrots and beets and ½ cup dried cranberries. Whisk together 2 tbsp each balsamic vinegar and EVOO, 1 tbsp Dijon mustard, 1 tsp honey and pinch each salt and pepper. Store quinoa mixture and dressing separately; mix just before eating. Makes 4 servings.



Sweet Potato Fritters

SERVES 5. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 50 MINUTES.

These fritters are baked instead of fried, and an apple adds a touch of sweetness to this snack or side dish.

olive oil, for greasing

2 large sweet potatoes,
peeled and grated
(about 5 cups)

1 McIntosh apple, grated

2 large eggs

1 cup brown rice flour

¼ tsp ground cinnamon

Pinch each sea salt and
black pepper

5 tbsp plain whole-milk
Greek yogurt

3. In a large bowl, combine sweet potatoes, apple, eggs, flour, cinnamon, salt and pepper. Using ¼ cup mixture, pack into a ball and place on baking sheet. Flatten with a spatula to make a disk. Repeat with remaining mixture to make about 20 disks.

4. Bake for 10 minutes, flip over and return baking sheets to oven, rotating racks. Bake an additional 10 minutes until fritters are golden brown. Top each serving with 1 tbsp yogurt.

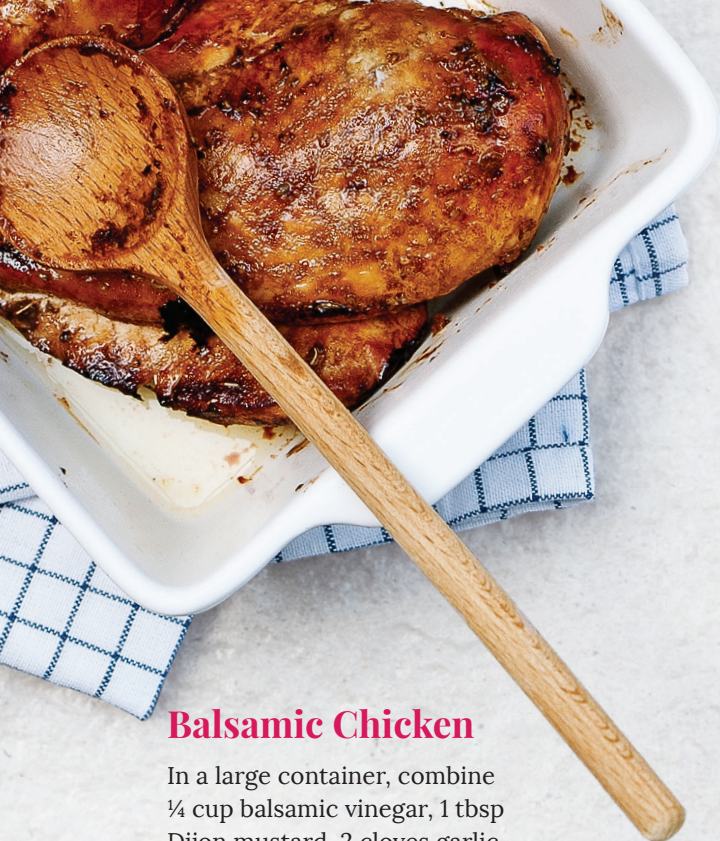
1. Preheat oven to 400°F and line 2 large baking sheets with parchment paper; grease parchment with oil.

2. Place grated sweet potatoes and apple in a towel and squeeze out any extra liquid.

NOTE: If following our Meal Plan, store fritters in the refrigerator. When called for, reheat in a toaster oven or skillet on medium-high to heat through and crisp.

PER SERVING (4 fritters and 1 tbsp yogurt): Calories: 222, Fat: 4 g, Sat. Fat: 1 g, Carbs: 40 g, Fiber: 4 g, Sugars: 8 g, Protein: 7 g, Sodium: 77 mg, Cholesterol: 77 mg





Balsamic Chicken

In a large container, combine $\frac{1}{4}$ cup balsamic vinegar, 1 tbsp Dijon mustard, 2 cloves garlic, $\frac{1}{2}$ tsp dried oregano and $\frac{1}{4}$ tsp each salt and pepper. Add 4 chicken breasts and marinate in the refrigerator at least 1 hour or overnight. Place chicken on a baking sheet, discard marinade and bake at 400°F for 25 to 30 minutes, or until cooked through. Makes 4 servings.

Cheesy Cauliflower

Cut 1 head cauliflower into bite-size pieces and toss with 2 tbsp each melted coconut oil and nutritional yeast and $\frac{1}{4}$ tsp salt; spread on a baking sheet and bake at 450°F for 20 minutes. Makes 4 servings; reheat when called for.



Quick Stove-Top Beef Chili

SERVES 4.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 15 MINUTES.

This quick-cooking chili tastes like it's been simmering for hours. To get it on the table even faster, you can replace our seasoning mix with 4 tbsp of an all-natural Mexican-style spice blend, but make sure to look for low-sodium varieties.

