



Day 16

Breakfast-Potato and More Pancakes

Mid-morning-Fresh Fruit

Lunch-Greek Vegetable Stew

Snack-Celery and Hummus

Dinner-Vegetable Fest and Black Bean Salad

Potato and More Pancakes

Serves 2

1 large carrot	1/4 cup water
1 zucchini	1 teaspoon olive oil
3/4 lb. russet potatoes	3 tablespoons brown-rice flour
3 tablespoons Herbed Crumbs	Olive oil cooking spray
1/2 teaspoon salt	1 1/2 cups unsweetened applesauce
1/4 teaspoon pepper	1 1/2 cups grated soy cheese
1/4 teaspoon cayenne pepper	

1. Preheat oven to 400°. Mist a rimmed baking sheet with cooking spray and set aside.
2. Using a food processor, shred carrot, zucchini, and potatoes. Place in large bowl. Add crumbs and seasonings to vegetables and mix thoroughly.
3. In a small bowl, mix 1/4 cup water, 1 teaspoon olive oil, and 3 tablespoons flour until smooth and slightly runny. Add to potato mixture and mix thoroughly.
4. Heat a large skillet misted with cooking spray over medium heat. Scoop 2 heaping tablespoons of potato mixture, drop in skillet, and flatten to 1/4-inch thick. Cook, turning once, until golden on both sides. Repeat until all vegetable mixture is used. Transfer pancakes to prepared baking sheet and bake until vegetables soften, about 12 to 14 minutes. Top with applesauce and serve.

Breakfast

Greek Vegetable Stew

Ingredients

2 tablespoons oil
2 onions, chopped
1 pound green string beans, broken in half
1 package frozen or fresh spinach
4 cups water
6 zucchini, chunked
4 yellow squash, chunked
2 cups celery leaves
4 tomatoes, quartered
1 teaspoon salt
8 slices lemon
1 tablespoon dried oregano
3 tablespoons fresh basil
2 cloves chopped garlic
2 tablespoons lemon juice

Directions

1. Lightly brown onions in a hot dry skillet in 2 tablespoons oil.
2. Add oregano and garlic, cook 1 minute.
3. Add 4 cups water and tomatoes. Cook 10 minutes.
4. Add remaining ingredients. Cook covered for 40 minutes, stirring occasionally.
5. Serve with a lemon slice in each bowl

LUNCH

Black Bean Salad

Ingredients

2 16-oz. cans black beans,
drained and rinsed well

1 very large tomato, chopped

1 package frozen corn

1/2 Vidalia onion, chopped

1 can sliced water chestnuts,
drained and rinsed

1 bunch cilantro, chopped

1/2 lime, juice and zest

3 tablespoons balsamic vinegar
or more

1. Add beans, tomatoes, corn, onions, and water chestnuts to bowl and mix. Rinsing the beans well keeps salad from looking gray.

2. Add cilantro, lime, and balsamic vinegar and mix again. Serve alone or with cucumber open-faced sandwiches for a perfect meal.

Vegetable Fest

1 tablespoon olive oil

1 small onion, very thinly sliced

2 teaspoons fresh ginger, grated

2 tablespoons fresh fennel, minced

Salt, to taste

1 pound fresh green beans, trimmed and whole

1/4 cup Basic Vegetable Broth

1. Heat olive oil in a large skillet over medium heat. Add onion, ginger, fennel and salt. Sauté 8 to 10 minutes or until onions are translucent.

2. Add beans and broth, cover and cook until beans are tender.



Day 17

Breakfast-Super Quinoa Breakfast Bowl

Mid-morning-Pineapple-Coconut Granola

Lunch-Raw Dream of Tomato Soup

Snack-A Handful of Raw Vegetable Sticks

Dinner-Lentil Patties with Fresh Tomatoes and Roasted Asparagus

Superfood Quinoa Breakfast Bowl

Serves 2

1/2 cup of quinoa

1 1/2 cups water

1/2 cup coconut milk

2 dried merjool dates

1 teaspoon cinnamon

1/8 teaspoon nutmeg

1/8 teaspoon cardamom

2 tablespoons pepitas

1 tablespoon shredded coconut

1 tablespoon golden raisins

Goji berries, chia seeds, banana, coconut flakes
to garnish

1. Rinse quinoa until water runs clear and combine in a medium sauce pan with water, coconut milk, and dates.
2. Bring to a boil, then reduce heat to low and simmer for 15 minutes, or until quinoa has started to soften.
3. Add cinnamon, nutmeg, cardamom, pepitas, shredded coconut and golden raisins.
4. Cook an additional five minutes, adding water if necessary, until quinoa is soft and fully cooked.
5. Serve hot and topped with banana, goji berries, chia seeds, and coconut flakes.