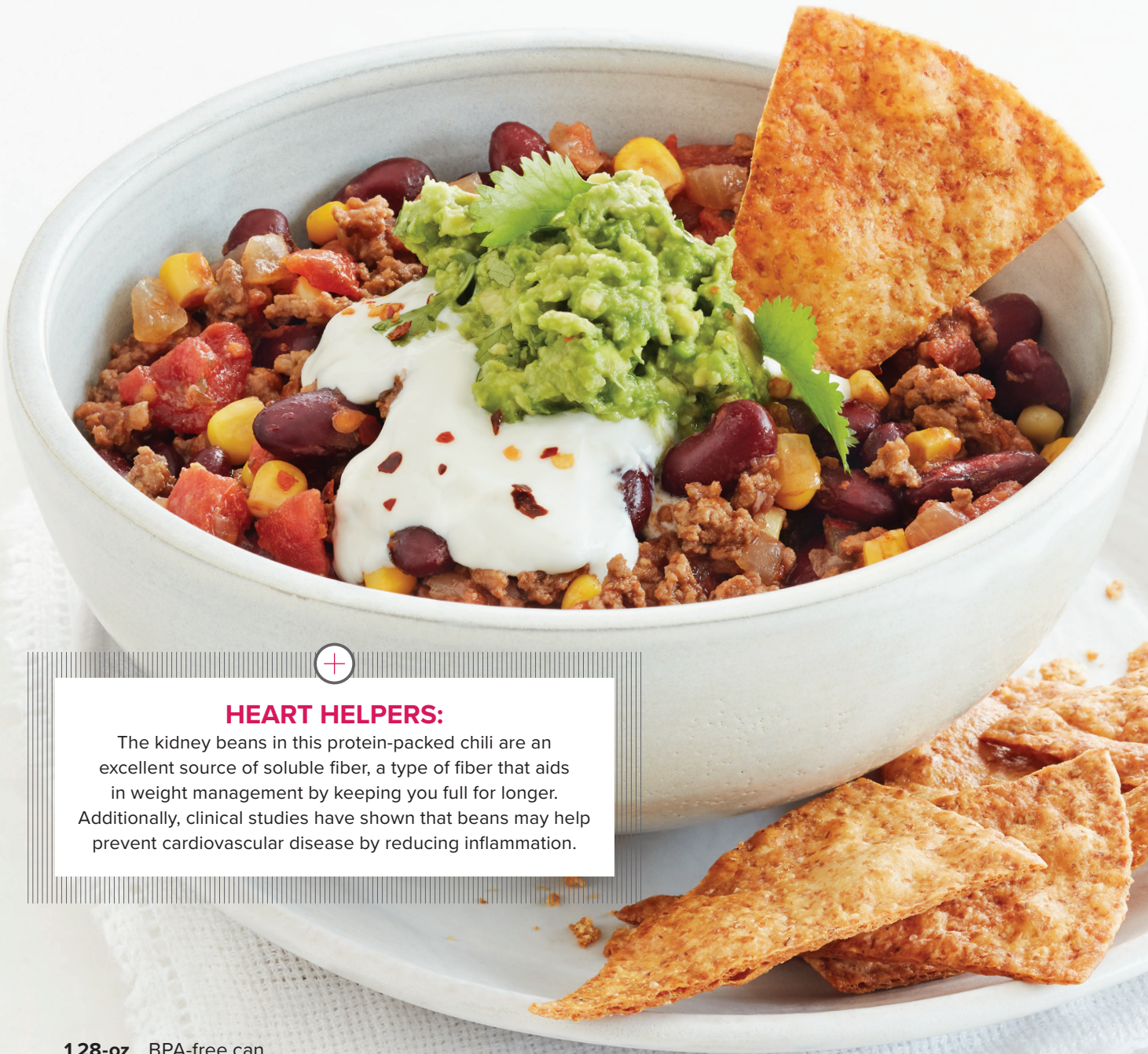
SEASONING MIX

- $\frac{1}{2}$ tsp** each garlic powder, onion powder, organic evaporated cane juice (aka organic cane sugar), dried parsley and chipotle powder
- 1 tsp** each red pepper flakes and ground cumin
- $\frac{1}{2}$ tsp** each sea salt and ground black pepper

CHILI

- $\frac{1}{2}$ tsp** olive oil
- 1** yellow onion, finely chopped
- 2 cloves** garlic, minced
- $\frac{1}{2}$ lb** lean ground beef
- 1 tbsp** reduced-sodium tamari or soy sauce





HEART HELPERS:

The kidney beans in this protein-packed chili are an excellent source of soluble fiber, a type of fiber that aids in weight management by keeping you full for longer. Additionally, clinical studies have shown that beans may help prevent cardiovascular disease by reducing inflammation.

1 28-oz BPA-free can unsalted diced tomatoes, with juices

1 15-oz BPA-free can unsalted kidney beans, drained and rinsed

¾ cup frozen and thawed corn

½ cup low-sodium chicken broth

OPTIONAL TOPPINGS: Tortilla chips, guacamole, shredded cheese, sour cream or cilantro

1. In a small bowl, combine all seasoning mix ingredients; set aside.

2. In a large pot on medium-high, heat oil. Add onion and sauté until softened, about 2 minutes. Add garlic and cook, stirring, for 30 seconds, until fragrant. Add beef, tamari and seasoning mix. Cook, stirring, until beef is no longer pink, about 5 minutes.

Add tomatoes, beans corn and broth; bring to a boil then reduce heat and simmer for 3 minutes.

3. Divide mixture among bowls. Top each bowl with desired optional toppings.

PER SERVING (¼ of recipe): Calories: 502, Total Fat: 21 g, Sat. Fat: 7 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 1 g, Carbs: 33 g, Fiber: 11 g, Sugars: 10 g, Protein: 44 g, Sodium: 886 mg, Cholesterol: 111 mg

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>BREAKFAST: ½ cup yogurt with 1 serving <i>Homemade Granola</i> (p. 74; save leftovers), 2 tbsp dried cranberries and ½ tbsp honey</p> <p>SNACK: ¼ cup almonds; 1 apple</p> <p>LUNCH: 1 serving <i>Quinoa Bowl</i> (p. 76; save leftovers)</p> <p>SNACK: 1 serving Chocolate Mint Chia Mousse (p. 75; save leftovers)</p> <p>DINNER: <i>Balsamic Chicken</i> (p. 78; save leftovers)</p> <p>1 serving Sweet Potato Fritters (p. 77; save leftovers)</p>	<p>BREAKFAST: 1 serving Chocolate Mint Chia Mousse (leftovers, p. 75)</p> <p>SNACK: 1 carrot, sliced, with ¼ cup baba ghanoush</p> <p>LUNCH: <i>Spinach Salad with Chicken:</i> Toss 3 cups spinach, 1 cup grated beets, ¼ cup walnuts, 2 tbsp EVOO, 1 tbsp balsamic vinegar and pinch each salt and pepper; top with 1 serving Balsamic Chicken (leftovers, p. 78)</p> <p>SNACK: 2 clementines</p> <p>DINNER: <i>Honey Baked Salmon:</i> In a shallow bowl, combine 1 tbsp each melted coconut oil, honey, tamari and Dijon mustard and 1 clove garlic, minced; add 2 salmon fillets; marinate in refrigerator for 15 minutes to 1 hour; place on baking sheet, discarding marinade; bake at 425°F for 15 to 20 minutes (eat 1; save leftovers)</p> <p>1 serving Sweet Potato Fritters (leftovers, p. 77)</p>	<p>BREAKFAST: ½ cup yogurt with 1 serving Homemade Granola (leftovers, p. 74), 2 Medjool dates, chopped, and ½ tbsp honey</p> <p>SNACK: 1 serving Sweet Potato Fritters (leftovers, p. 77)</p> <p>LUNCH: 1 serving Quinoa Bowl (leftovers, p. 76) with ¼ cup baba ghanoush</p> <p>SNACK: ¼ cup almonds</p> <p>DINNER: 1 serving Balsamic Chicken (leftovers, p. 78)</p> <p>1 serving <i>Cheesy Cauliflower</i> (p. 78; save leftovers)</p>	<p>BREAKFAST: 1 serving Sweet Potato Fritters (leftovers, p. 77), topped with 2 fried eggs</p> <p>SNACK: 2 clementines</p> <p>LUNCH: 1 serving Honey Baked Salmon (leftovers)</p> <p><i>Spinach Salad:</i> Toss 3 cups spinach, 1 cup grated carrot, ¼ cup chopped almonds, 2 tbsp EVOO, 1 tbsp balsamic vinegar, ½ tbsp honey and pinch each salt and pepper</p> <p>SNACK: 1 serving Chocolate Mint Chia Mousse (leftovers, p. 75)</p> <p>DINNER: 1 serving Quinoa Bowl (leftovers, p. 76) with ¼ cup baba ghanoush</p> <p>1 apple, baked, with pinch cinnamon and 2 tbsp chopped almonds</p>
<p>NUTRIENTS: Calories: 1,919, Fat: 89 g, Sat. Fat: 24 g, Carbs: 209 g, Fiber: 37 g, Sugars: 101 g, Protein: 86.5 g, Sodium: 485 mg, Cholesterol: 195 mg</p>	<p>NUTRIENTS: Calories: 1,662, Fat: 82 g, Sat. Fat: 19 g, Carbs: 150 g, Fiber: 29 g, Sugars: 79 g, Protein: 88 g, Sodium: 1,161 mg, Cholesterol: 232 mg</p>	<p>NUTRIENTS: Calories: 1,780, Fat: 92 g, Sat. Fat: 25 g, Carbs: 171 g, Fiber: 29 g, Sugars: 74 g, Protein: 83 g, Sodium: 857 mg, Cholesterol: 187 mg</p>	<p>NUTRIENTS: Calories: 2,067, Fat: 108 g, Sat. Fat: 24 g, Carbs: 210 g, Fiber: 42 g, Sugars: 104 g, Protein: 76 g, Sodium: 1,286 mg, Cholesterol: 507 mg</p>
FRIDAY	SATURDAY	SUNDAY	
<p>BREAKFAST: ½ cup yogurt topped with 1 serving Homemade Granola (leftovers, p. 74), 2 tbsp dried cranberries and ½ tbsp honey</p> <p>SNACK: 1 serving Cheesy Cauliflower (leftovers, p. 78)</p> <p>LUNCH: 1 serving Quinoa Bowl (leftovers, p. 76) with ¼ cup baba ghanoush</p> <p>SNACK: 1 serving Chocolate Mint Chia Mousse (leftovers, p. 75)</p> <p>DINNER: 1 serving Balsamic Chicken (leftovers, p. 78)</p> <p>1 serving Sweet Potato Fritters (leftovers, p. 77)</p> <p>2 clementines</p>	<p>BREAKFAST: <i>Apple Cinnamon Smoothie</i> (p. 76)</p> <p>SNACK: ½ cup yogurt topped with 1 peeled and chopped clementine and ½ tsp honey</p> <p>LUNCH: 1 serving Okra Mushroom Gumbo with Red & White Beans (p. 43)</p> <p>SNACK: 1 hard-boiled egg, sliced and drizzled with ½ tsp EVOO and sprinkled with pinch each salt and pepper; 1 carrot, sliced</p> <p>DINNER: 1 serving Cheesy Cauliflower (leftovers, p. 78)</p> <p><i>Kale Salad:</i> Whisk together 3 tbsp melted coconut oil, 1 clove garlic, minced, 1 tbsp lemon juice, 2 tsp each nutritional yeast and tamari and ½ tsp black pepper; massage into 6 cups chopped kale; top with 1 cup grated carrots, 2 tbsp each chia seeds and chopped almonds (eat half; save leftovers)</p>	<p>BREAKFAST: ½ cup yogurt topped with 1 serving Homemade Granola (leftovers, p. 74), 2 Medjool dates, chopped, and ½ tbsp honey</p> <p>SNACK: 1 hard-boiled egg, sliced and drizzled with ½ tsp EVOO and sprinkled with pinch each salt and pepper; 2 clementines</p> <p>LUNCH: 1 serving Cheesy Cauliflower (leftovers, p. 78)</p> <p>1 serving Kale Salad (leftovers)</p> <p>SNACK: 1 apple, baked, with pinch cinnamon and 2 tbsp chopped almonds</p> <p>DINNER: 1 serving Quick Stove-Top Beef Chili (p. 78)</p>	
<p>NUTRIENTS: Calories: 1,890, Fat: 86 g, Sat. Fat: 30 g, Carbs: 207.5 g, Fiber: 36 g, Sugars: 99 g, Protein: 85.5 g, Sodium: 932 mg, Cholesterol: 195 mg</p>	<p>NUTRIENTS: Calories: 1,400, Fat: 66 g, Sat. Fat: 36 g, Carbs: 139 g, Fiber: 31 g, Sugars: 70 g, Protein: 75 g, Sodium: 1,803 mg, Cholesterol: 240 mg</p>	<p>NUTRIENTS: Calories: 1,892, Fat: 102 g, Sat. Fat: 45 g, Carbs: 176 g, Fiber: 38.5 g, Sugars: 101 g, Protein: 85 g, Sodium: 1,575 mg, Cholesterol: 314 mg</p>	

EVOO = EXTRA-VIRGIN OLIVE OIL

SHOPPING LIST

PROTEINS & DAIRY

- 24 oz plain whole-milk Greek yogurt
- 1 qt plain unsweetened dairy or nondairy milk
- 4 6-oz boneless, skinless chicken breasts
- 2 4-oz skinless salmon fillets
- ½ dozen eggs (2 hard-boiled)
- 1 carton protein powder
- 3 cups lean ground beef

VEGGIES & FRUITS

- 15 oz baby spinach
- 14 oz kale
- 22 oz carrots
- 1 small bunch celery
- 2 large beets
- 2 large sweet potatoes
- 1 head cauliflower
- ½ small bunch fresh parsley
- 1 large head garlic
- 5 McIntosh apples
- 9 clementines
- 1 lemon
- ¾ cup fresh corn or frozen and thawed corn
- 1 medium yellow onion
- 1 sweet onion
- 1 pkg fresh mint leaves, optional
- 5 oz king oyster or cremini mushrooms
- 7 oz okra (or frozen)
- 1 green bell pepper
- 1 large red chile
- 2 white potatoes
- 1 small bunch green onions

WHOLE GRAINS

- 1 bag whole rolled oats
(**TIP:** Look for gluten-free oats to keep this plan gluten-free.)
- 1 bag quinoa
- 1 bag brown rice flour
- 1 bag long-grain brown rice

NUTS, SEEDS & OILS

- 6½ oz raw almonds
- 5½ oz raw walnuts
- 1 bottle extra-virgin olive oil
- 1 jar coconut oil
- 1 bottle olive oil
- 1 bag chia seeds

EXTRAS

- 1 bottle pure vanilla extract
- 1 bottle pure peppermint extract
- 1 bottle ground cinnamon
- 1 bottle ground ginger
- 1 bottle ground cloves
- 1 bottle ground cumin
- 1 bottle ground nutmeg
- 1 bottle dried oregano
- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 bottle garlic powder
- 1 bottle onion powder
- 1 bottle raw honey
- 1 bottle dried parsley
- 1 bottle dried thyme
- 1 bottle red pepper flakes
- 1 bottle bay leaves

- 1 bottle ground cayenne pepper
- 1 bottle chipotle powder
- 1 bottle balsamic vinegar
- 1 bag dried unsweetened cranberries
- 1 jar Dijon mustard
- 1 bottle reduced-sodium gluten-free tamari
- 1 bottle nutritional yeast
- 1 bag organic evaporated cane juice (aka organic cane sugar)
- 1 pkg raw cacao powder or cocoa powder
- 1 bag unsweetened coconut flakes
- 1 pkg Medjool dates
- 1 8-oz container baba ghanoush
- 1 8-oz container low-sodium chicken broth
- 2 8-oz containers low-sodium vegetable broth
- 2 15-oz BPA-free cans unsalted red kidney beans
- 1 15-oz BPA-free can unsalted white kidney beans
- 2 28-oz BPA-free can organic diced tomatoes 🍅



WEEK 3:

7 Days of Gluten-Free, Dairy-Free Made Quick & Easy!

You don't have hours to research recipes and ingredients, so we made this week's meal plan more approachable than ever. With just the right combination of variety and practicality, you can eat healthfully (and avoid gluten and dairy) with ease.



Beet, Kale & Quinoa Salad

Cook 1 cup quinoa; cool. In a large bowl, whisk $\frac{1}{4}$ cup each EVOO and lemon juice, 1 tbsp Dijon mustard and pinch each stevia, salt and pepper. Add 4 cups shredded kale and massage. Toss with $\frac{1}{4}$ cup grated raw beet, cooked quinoa and 1 oz pumpkin seeds.

Raspberry Lime Smoothie

Blend 1 cup nondairy milk, 1 cup kale, 1 cup frozen raspberries, 1 scoop protein powder, 1 tbsp chia seeds and juice of $\frac{1}{2}$ lime with ice, as desired.



Kabocha Squash Chili

SERVES **4**. HANDS-ON TIME: **30 MINUTES**. TOTAL TIME: **1 HOUR**.