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PINEAPPLE COCONUT GRANOLA

1 cup raw agave nectar	1/2 cup chopped walnut
2 tablespoons coconut oil	2/3 cup orange juice
1 teaspoon cinnamon	1 cup dried pineapple
1 1/2 cups oats	10 whole dried apricots
1/2 cup whole-grain wheat flour	10 whole dried plums
1 teaspoon salt	2 cups coconut flakes
2/3 cup sunflower seed	

1. Preheat oven to 250°.
2. In a small bowl, mix raw agave nectar, coconut oil and cinnamon set aside.
3. In a large bowl, mix the remaining ingredients, add raw agave nectar mixture to the oatmeal fruit mixture.
4. Using your hands work together.
5. When mixed crumble onto a cookie sheet. Bake at 250° for one hour.

Snack

Raw Dream of Tomato Soup

Ingredients

- 1 pound Roma tomatoes, chopped
- 2 red bell peppers, seeded
- 1 garlic clove
- 6-8 large fresh basil leaves
- Juice of 1 lemon
- 2 tablespoons sun-dried tomato powder
- ¼ teaspoon chipotle powder
- ½ cup shelled hemp seeds, optional

Directions

1. Puree the tomatoes, bell peppers, basil, lemon juice, tomato powder, and chipotle powder in a high-powered blender until smooth.
2. Add the hemp seeds and blend again until creamy.
3. Serve immediately!

Roasted Asparagus



2 pounds trimmed asparagus

1 tablespoon olive oil

Salt and black pepper

Toss 2 pounds trimmed asparagus, olive oil, and salt and pepper on a baking sheet. Roast at 450°F until lightly browned, 15 minutes. Mix 1/3 cup toasted pine nuts, 1/2 cup chopped parsley, the grated zest of 1 lemon, and salt and pepper. Sprinkle over the asparagus.

Lentil Patties with Fresh Tomatoes

- 1 1/2 cup brown lentils, cooked and drained
- 1 small red onion, finely diced
- 1 tablespoon Italian seasoning
- 1 cup water, divided
- 3 teaspoons olive oil, divided
- 3 heaping tablespoons brown-rice flour
- 2 ounces frozen spinach, thawed
- 3 garlic cloves, minced
- Salt and pepper, to taste
- 1-2 medium tomatoes, diced

1. In a bowl, mash cooked lentils. Add onion and Italian seasoning, mix well and set aside.
2. In another bowl, mix 1/4 cup water, 1 teaspoon oil, and 3 tablespoons flour until smooth; set aside.
3. In a saucepan over medium-high heat, bring 3/4 cup water to a boil and add spinach and garlic; immediately reduce heat to low. Cook 5-7 minutes, stirring occasionally; remove from heat. Transfer spinach to a colander placed over a bowl; press mixture with a rubber spatula to remove excess water; let cool.
4. Combine drained spinach with lentil mixture and stir well. Add 1-3 tablespoons of flour mixture to lentil-spinach mixture, 1 tablespoon at a time, stirring well, until patties hold together. Shape 1/2-inch to 1-inch thick patties using wet hands.
5. Heat 2 teaspoons oil in skillet over medium heat; cook patties until underside begins to toast. Lightly season with salt and pepper, if desired, and flip.
6. Remove from skillet, top with fresh tomatoes, and serve.