- 1 tbsp** coconut oil
- 8 oz** ground chicken breast
- 1 large** yellow onion, diced
- 1** stalk celery, chopped
- 3 large** cloves garlic, minced
- 1 15-oz** BPA-free can unsalted diced tomatoes, with juices
- 1** green bell pepper, diced
- 2 cups** peeled and diced kabocha squash (or any winter squash)
- 1½ cups** low-sodium vegetable or chicken broth
- 1 cup** chopped white mushrooms

- 1 tbsp** paprika
- ½ tbsp** chile powder
- 1 tsp** each ground cumin, ground nutmeg, dried oregano flakes and ground black pepper
- ½–1 tsp** sea salt
- 2** bay leaves

1. In a large pot on medium-high, melt oil. Add chicken and cook, stirring, for about 7 minutes, until chicken is cooked through and no longer pink. Transfer chicken to a bowl and set aside.

2. Add onion and celery and cook until onion is tender, about 5 minutes. Add garlic and stir until fragrant, about 30 seconds.

3. Add all remaining ingredients; stir to combine. Bring to a boil then reduce heat to low and simmer, uncovered, for about 25 minutes, until squash and bell pepper are tender. About 5 minutes before chili is done, return chicken to pot and simmer until heated through. Remove and discard bay leaves.

TIP: If following our Meal Plan, refrigerate 1 serving and freeze 2 servings separately.

PER SERVING (2 cups): Calories: 187, Total Fat: 6 g, Sat. Fat: 3 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 0.5 g, Carbs: 8.5 g, Fiber: 7 g, Sugars: 9 g, Protein: 16 g, Sodium: 490 mg, Cholesterol: 41 mg



Quinoa-Stuffed Acorn Squash

with Walnuts & Cranberries

SERVES 4. HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 1 HOUR, 20 MINUTES.

- 2** medium to large acorn squashes, halved and seeded
- ¼ cup** olive oil, divided
- 2 pinches** each sea salt and ground black pepper, divided
- ½ cup** quinoa, rinsed
- 1** yellow onion, diced
- 2 tbsp** apple cider vinegar
- 2 tbsp** raw honey
- 4 tsp** fresh lime juice
- 1 tbsp** Dijon mustard
- ½ tsp** ground cayenne pepper, optional
- 2 cups** spinach, finely chopped
- ½ cup** naturally sweetened dried cranberries, chopped
- ½ cup** raw unsalted walnuts, chopped

1. Preheat oven to 350°F. Cut a little bit off the end of each squash half, if needed, to help it stand cut side up. Lightly coat squash with 1 tbsp oil, sprinkle with pinch each salt and pepper and place cut side down on a large baking sheet. Bake for 40 minutes.

2. Meanwhile, cook quinoa: In a small saucepan, bring quinoa and $\frac{3}{4}$ cup water to a boil. Reduce

heat to low, cover and simmer for 10 minutes. Remove from heat; fluff with a fork.

3. Meanwhile, in a small skillet on medium, heat 1 tbsp oil. Add onion and cook until softened and starting to turn golden, 4 to 6 minutes.

4. In a large bowl, whisk together remaining 2 tbsp oil, vinegar, honey, lime juice, mustard, cayenne pepper (if using), and remaining pinch each salt and pepper. Add quinoa, onion, spinach, cranberries and walnuts; toss to coat.

5. To each squash cavity, place one-quarter of quinoa mixture in each well, pressing to fit.

6. To heat, place one serving on baking sheet and cook for 15 minutes at 350°F or until squash is soft and filling is hot. To heat leftovers directly from refrigerator, heat at 350°F for 30 minutes.

TIP: If following our Meal Plan, prepare recipe through step 5, then cover and refrigerate servings. Heat each serving just before eating.

PER SERVING (1 stuffed acorn half): Calories: 475, Total Fat: 23 g, Sat. Fat: 3 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 8 g, Carbs: 65 g, Fiber: 8 g, Sugars: 20 g, Protein: 8 g, Sodium: 124 mg, Cholesterol: 0 mg







No-Cook Zoodles with Wakame Pesto

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 40 MINUTES.

Wakame seaweed's emerald green color and tender texture make it an unexpectedly stellar stand-in for basil in this nutrient-dense twist on pesto pasta. You'll need a spiralizer to cut the noodles into long pasta-like strands, but if you don't have one, you can use a julienne peeler.

2 large zucchini (about 1½ lb total), trimmed

½ tsp + ⅛ tsp sea salt, divided

¼ cup dried wakame seaweed (**TRY:** Eden Wakame)

3 tbsp chopped roasted unsalted cashews, divided

2 tbsp nutritional yeast

3 tbsp fresh lemon juice

1 clove garlic, roughly chopped

¼ cup extra-virgin olive oil

1 cup chopped vine-ripened or cherry tomatoes

½ tsp ground black pepper

1. Working 1 piece at a time, secure zucchini into a spiralizer and turn crank to create long ribbons. (**NOTE:** Always check the instructions on your spiralizer as they vary by brand.) In a bowl, toss noodles with ⅛ tsp salt and transfer to a colander for 15 to 20 minutes to drain excess liquid.

2. Meanwhile, in a small bowl, add wakame and enough cold water to cover. Soak for 5 minutes, or according to package directions. Reserving 2 tbsp soaking liquid, drain wakame.

3. In a food processor or blender, pulse wakame, reserved soaking liquid, 2 tbsp cashews, yeast, lemon juice, garlic and remaining ½ tsp salt, stopping to scrape down side of bowl, until cashews are finely chopped. With motor running, slowly drizzle in oil and blend until smooth. Set aside.

4. Arrange noodles on a large tray lined with a clean, dry towel. Cover with a second towel and gently pat to absorb any excess water. In a large bowl, gently toss together zucchini, wakame mixture, tomato and pepper. Sprinkle with remaining 1 tbsp cashews.

PER SERVING (¼ of recipe): Calories: 219, Total Fat: 18 g, Sat. Fat: 3 g, Monounsaturated Fat: 13 g, Polyunsaturated Fat: 2 g, Carbs: 12 g, Fiber: 3 g, Sugars: 5 g, Protein: 5.5 g, Sodium: 418 mg, Cholesterol: 0 mg

Turkey & Black Bean Tacos with Green Herb Salsa

SERVES 4. HANDS-ON TIME: 45 MINUTES. TOTAL TIME: 45 MINUTES.

Don't get too fussy with this salsa – think of it as a Mexican-style pesto you can switch up according to your taste preference. Use less jalapeño for a milder salsa, or use parsley or basil if you don't like cilantro.

For a lower-carb version of the recipe, swap out the tortillas for lettuce and serve as a hearty salad.

Add any toppings you like such as shredded cheese, sour cream or sliced radish or avocado.

- 4½ tsp** olive oil, divided
- 1** yellow onion, thinly sliced
- 1** red bell pepper, thinly sliced
- 1½ tsp** ground cumin
- 1 tsp** each ground coriander, garlic powder and paprika
- ½ tsp** sea salt
- 1 lb** boneless, skinless turkey breast, cut into thin strips
- 1½ cups** cooked black or pinto beans
- 8 6-inch** soft corn tortillas, warmed

1. Prepare salsa: On a cutting board, mound jalapeño, cilantro, green onions, oregano, garlic and pinch salt; finely chop mixture. (Alternatively, pulse in a food processor until finely chopped.) Transfer to a small bowl; stir in lime juice and 4 tsp oil. Set aside.

2. In a large nonstick skillet on medium-high, heat 1 tbsp oil. Add yellow onion and bell pepper and sauté, stirring frequently, until tender and golden, about 5 minutes. Transfer to a plate; set aside.