Main Dish



Day 18

Breakfast-Fruit Salad

Mid-morning-Carrot and Vegetable Juice

Lunch-Southwest Corn and Black Bean Salad

Snack-Pineapple-Coconut Granola

Dinner-Raw Dream of Tomato Soup and Sautéed Kale and Spinach

Fruit Salad

Serves 2-4

1 cup strawberries	4-6 kiwi
1 cup raspberries	1 mango
1 cup blueberries	2 cup seedless grapes
1 cup blackberries	1 papaya
2 oranges	2 cups diced watermelon
2 tangerines	4-8 mint leaves (optional)
1 pink grapefruit	1 lemon (optional)

1. Wash strawberries, raspberries, blueberries, and blackberries. Remove stems from strawberries, cut them in half, and add to a large bowl.
2. Peel oranges, tangerines, grapefruit, and kiwi. Cut away the flesh of the mango from the seed and thinly slice the mango lengthwise. Scoop the slices out of the peel and add them to bowl.
3. Section oranges, tangerines, and grapefruit and add to the bowl. Cut grapes in half and add to bowl.
4. Cut kiwi crosswise and add to bowl.
5. Cut papaya in half, remove the black seeds, scoop out flesh, and add to bowl.
6. Add raspberries, blueberries, and blackberries to bowl.
7. Add diced watermelon to bowl, and mix all fruits together.

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CARROT AND VEGGIE JUICE

Serves 2

2 carrots

4 stalks of celery

1 apple

1/2 inch ginger root

1 lemon

1. Wash carrots, celery, apple and ginger root.
2. Cut lemon in half or quarters.
3. Cut the apple in quarters.
4. Add all ingredients to juicer and juice.

Juice

Southwest Corn and Black Bean Salad

Ingredients

- 1 ½ cups corn kernels (fresh or frozen)
- 1/3 cup pine nuts
- 1/4 cup lime juice
- 2 tablespoons extra-virgin olive oil
- 1/4 cup chopped fresh cilantro
- 2 (14.5 ounce) cans black beans, rinsed
- 2 cups shredded red cabbage
- 1 large tomato, diced
- 1/2 cup minced red onion

Directions

1. Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.
2. Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.
3. Freshly ground pepper and salt to taste just before serving

PINEAPPLE COCONUT GRANOLA

1 cup raw agave nectar	1/2 cup chopped walnut
2 tablespoons coconut oil	2/3 cup orange juice
1 teaspoon cinnamon	1 cup dried pineapple
1 1/2 cups oats	10 whole dried apricots
1/2 cup whole-grain wheat flour	10 whole dried plums
1 teaspoon salt	2 cups coconut flakes
2/3 cup sunflower seed	

1. Preheat oven to 250°.
2. In a small bowl, mix raw agave nectar, coconut oil and cinnamon set aside.
3. In a large bowl, mix the remaining ingredients, add raw agave nectar mixture to the oatmeal fruit mixture.
4. Using your hands work together.
5. When mixed crumble onto a cookie sheet. Bake at 250° for one hour.

Snack

Raw Dream of Tomato Soup


Ingredients

- 1 pound Roma tomatoes, chopped
- 2 red bell peppers, seeded
- 1 garlic clove
- 6-8 large fresh basil leaves
- Juice of 1 lemon
- 2 tablespoons sun-dried tomato powder
- ¼ teaspoon chipotle powder
- ½ cup shelled hemp seeds, optional

Directions

1. Puree the tomatoes, bell peppers, basil, lemon juice, tomato powder, and chipotle powder in a high-powered blender until smooth.
2. Add the hemp seeds and blend again until creamy.
3. Serve immediately!

Sautéed Kale and Spinach



1/2 cup olive oil
1 large sweet onion, cut in eighths
1/2 cup leek, chopped
4 tablespoon minced garlic
1/2 cup shado beni (cilantro)
1 bunch fresh spinach
1 bunch kale
1 cup Jerusalem artichoke, sliced
Juice of 1/2 lemon

1. Heat oil in pan over high heat. Add onion, leek, garlic, and shado beni/cilantro. Sauté for approximately 2-3 minutes or until the garlic gets slightly golden.
2. Remove pan from heat and add spinach, kale, and artichoke. Mix all ingredients together until well blended.
3. Return to heat for approximately 2-3 minutes, remove immediately, and pour the lemon juice over the kale and spinach. Mix well and cover for 3 minutes, then serve.



Day 19

Breakfast-Super Quinoa Breakfast Bowl

Mid-morning-Fresh Fruit of your Choice

Lunch-Lentil Patties with Fresh Tomatoes

Snack-Spicy Veggie Sticks

Dinner-Black Beans and Rice

Superfood Quinoa Breakfast Bowl

Serves 2

1/2 cup of quinoa

1 1/2 cups water

1/2 cup coconut milk

2 dried medjool dates

1 teaspoon cinnamon

1/8 teaspoon nutmeg

1/8 teaspoon cardamom

2 tablespoons pepitas

1 tablespoon shredded coconut

1 tablespoon golden raisins

Goji berries, chia seeds, banana, coconut flakes to garnish

1. Rinse quinoa until water runs clear and combine in a medium sauce pan with water, coconut milk, and dates.
2. Bring to a boil, then reduce heat to low and simmer for 15 minutes, or until quinoa has started to soften.
3. Add cinnamon, nutmeg, cardamom, pepitas, shredded coconut and golden raisins.
4. Cook an additional five minutes, adding water if necessary, until quinoa is soft and fully cooked.
5. Serve hot and topped with banana, goji berries, chia seeds, and coconut flakes.

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Lentil Patties with Fresh Tomatoes

- 1 1/2 cup brown lentils, cooked and drained
- 1 small red onion, finely diced
- 1 tablespoon Italian seasoning
- 1 cup water, divided
- 3 teaspoons olive oil, divided
- 3 heaping tablespoons brown-rice flour
- 2 ounces frozen spinach, thawed
- 3 garlic cloves, minced
- Salt and pepper, to taste
- 1-2 medium tomatoes, diced

1. In a bowl, mash cooked lentils. Add onion and Italian seasoning, mix well and set aside.
2. In another bowl, mix 1/4 cup water, 1 teaspoon oil, and 3 tablespoons flour until smooth; set aside.
3. In a saucepan over medium-high heat, bring 3/4 cup water to a boil and add spinach and garlic; immediately reduce heat to low. Cook 5-7 minutes, stirring occasionally; remove from heat. Transfer spinach to a colander placed over a bowl; press mixture with a rubber spatula to remove excess water; let cool.
4. Combine drained spinach with lentil mixture and stir well. Add 1-3 tablespoons of flour mixture to lentil-spinach mixture, 1 tablespoon at a time, stirring well, until patties hold together. Shape 1/2-inch to 1-inch thick patties using wet hands.
5. Heat 2 teaspoons oil in skillet over medium heat; cook patties until underside begins to toast. Lightly season with salt and pepper, if desired, and flip.
6. Remove from skillet, top with fresh tomatoes, and serve.

LUNCH

SPICY VEGGIE STICKS

Spicy House Seasoning to taste

2 tablespoons olive oil

6 carrots, washed

4 potatoes, washed

1. Preheat oven to 450°.
2. Clean and peel the above vegetables. Cut them into thick sticks resembling fries.
3. Toss them in the olive oil until coated evenly.
4. Place them in a single layer on a cookie sheet and bake them on the top rack for 20 minutes, turning every 5 minutes.
5. While hot, sprinkle with Seasoning mix, to taste.

Snack

Black Beans and Rice

2 15-oz. cans black beans

1-1 1/2 cups water or vegetable stock

1 tablespoon Bragg Liquid Aminos

1 teaspoon chile powder

2-3 tomatoes, chopped

1 can water chestnuts

1 cup corn

2 red, yellow or green bell peppers

1 bunch cilantro

1 avocado

3 cups cooked brown rice

Salsa or tamari to taste

Heat the beans with water or stock, and add the liquid aminos and chile powder. Place the chopped vegetables and cilantro in individual bowls. To serve, place several big spoonfuls of brown rice onto large plates and ladle beans on top. Add generous amounts of chopped vegetables, cilantro, and avocado on top. Add generous amounts of chopped vegetables, cilantro, and avocado on top of the beans. Add salsa or tamari to taste.