3. In a large bowl, stir together cumin, coriander, garlic powder, paprika and ½ tsp salt. Add turkey and toss to coat. In same skillet on medium-high, heat remaining 1½ tsp oil. Add turkey and sauté until no longer pink inside, about 4 minutes. Stir in onion mixture and beans; heat through.

4. Divide turkey-bean mixture among tortillas. Top with salsa, dividing evenly.

PER SERVING (2 tacos): Calories: 456, Total Fat: 14 g, Sat. Fat: 2 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 2 g, Carbs: 46 g, Fiber: 11 g, Sugars: 4 g, Protein: 37 g, Sodium: 595 mg, Cholesterol: 65 mg

SALSA

- 1 small** jalapeño chile pepper, seeded and roughly chopped
- 1½ cups** loosely packed fresh cilantro
- ¼ cup** sliced green onions
- 3 tbsp** fresh oregano
- 1 small** clove garlic
- Pinch** sea salt
- 4 tsp** fresh lime juice
- 4 tsp** olive oil



BLACK BEANS FOR THE WIN:

Fiber-rich black beans may aid in lowering your risk of certain types of cancer, cardiovascular disease and type 2 diabetes, according to studies. The seed coat of black beans contains a class of flavonoids called anthocyanins, which are phytonutrient pigments that act as antioxidants in the body to help prevent chronic diseases.



MONDAY	TUESDAY	WEDNESDAY
<p>BREAKFAST: <i>Raspberry Lime Smoothie</i> (p. 82)</p> <p>SNACK: 2 stalks celery with ¼ cup almond butter</p> <p>LUNCH: <i>Beet, Kale & Quinoa Salad</i> (p. 82; eat ⅓, save leftovers as 2 servings)</p> <p>SNACK: 1 egg, hard-boiled, with pinch each salt and pepper</p> <p>DINNER: 1 serving Kabocha Squash Chili (p. 83; save leftovers)</p> <p>1 carrot, sliced</p>	<p>BREAKFAST: <i>Sweet Potato Toast with Almond Butter:</i> Cut ½ sweet potato lengthwise into three ½-inch-thick slices; toast in toaster or toaster oven until soft, 3 to 4 minutes; top with 2 tbsp almond butter, 1 tbsp chia seeds and pinch cinnamon</p> <p>SNACK: <i>Carob Coconut Bark Cups:</i> Combine ½ cups carob powder, 1½ cups shredded coconut, pinch stevia and ¾ cup melted coconut oil; pour into 12 muffin cups fitted with liners and freeze; eat 2; save leftovers in freezer</p> <p>LUNCH: 1 serving Kabocha Squash Chili (leftovers, p. 83); 1 stalk celery, sliced</p> <p>SNACK: 2 carrots, sliced, with ¼ cup hummus</p> <p>DINNER: 1 serving Beet, Kale & Quinoa Salad (leftovers, p. 82) topped with 1 egg, poached</p>	<p>BREAKFAST: <i>Raspberry Lime Smoothie</i> (p. 82)</p> <p>SNACK: 2 Carob Coconut Bark Cups (leftovers)</p> <p>LUNCH: 1 serving Beet, Kale & Quinoa Salad (leftovers, p. 82)</p> <p>SNACK: 2 carrots, sliced, with ¼ cup hummus</p> <p>DINNER: 1 serving Quinoa-Stuffed Acorn Squash with Walnuts & Cranberries (p. 84; save leftovers)</p> <p><i>Side salad:</i> Toss together 1½ cups lettuce, ¼ cup each chopped cucumber and celery, 1 tbsp lemon juice, 1 tsp EVOO and pinch each salt and pepper</p>
<p>NUTRIENTS: Calories: 1,459, Total Fat: 82 g, Sat. Fat: 14 g, Carbs: 112 g, Fiber: 33 g, Sugars: 29 g, Protein: 79 g, Sodium: 1,615 mg, Cholesterol: 228 mg</p>	<p>NUTRIENTS: Calories: 1,598, Total Fat: 105 g, Sat. Fat: 46 g, Carbs: 132 g, Fiber: 42.5 g, Sugars: 37 g, Protein: 53 g, Sodium: 1,287 mg, Cholesterol: 226 mg</p>	<p>NUTRIENTS: Calories: 1,884, Total Fat: 110 g, Sat. Fat: 43 g, Carbs: 190 g, Fiber: 47 g, Sugars: 53 g, Protein: 60 g, Sodium: 1,293 mg, Cholesterol: 0 mg</p>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: <i>Banana Chia Oatmeal:</i> In a saucepan, combine 1 ripe banana, mashed, 1 cup nondairy milk, ½ cup oats and ¼ tsp cinnamon and bring to a boil; reduce heat and simmer, uncovered, until oats are desired texture, 7 to 10 minutes; top with 1 tbsp chia seeds</p> <p>SNACK: 2 stalks celery with ¼ cup almond butter</p> <p>LUNCH: 1 serving Quinoa-Stuffed Acorn Squash with Walnuts & Cranberries (leftovers, p. 84)</p> <p>2 Carob Coconut Bark Cups (leftovers)</p> <p>SNACK: 2 carrots, sliced, with ¼ cup hummus</p> <p>DINNER: 1 serving No-Cook Zoodles with Wakame Pesto (p. 86)</p>	<p>BREAKFAST: <i>Sweet Potato Toast with Almond Butter:</i> Cut ½ sweet potato lengthwise into three ½-inch-thick slices; toast in toaster or toaster oven until soft, 3 to 4 minutes; top with 2 tbsp almond butter, 1 tbsp chia seeds and pinch cinnamon</p> <p>SNACK: 1 egg, hard-boiled, with pinch each salt and pepper</p> <p>LUNCH: 1 serving Kabocha Squash Chili (leftovers, p. 83, thawed and reheated) 1 carrot, sliced</p> <p>SNACK: 2 Carob Coconut Bark Cups (leftovers)</p> <p>DINNER: <i>Lemon Salmon:</i> Preheat oven to 425°F; place salmon fillet on a lined baking sheet and top with juice and zest of ½ lemon and ⅛ tsp each salt and pepper; bake until cooked through, 15 to 20 minutes</p> <p><i>Nutty Parsnips:</i> Dice 3 large parsnips; toss with 3 tbsp almond butter and ¼ tsp salt; spread on a lined baking sheet and bake with salmon (at 425°F) until tender, about 20 minutes, turning halfway through; eat ½; save leftovers</p>	<p>BREAKFAST: <i>Banana Chia Oatmeal:</i> In a saucepan, combine 1 ripe banana, mashed, 1 cup nondairy milk, ½ cup oats and ¼ tsp cinnamon and bring to a boil; reduce heat and simmer, uncovered, until oats are desired texture, 7 to 10 minutes; top with 1 tbsp chia seeds</p> <p>SNACK: 2 Carob Coconut Bark Cups (leftovers)</p> <p>LUNCH: 1 serving Turkey & Black Bean Tacos with Green Herb Salsa (p. 87)</p> <p>SNACK: Nutty Parsnips (leftovers; eat cold or reheat)</p> <p>DINNER: 1 serving Quinoa-Stuffed Acorn Squash with Walnuts & Cranberries (leftovers, p. 84)</p> <p><i>Side salad:</i> Toss together 1½ cups lettuce, ¼ cup each chopped cucumber and celery, 1 tbsp lemon juice, 1 tsp EVOO and pinch each salt and pepper</p>	<p>BREAKFAST: <i>Raspberry Lime Smoothie</i> (p. 82)</p> <p>SNACK: 1 egg, hard-boiled, with pinch each salt and pepper</p> <p>LUNCH: 1 serving Kabocha Squash Chili (leftovers, p. 83, thawed and reheated)</p> <p>SNACK: 2 stalks celery with ¼ cup almond butter</p> <p>DINNER: 1 serving Quinoa-Stuffed Acorn Squash with Walnuts & Cranberries (leftovers, p. 84)</p> <p>2 Carob Coconut Bark Cups (leftovers)</p>
<p>NUTRIENTS: Calories: 1,978, Total Fat: 132 g, Sat. Fat: 46 g, Carbs: 191 g, Fiber: 50 g, Sugars: 65 g, Protein: 43.5 g, Sodium: 1,262 mg, Cholesterol: 0 mg</p>	<p>NUTRIENTS: Calories: 1,511, Total Fat: 91.5 g, Sat. Fat: 44 g, Carbs: 122 g, Fiber: 42 g, Sugars: 46 g, Protein: 72 g, Sodium: 1,463 mg, Cholesterol: 294 mg</p>	<p>NUTRIENTS: Calories: 2,042, Total Fat: 105 g, Sat. Fat: 42 g, Carbs: 240 g, Fiber: 56 g, Sugars: 68 g, Protein: 64 g, Sodium: 1,381 mg, Cholesterol: 65 mg</p>	<p>NUTRIENTS: Calories: 1,886, Total Fat: 118 g, Sat. Fat: 47 g, Carbs: 157 g, Fiber: 47 g, Sugars: 58.5 g, Protein: 77 g, Sodium: 1,534 mg, Cholesterol: 228 mg</p>