Main Dish



Day 20

Breakfast-Oatmeal with Fruit

Mid-morning-Leafy Emerald Juice

Lunch-Mega Greek Salad

Snack-Southwest Corn and Black Bean Salad with chips

Dinner-Vegan Chili

Oatmeal with Fruit

Serves 2

2 cups water

1 cup old-fashioned oats

1/2 cup raisins

1 cup blueberries

1 cup strawberries

2 kiwis, sliced

1 banana

1 teaspoon agave nectar

1 teaspoon flaxseed meal, optional

1 tablespoon walnuts, optional

1. Bring water to a boil, add oats and raisins, and stir. Cook until thick (2 to 3 minutes).
2. Cut up fruit and mix together. Scoop cooked oatmeal into a bowl. Add agave nectar, walnuts, flaxseed meal, then fruit.

Substitute any fruit based on preferences.

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LEAFY EMERALD JUICE

Serves 2

8 kale leaves

8 collard greens leaves

1/2 bunch of spinach

6 or 7 apples

1/4 lb. of ginger root

6 lemons

1. Wash the leaves, apples, ginger and lemons.
2. Deseed the lemons and apples.
3. Cut the apples in eighths.
4. Cut lemons in quarters.
5. Peel the skin of the limes and cut in quarters.

Juice

Mega Greek Salad

Ingredients

4 cups torn Romaine lettuce

1 cup sliced artichokes (about 4 canned hearts)

1 cup sliced cherry tomatoes

1 cup quartered cucumber slices

1 cup sliced olives

1/2 cup diced green bell peppers

1/2 cup sliced red onions

*1/2 cup chopped fresh parsley,
lightly packed*

Dressing: *1/4 cup extra-virgin
olive oil 1/4 cup fresh lemon juice
2 teaspoons dried oregano 1/2
teaspoon salt 1/8 teaspoon pepper*



Directions

Put lettuce in a large bowl. Add artichokes, cherry tomatoes, cucumbers, olives, peppers, parsley, onions, and parsley. In a separate smaller bowl, mix olive oil, lemon juice, oregano, salt, and pepper. Just before serving, stir with a whisk until well-combined, and pour over salad. Toss well to coat, and serve.

Yield: 6 servings (serving size: about 1 cup)

Southwest Corn and Black Bean Salad

Ingredients

- 1 ½ cups corn kernels (fresh or frozen)
- 1/3 cup pine nuts
- 1/4 cup lime juice
- 2 tablespoons extra-virgin olive oil
- 1/4 cup chopped fresh cilantro
- 2 (14.5 ounce) cans black beans, rinsed
- 2 cups shredded red cabbage
- 1 large tomato, diced
- 1/2 cup minced red onion

Directions

1. Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.
2. Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.
3. Freshly ground pepper and salt to taste just before serving

Snack

Vegan Chili

Ingredients

- 1 tablespoon sunflower oil
- 1 medium yellow onion, diced
- 1 cup shredded carrots
- 1-2 jalapeño peppers, stemmed, seeded, and minced
- 3 garlic cloves, minced
- 1/2 cup bulgur, rinsed
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 2 cups diced fresh tomatoes (about 2 medium or 6 plum tomatoes)
- 1 1/2 cups tomato sauce
- 1 (15-ounce) can kidney beans, drained and rinsed
- 1 1/2 (15-ounce) cans black beans, drained and rinsed
- 1 1/2 teaspoons kosher salt, or to taste
- Chopped fresh cilantro



Main Dish

Directions

1. Heat the oil in a Dutch oven or large heavy pot over medium-high heat. Add the onion, carrots, and jalapeño and sauté, stirring often, until the onion is soft and translucent, about 5 minutes. Add the garlic and sauté for 1 minute. Add the bulgur, chili powder, and cumin and stir until well combined.
2. Stir in the tomatoes, tomato sauce, and beans. Bring to a boil, then reduce the heat, cover, and simmer, stirring occasionally, until the beans are tender, about 1 hour. Season with salt to taste. Serve with a sprinkling of cilantro, if desired.



Day 21

Breakfast-Kale, Pineapple and Almond Milk Smoothie

Mid-morning-Frozen Banana Bars

Lunch-Black Beans and Rice

Snack-Hummus with Chips or Crackers

Dinner-Stuffed Potato Cups with Sautéed Kale

KALE, PINEAPPLE, AND ALMOND MILK

Serves 2

1 cup unsweetened almond milk

1 cup packed chopped kale

1/2 cup pineapple juice

1/2 cup diced pineapple

1 banana

Puree ingredients in a
blender until smooth.

Smoothies

FROZEN BANANA BARS

2 medium bananas, peeled, sliced

1 cup roughly chopped dates

1 cup roughly chopped raw cashews

Place bananas, dates, and cashews in a food processor or blender. Process about 30 seconds or until smooth. Transfer to an 8x8-inch baking dish. Place in freezer 3-4 hours or until firm. To serve, cut into 2x2 1/2-inch bars and serve. Store in freezer.

Snack

Black Beans and Rice

- | | |
|---------------------------------------|-------------------------------------|
| 2 15-oz. cans black beans | 2 red, yellow or green bell peppers |
| 1-1 1/2 cups water or vegetable stock | 1 bunch cilantro |
| 1 tablespoon Bragg Liquid Aminos | 1 avocado |
| 1 teaspoon chile powder | 3 cups cooked brown rice |
| 2-3 tomatoes, chopped | Salsa or tamari to taste |
| 1 can water chestnuts | |
| 1 cup corn | |

Heat the beans with water or stock, and add the liquid aminos and chile powder. Place the chopped vegetables and cilantro in individual bowls. To serve, place several big spoonfuls of brown rice onto large plates and ladle beans on top. Add generous amounts of chopped vegetables, cilantro, and avocado on top. Add generous amounts of chopped vegetables, cilantro, and avocado on top of the beans. Add salsa or tamari to taste.

LUNCH

Stuffed Potato Cups w/ Sautéed Kale

- 4 small sweet potatoes, yams, or thick-skinned baking potatoes
- 1 pound fresh kale greens, stem removed and coarsely chopped
- 1/2 tablespoon olive oil
- 1/2 cup walnuts, whole and halved, soaked in a small amount of water
- 2/3 cup soy cheese, cubed
- 1 cup tofu, crumbled
- 4 green onions, whites and greens, finely sliced

1. Preheat oven to 400°.
2. Scrub potatoes and puncture with a fork in a number of places. Place in the center of oven rack and bake 45 minutes or until flesh is soft when pierced.
3. In a large skillet over medium-high heat, add oil and kale and stir fry for 2 minutes; reduce heat to medium-low, cover, and cook for 10 minutes, stirring occasionally. Remove from heat and set aside, covered.
4. Reduce oven to 375° and remove baked potatoes; let cool on a wire rack for 5-10 minutes. On a cutting board, gently cut potatoes lengthwise into halves. Scoop flesh from each half into a large bowl with care not to scrape skins. Mash potato flesh thoroughly and add walnuts, soy cheese, and tofu; mix thoroughly. Spoon mixture into each potato cup, top with grated cheese, and transfer to a casserole dish and bake for 20 minutes or until cheese begins to turn golden. Remove and garnish with green onions. Serve with kale and vinaigrette dressing.

Main Dish



Day 22

Breakfast-Fruit Pizza

Mid-morning-Green Juice

Lunch-Vegan Chili

Snack-Baked Potato Chips

Dinner-Mega Greek Salad and Pesto Spaghetti Squash

Fruit Pizza

Serves 8

Crust

- 1 1/2 cups almond flour (meal)
- 1/2 cup roughly chopped pitted dates
- 1/2 cup chopped pecans
- 1/4 cup unsweetened apple juice

Fruit Sauce

- 1/4 cup Date Honey
- 1/2 cup sliced strawberries

Topping Ideas

1. Preheat oven to 350 degrees. Place almond flour, dates, pecans and apple juice in a food processor. Process until mixture forms a ball. Press dough into 10-inch circle, about 1/4-inch thick; on an 11x17-inch baking sheet or pizza pan (rub a little olive oil on your hands if dough gets too sticky). With a fork, poke holes all across crust dough. Bake 10 minutes, or until edges are browned and slightly crispy. Remove from oven and let cool completely, about 45 minutes.
2. Put Date Honey and strawberries in a food processor or blender. Process about 30 seconds or until smooth and creamy. Spread fruit sauce onto cooled crust. Top with your favorite assortment of sliced fruit. Refrigerate 3 hours or until chilled.