EVOO = EXTRA-VIRGIN OLIVE OIL

SHOPPING LIST

PROTEINS & DAIRY ALTERNATIVES

- ½ dozen eggs
- 8 oz ground chicken breast
- 1 4-oz skinless salmon fillet
- 1 lb boneless, skinless turkey breast
- 1¼ qt nondairy milk (unsweetened rice, almond or soy milk)
- 1 container plant-based protein powder

NUTS, SEEDS & OILS

- 1 bag chia seeds
- 1 jar natural unsalted almond butter
- 1 bottle extra-virgin olive oil
- 1 jar coconut oil
- 1 oz raw unsalted pumpkin seeds
- 2 oz raw unsalted walnuts
- 1 oz unsalted roasted cashews

WHOLE GRAINS

- 1 bag quinoa
- 1 container old-fashioned rolled oats (**TIP:** Look for certified gluten-free oats.)
- 8 6-inch soft corn tortillas

VEGGIES & FRUITS

- 2 bunches kale
- 1 beet
- 3 limes
- 3 lemons
- 1 large head celery
- 3 large yellow onions
- 1 head garlic
- 3 oz white mushrooms
- 1 green bell pepper
- 1 red bell pepper
- 1 small jalapeño chile pepper
- 1 bunch fresh cilantro
- 1 bunch fresh oregano
- 1 bunch green onions
- 1 cucumber
- ½ pint vine-ripened or cherry tomatoes
- 2 large zucchini
- 3 oz spinach
- 1 head romaine lettuce
- 1 kabocha squash (or any winter squash)
- 2 medium to large acorn squashes
- 1 large sweet potato
- 8 large carrots
- 2 bananas
- 3 large parsnips
- 1 bag frozen raspberries

EXTRAS

- 1 8-oz container hummus
- 1 bag unsweetened shredded coconut
- 1 bag naturally sweetened dried cranberries
- 1 bag dried wakame
- 1 bottle apple cider vinegar
- 12 oz low-sodium vegetable broth or chicken broth
- 1 15-oz BPA-free can diced tomatoes with juices
- 1 15-oz BPA-free can black or pinto beans
- 1 jar Dijon mustard
- 1 bag carob powder
- 1 carton stevia green leaf powder
- ½ oz nutritional yeast
- 1 jar raw honey
- 1 bottle ground cumin
- 1 bottle ground nutmeg
- 1 bottle ground cinnamon
- 1 bottle ground coriander
- 1 bottle ground cayenne pepper, optional
- 1 bottle garlic powder
- 1 bottle dried oregano flakes
- 1 bottle chile powder
- 1 bottle paprika
- 1 jar bay leaves
- 1 bottle sea salt
- 1 bottle ground black pepper

Carob Coconut Bark Cups

(SEE RECIPE, P. 88)



WEEK 4:

Heart-Healthy Meal Plan

It's never too early to start taking care of your heart, and this dietitian-designed 7-day plan makes it easy – complete with a variety of nutrient-packed breakfasts, lunches, dinners and snacks to nourish your ticker.

Purple Power Smoothie

To a blender, add 1 cup frozen wild blueberries, 1 banana (frozen and cut into chunks), 1 cup soy milk, ½ cup pomegranate juice, 1 tsp matcha green tea powder and 2 tsp pumpkin seeds. Blend until smooth.

No-Cook Almond Cherry Bars

MAKES **8 BARS**.

HANDS-ON TIME: **15 MINUTES**.

TOTAL TIME: **15 MINUTES**.

- 1 cup** pitted and chopped Medjool dates
- ½ cup** natural unsalted almond butter
- ½ cup** unsalted pumpkin seeds
- ½ cup** unsalted raw almonds
- 1 cup** unsweetened dried tart cherries (or naturally sweetened cranberries)
- 1 tsp** ground cinnamon
- 1 tsp** sesame seeds, toasted

1. Lightly mist a 9 x 5-inch loaf pan with cooking spray, then line with parchment paper.

2. To a food processor, add dates, almond butter, pumpkin seeds, almonds, cherries and cinnamon; pulse until about three-quarters combined, leaving some chunks intact.

3. Press mixture evenly into loaf pan. Sprinkle with sesame seeds.

4. Refrigerate for at least 1 hour, ideally overnight. Cut into 8 equal-sized bars. (**NOTE:** You will have leftover bars; freeze remaining for future use.)

PER SERVING (1 bar): Calories: 287, Total Fat: 15 g, Sat. Fat: 1 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 3.5 g, Carbs: 36 g, Fiber: 8 g, Sugars: 22 g, Protein: 6 g, Sodium: 0 mg, Cholesterol: 0 mg

Parmesan Popcorn

Combine 3 cups air-popped popcorn with spritz olive oil cooking spray and ½ tsp grated Parmesan cheese.



Dark Chocolate Bark

In a stainless steel bowl over a pot of simmering water, melt 5 oz dark chocolate (at least 70% cacao). Spread mixture evenly to about a 1-inch thickness on a baking sheet lined with parchment paper. Sprinkle ½ cup chopped pistachios and ⅓ cup unsweetened cherries or naturally sweetened cranberries evenly over top. Chill for 1 hour. Cut into 8 pieces.

Supercharged Winter Salad

Toss 2 cups mixed baby greens, ½ cup roasted butternut squash, ⅓ cup cooked quinoa, ½ oz Spiced Walnuts (leftovers, below), 2 grated Brussels sprouts and 2 tsp pomegranate seeds with 2 tsp EVOO whisked with ½ tsp each mustard, balsamic and honey and pinch salt and pepper.

Spiced Walnuts

- 4 oz** walnut pieces
- 1 tbsp** raw honey
- ½ tsp** each ground cinnamon and cumin
- ¼ tsp** each ground cayenne pepper and sea salt

In a dry skillet on medium, add walnuts and toast, tossing frequently, until they begin to turn golden, about 4 minutes. Transfer to a small bowl. In same saucepan, reduce heat to low and combine remaining ingredients plus 1 tbsp water. Cook, stirring, until a glaze forms, about 1 minute. Add walnuts and toss until combined, about 1 minute. Transfer to a lined baking sheet to cool. Store in an airtight container.