Breakfast

GREEN JUICE

Serves 2

1 cucumber

4-6 stalks kale

1/2 bunch cilantro

4-6 stalks celery

1 apple

4-6 stalks beet leaves

1/2 bunch parsley

1 lemon

1/4 inch ginger root

1. Wash all the leaves and cut in half.
2. Add all ingredients to juicer and juice.

Juice

Vegan Chili

Ingredients

- 1 tablespoon sunflower oil
- 1 medium yellow onion, diced
- 1 cup shredded carrots
- 1-2 jalapeño peppers, stemmed, seeded, and minced
- 3 garlic cloves, minced
- 1/2 cup bulgur, rinsed
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 2 cups diced fresh tomatoes (about 2 medium or 6 plum tomatoes)
- 1 1/2 cups tomato sauce
- 1 (15-ounce) can kidney beans, drained and rinsed
- 1 1/2 (15-ounce) cans black beans, drained and rinsed
- 1 1/2 teaspoons kosher salt, or to taste
- Chopped fresh cilantro

Directions

1. Heat the oil in a Dutch oven or large heavy pot over medium-high heat. Add the onion, carrots, and jalapeño and sauté, stirring often, until the onion is soft and translucent, about 5 minutes. Add the garlic and sauté for 1 minute. Add the bulgur, chili powder, and cumin and stir until well combined.
2. Stir in the tomatoes, tomato sauce, and beans. Bring to a boil, then reduce the heat, cover, and simmer, stirring occasionally, until the beans are tender, about 1 hour. Season with salt to taste. Serve with a sprinkling of cilantro, if desired.

Mega Greek Salad

Ingredients

4 cups torn Romaine lettuce

1 cup sliced artichokes (about 4 canned hearts)

1 cup sliced cherry tomatoes

1 cup quartered cucumber slices

1 cup sliced olives

1/2 cup diced green bell peppers

1/2 cup sliced red onions

1/2 cup chopped fresh parsley, lightly packed

Dressing: 1/4 cup extra-virgin olive oil
1/4 cup fresh lemon juice 2 teaspoons dried oregano 1/2 teaspoon salt 1/8 teaspoon pepper

Directions

Put lettuce in a large bowl. Add artichokes, cherry tomatoes, cucumbers, olives, peppers, parsley, onions, and parsley. In a separate smaller bowl, mix olive oil, lemon juice, oregano, salt, and pepper. Just before serving, stir with a whisk until well-combined, and pour over salad. Toss well to coat, and serve.

Yield: 6 servings (serving size: about 1 cup)

Pesto Spaghetti Squash

1 spaghetti squash (about 2 pounds)

1 Pesto recipe

Preheat oven to 375°. With a fork, prick squash all over and place in baking dish. Cook 1 hour, and remove from oven.

Let squash cool 10-15 minutes before cutting in half and removing the seeds. Discard seeds.

Pull a fork lengthwise through the flesh to separate it into long strands. Place strands in a large bowl. Add Pesto to spaghetti squash, and stir to coat. Mix well, and serve immediately.

Main Dish



Day 23

Breakfast-PB&J with SB&G Wraps

Mid-morning Snack-Vegetable Delight

Lunch-Lentil Soup

Snack-Roasted Chickpeas

Dinner-Taco Salad

PB&J with SB&G Wrap

Serves 1

- 1 Whole Wheat tortilla
- 1 tablespoon peanut butter/almond butter
- 2 Strawberries, sliced thinly
- 1/4 banana, cut lengthwise
- 2 tablespoons granola

1. Spread peanut/almond butter evenly over tortilla. Layer strawberries, banana, and granola. Roll, cut and enjoy.

Breakfast

VEGETABLE DELIGHT

Serves 2

1 sweet potato, quartered	1 cup green beans
1 medium Vidalia onion	1 zucchini, quarter
1 carrot	1 yellow squash
2 stalks celery	4 cloves garlic
1 tomato	1 tsp. lemon juice
1/2 cup cilantro	<i>Sea salt and black pepper</i>
6 stalks asparagus	
1/2 cup parsley	

1. Wash and quarter all vegetables. Add all ingredients to juicer and juice.
2. This can be served hot or cold. If served hot, simply microwave for 1-2 minutes after juicing is completed.