Persian-Style Chicken Stew

with Walnuts & Pomegranate Molasses

MAKES **5 CUPS**. HANDS-ON TIME: **30 MINUTES**.

TOTAL TIME: **1 HOUR, 15 MINUTES**.

- 8 oz** pomegranate juice*
- 1 tbsp** raw honey
- 1 tsp** fresh lemon juice
- ½ tsp** + ⅛ tsp sea salt, divided
- ¾ cup** unsalted raw walnut pieces (3 oz)
- 2 tbsp** extra-virgin olive oil
- 1¼ lb** boneless, skinless chicken breast, cut into 2-inch cubes
- 2 tbsp** white whole-wheat flour
- Pinch** ground black pepper
- 1** yellow onion, chopped
- 3** cloves garlic, minced
- 1 tsp** ground turmeric
- ½ tsp** each ground cinnamon and nutmeg
- 2 cups** low-sodium chicken broth
- ⅓ cup** chopped fresh flat-leaf parsley
- ½ cup** pomegranate seeds

2. Meanwhile, in a small skillet on medium, toast walnuts until starting to brown. Grind in a food processor to small crumbs. Set aside.

3. In a Dutch oven on medium, heat oil. Toss chicken with flour and pinch each salt and pepper. Cook chicken in batches until lightly browned, 3 to 4 minutes each side. Transfer to a plate.

4. To same pan, add onions and sauté until soft and light golden, about 8 to 10 minutes. (**NOTE:** Add a splash of oil or water to pan if it becomes dry.) Add garlic, turmeric, cinnamon, nutmeg and remaining ½ tsp salt and cook for 30 seconds, until fragrant.

5. Add broth, pomegranate molasses and walnuts. Bring to a boil. Reduce heat and simmer, adding chicken and any juices back into stew, for 15 minutes, until chicken is cooked through and flavors are blended.

6. Sprinkle portions with parsley and pomegranate seeds. (**NOTE:** Three servings are used in Meal Plan; freeze remaining stew for future use.)

PER SERVING (1¼ cups): Calories: 466, Total Fat: 26 g, Sat. Fat: 3 g, Monounsaturated Fat: 8.5 g, Polyunsaturated Fat: 12 g, Carbs: 22 g, Fiber: 3 g, Sugars: 11 g, Protein: 35 g, Sodium: 495 mg, Cholesterol: 91 mg

1. Prepare pomegranate molasses: In a small saucepan, bring pomegranate juice, honey, lemon juice and pinch salt to a boil. Reduce heat to a simmer, stirring occasionally, until reduced to ⅓ cup, about 40 minutes. Set aside.

***TIP:** In this recipe, we use pomegranate juice, honey and lemon to make a molasses. To save time, you can use ⅓ cup prepared pomegranate molasses. Look for one without additives or preservatives.



MONDAY	TUESDAY	WEDNESDAY
<p>BREAKFAST: 1 bar No-Cook Almond Cherry Bars (p. 91) and 1 cup green tea</p> <p>SNACK: <i>Cottage Cheese Parfait:</i> Top ½ cup cottage cheese with ½ cup thawed frozen wild blueberries and 1 tsp pumpkin seeds</p> <p>LUNCH: 1 serving Orange Carrot Soup (p. 95); 4 crackers with ½ avocado, sliced and ¼ cup fresh salsa verde</p> <p>SNACK: 3 cups Parmesan Popcorn (p. 91)</p> <p>DINNER: <i>Greek-Style Salmon:</i> Rub a 3-oz salmon fillet with ¼ tsp EVOO and sprinkle with 2 tsp Za'atar; cook in a skillet with cooking spray; serve over 1 cup steamed spinach with tzatziki (below)</p> <p><i>Tzatziki:</i> Combine ½ cup yogurt with 1 clove minced garlic, ¼ shredded cucumber, 1 tsp chopped mint and pinch each salt and pepper</p> <p>1 piece Dark Chocolate Bark (p. 92)</p>	<p>BREAKFAST: <i>Tex-Mex Egg & Salsa:</i> 1 poached egg, ½ avocado, sliced, 2 tbsp salsa on 1 slice toast</p> <p>SNACK: Top ½ cup yogurt with 1 pear, chopped, and ½ tsp honey</p> <p>LUNCH: <i>Mediterranean Fusilli:</i> Heat ⅔ cup tomato sauce with ¼ cup pitted black olives, sliced, pinch red pepper flakes, 1 tsp capers, 3 oz tuna and 1 chopped carrot; toss with ½ cup cooked pasta</p> <p>SNACK: 1 oz Spiced Walnuts (p. 92) and ½ orange (leftover from Orange Carrot Soup)</p> <p>DINNER: 1 serving Persian-Style Chicken Stew with Walnuts & Pomegranate Molasses (p. 92) with ½ cup cooked quinoa</p> <p>1 piece Dark Chocolate Bark (leftovers, p. 92)</p>	<p>BREAKFAST: 1 bar No-Cook Almond Cherry Bars (leftovers, p. 91) and 1 cup green tea</p> <p>SNACK: Top ½ cup yogurt with ½ pear, chopped and ½ tsp honey</p> <p>LUNCH: 1 serving Orange Carrot Soup (leftovers, p. 95); 2 oz tuna on 1 slice bread</p> <p>SNACK: 3 cups Parmesan Popcorn (p. 91)</p> <p>DINNER: Persian-Style Chicken Stew with Walnuts & Pomegranate Molasses (leftovers, p. 92) with ½ cup cooked quinoa</p> <p>1 cup mixed baby greens with 1 tsp each EVOO and ACV</p>
<p>NUTRIENTS: Calories: 1,765, Fat: 83 g, Sat. Fat: 16 g, Carbs: 197 g, Fiber: 44 g, Sugars: 86 g, Protein: 76 g, Sodium: 2,057 mg, Cholesterol: 76 mg</p>	<p>NUTRIENTS: Calories: 1,729, Fat: 80 g, Sat. Fat: 14 g, Carbs: 166 g, Fiber: 30 g, Sugars: 63 g, Protein: 98 g, Sodium: 1,964 mg, Cholesterol: 359 mg</p>	<p>NUTRIENTS: Calories: 1,801, Fat: 76 g, Sat. Fat: 10 g, Carbs: 205 g, Fiber: 40 g, Sugars: 91 g, Protein: 87 g, Sodium: 1,356 mg, Cholesterol: 130 mg</p>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: <i>Cinnamon Pear Toast:</i> 1 slice bread topped with ½ cup cottage cheese, ½ pear, sliced, and sprinkled with cinnamon; toast or broil</p> <p>SNACK: ½ pear, sliced, with 1 tbsp almond butter</p> <p>LUNCH: <i>Supercharged Winter Salad</i> (p. 92) with 4 crackers</p> <p>SNACK: ½ bar No-Cook Almond Cherry Bars (leftovers, p. 91) and 1 cup green tea</p> <p>DINNER: <i>Quick Pasta Fagioli Soup:</i> Simmer 2 cups vegetable broth, ⅓ cup each uncooked pasta, diced carrots, celery and onions, until pasta is cooked, about 8 minutes; add ½ cup chickpeas, 1 handful baby spinach and 2 tbsp chopped parsley; simmer 1 minute and remove from heat; sprinkle with a drizzle of EVOO and 1 tsp Parmesan</p> <p>1 piece Dark Chocolate Bark (leftovers, p. 92)</p>	<p>BREAKFAST: 1 recipe Purple Power Smoothie (p. 90)</p> <p>SNACK: 1 oz Spiced Walnuts (leftovers, p. 92)</p> <p>LUNCH: Persian-Style Chicken Stew with Walnuts & Pomegranate Molasses (leftovers, p. 92) with ½ cup cooked quinoa</p> <p>SNACK: 3 cups Parmesan Popcorn (p. 91)</p> <p>DINNER: <i>Bison Avocado Slider:</i> Form 4 oz bison or beef into a patty and grill or cook in nonstick pan; top with 2 oz avocado and handful of fresh baby spinach on 1 slice toasted bread; serve with 1 carrot and ½ cucumber, sliced</p> <p>1 piece Dark Chocolate Bark (leftovers, p. 92)</p>	<p>BREAKFAST: <i>Wild Blueberry Toast:</i> 1 slice bread topped with ½ cup cottage cheese, ½ cup wild blueberries (thawed) and sprinkled with cinnamon; toast or broil</p> <p>SNACK: ½ bar No-Cook Almond Cherry Bars (leftovers, p. 91) and 1 cup green tea</p> <p>LUNCH: <i>Black Bean Bowl:</i> Heat 1 can black beans with ½ tsp each cumin, garlic powder, chile powder and smoked paprika; roast 1 sweet potato; serve ½ of bean mixture, ½ of sweet potato, sliced, with squeeze lime, ⅓ avocado over ½ cup cooked rice; top with 1 tbsp pumpkin seeds and 2 tbsp salsa verde</p> <p>SNACK: 1 oz Spiced Walnuts (leftovers, p. 92)</p> <p>DINNER: <i>Quick Pasta Fagioli Soup:</i> Simmer 2 cups vegetable broth, ⅓ cup each uncooked pasta, diced carrots, celery and onions, until pasta is cooked, about 8 minutes; add ½ cup chickpeas, 1 handful baby spinach and 2 tbsp chopped parsley; simmer 1 minute and remove from heat; sprinkle with a drizzle of EVOO and 1 tsp Parmesan</p> <p>1 oz Dark Chocolate Bark (leftovers, p. 92)</p>	<p>BREAKFAST: 1 recipe Purple Power Smoothie (see recipe, p. 90)</p> <p>SNACK: Top ½ cup yogurt with ½ pear, sliced and ½ tsp honey</p> <p>LUNCH: <i>Supercharged Winter Salad</i> (p. 92)</p> <p>4 crackers</p> <p>SNACK: 3 cups Parmesan Popcorn (p. 91)</p> <p>DINNER: <i>Black Bean Bowl</i> (leftovers): Serve reserved bean mixture and sweet potato, sliced, with squeeze lime, ⅓ avocado over ½ cup cooked brown rice; top with 1 tbsp pumpkin seeds and 2 tbsp salsa verde</p> <p>1 piece Dark Chocolate Bark (leftovers, p. 92)</p>
<p>NUTRIENTS: Calories: 1,728, Fat: 71 g, Sat. Fat: 12 g, Carbs: 227 g, Fiber: 45 g, Sugars: 81 g, Protein: 56 g, Sodium: 1,663 mg, Cholesterol: 13 mg</p>	<p>NUTRIENTS: Calories: 1,775, Fat: 75 g, Sat. Fat: 14 g, Carbs: 201 g, Fiber: 36 g, Sugars: 78 g, Protein: 87 g, Sodium: 1,107 mg, Cholesterol: 140 mg</p>	<p>NUTRIENTS: Calories: 1,700, Fat: 66 g, Sat. Fat: 12 g, Carbs: 225 g, Fiber: 52 g, Sugars: 63 g, Protein: 62 g, Sodium: 1,836 mg, Cholesterol: 13 mg</p>	<p>NUTRIENTS: Calories: 1,796, Fat: 60 g, Sat. Fat: 13 g, Carbs: 278 g, Fiber: 51 g, Sugars: 101 g, Protein: 53 g, Sodium: 1,900 mg, Cholesterol: 10 mg</p>

EVOO = extra-virgin olive oil ACV = apple cider vinegar

SHOPPING LIST

PROTEINS & DAIRY

- 1 3-oz wild Alaskan salmon fillet (with skin)
- 1¼ lb boneless, skinless chicken breast
- 4 oz grass-fed bison or beef
- ½ dozen eggs
- 1 5-oz BPA-free can sustainable tuna
- 1 12-oz container full-fat cottage cheese
- 1 16-oz container plain full-fat Greek yogurt
- 1 32-oz carton unsweetened organic soy milk
- ½ oz grated Parmesan cheese

VEGGIES/FRUITS

- 2 avocados
- 1 bunch baby spinach
- 7½ oz mixed greens
- 1 bunch fresh flat-leaf parsley
- 1 bunch fresh mint
- 1 pomegranate
- 1 lemon
- 1 lime
- 1 orange
- 1 large celery stalk
- 2 bananas
- 1 sweet potato

- 1 butternut squash
- 3 pears
- 1 cucumber
- 1 cup pitted Medjool dates
- 1 head garlic
- 4 Brussels sprouts
- 9 carrots
- 2 yellow onions

NUTS, SEEDS & OILS


- 1 bottle extra-virgin olive oil
- 8 oz raw walnut pieces
- 2½ oz raw unsalted almonds
- 1 package raw unsalted pumpkin seeds
- 1 jar natural unsalted almond butter
- 2 oz raw unsalted pistachios
- 1 bottle olive oil cooking spray
- 1 package sesame seeds

WHOLE GRAINS

- 1 package sprouted whole-grain bread
- 1 package brown rice
- 1 package whole-wheat fusilli pasta
- 1 bag quinoa
- 1 box whole-grain crackers
- 2 packages organic unsalted popcorn or organic corn kernels
- ¾ oz white whole-wheat flour

EXTRAS

- 1 jar Za'atar seasoning
- 5 oz dark chocolate
- 1 jar raw honey
- 1 container unsweetened dried tart cherries or naturally sweetened cranberries
- 1 jar all-natural unsalted tomato sauce
- 16 oz 100% pomegranate juice
- 1 jar all-natural salsa verde
- 1 container matcha tea powder
- 1 box green tea
- 1 bottle ground cinnamon
- 1 bottle ground cumin
- 1 bottle ground cayenne pepper

- 1 bottle ground chile powder
- 1 bottle red pepper flakes
- 1 bottle ground turmeric
- 1 bottle ground coriander
- 1 bottle ground nutmeg
- 1 bottle smoked paprika
- 1 bottle ground black pepper
- 1 bottle sea salt
- 1 bottle garlic powder
- 1 bottle balsamic vinegar (**TRY:** Bionaturae Organic Balsamic Vinegar)
- Apple cider vinegar (**TRY:** Bragg Organic Apple Cider Vinegar)
- 1 jar capers
- 1 jar pitted black olives
- 2 32-oz cartons low-sodium vegetable broth
- 1 16-oz carton low-sodium chicken broth
- 1 jar Dijon mustard
- 6 oz pitted Medjool dates
- 1 15-oz BPA-free can chickpeas (aka garbanzo beans)
- 1 15-oz BPA-free can black beans
- 1 bag frozen wild blueberries 

Orange Carrot Soup

In a pot on medium, sauté ½ chopped onion in 1 tbsp EVOO until soft, about 8 minutes. Add 6 chopped carrots, ½ tsp coriander and 2 cups low-sodium vegetable broth. Bring to a boil, then simmer until carrots are tender, about 15 minutes. Let cool. Purée, then add juice and zest from ½ orange. Season to taste with salt and pepper. Divide between 2 servings.

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