Juice

Lentil Soup

Ingredients

1 package dried lentils

4 cups vegetable broth

3 cups cold water

2 tbsp. kosher salt

6-8 tbsp. minced garlic

1 cup leek, finely chopped

1 cup fennel, thinly sliced

4-6 celery stalks, chopped

1 sweet onion, chopped

2 ripe tomatoes, seeded and chopped

2-4 yellow squashes, chopped

2-4 zucchini, chopped

1 cup scallions, sliced thinly

3 bay leaves

1 cup cilantro, chopped

3 cups pumpkin or Calabaza, cooked and chopped

1 lemon



Directions

1. Soak the lentils in warm water overnight, rinse the next morning, and put into a large pot.
2. Add vegetable broth, water, and kosher salt to the pot, and bring to a boil. While the lentils are boiling, chop the other vegetables,
3. After the lentils have boiled for 45-60 minutes, add the garlic, leek, fennel, celery, onion, tomatoes, yellow squash, zucchini, $\frac{3}{4}$ cup cilantro, 2 cups pumpkins, salt, and pepper. Return to boiling.
4. Reduce heat, add lemon juice, cover, and simmer for 20 minutes on low heat.
5. Add more salt and pepper if need, and remove bay leaves before serving.
6. Garnish the soup with remaining scallions, cilantro, and pumpkin.

Serves 8

ROASTED CHICKPEAS

4 cups chickpeas

3 tablespoons olive oil

Seasoning as desired

Salt for seasoning

1. Preheat oven to 375°.
2. On a paper-towel-lined rimmed baking sheet, scatter peas and let stand for 15 minutes. Once water is drained, transfer to bowl and add olive oil to coat peas. Then add seasoning mix.
3. Spread seasoned peas on baking sheet.
4. Place peas in oven for 20 minutes, stirring occasionally.
5. Remove from oven and allow to cool. For extra crispy peas, return to oven for 5-10 minutes (possibly using the broiler). Transfer to a bowl and mix with additional spices or salt to taste.

Snack

Taco Salad

Ingredients

1 (14.5-ounce) can corn kernels, drained

1 (15.5-ounce) can pinto beans, undrained

1/4 teaspoon garlic powder

1/4 teaspoon salt

1 tablespoon extra-virgin olive oil

1/2 cup diced onion 1 (15-ounce) can black beans, rinsed and drained

1/2 tablespoon Taco Seasoning

2 cups torn romaine or iceberg lettuce

Garnishes: Avocado slices, chopped green onions, sliced olives, and/or diced tomatoes



Directions

Preheat oven to 425 degrees. Spread corn kernels out in one layer on a lightly oiled 11 x 17-inch baking sheet. Bake for 20-25 minutes, or until corn is browned and slightly crunchy.

While corn is roasting, place pinto beans in a small saucepan over medium heat. Add garlic powder and salt. Cook 10 minutes, stirring occasionally. Using a fork or potato masher, mash beans until they are the consistency of refried beans. Lower heat, and continue to cook until some of the liquid has evaporated and beans have thickened, about 10 minutes more. Stir frequently to avoid scalding beans on the bottom of the pan.

Heat olive oil over medium heat, and add onions. Cook until onions are soft and translucent. Add black beans, corn, and taco seasoning. Stir well to coat. Reduce heat to low, and keep warm until pinto beans are done. To serve, place about 1/2 cup lettuce on each plate, and top with 1/4 cup pinto beans and a heaping 1/2 cup of black bean and corn mixture. Add desired toppings to salad.

Yield: 4 servings (serving size: about 1 1/2 cups)

Main Dish



Day 24

Breakfast-Orange Berry Smoothie

Mid-morning Snack-Almond Butter Bites

Lunch-Taco Salad

Snack-Berry Crumble

Dinner-Quick Veggie Fajitas and Lentil Soup

Smoothies

ORANGE BERRY SMOOTHIE

Serves 2

2 naval oranges, peel and pith removed, cut
into chunks

1 cup frozen blueberries

1 cup frozen raspberries

Combine all ingredients in a
blender, and blend until smooth.

ALMOND BUTTER BITES

1/2 cup almond butter
1/4 cup raw sunflower seeds
1/4 cup raisins
1/4 cup chopped almonds
2 tablespoons unsweetened shredded coconut
1/4 teaspoon cinnamon

Mix all ingredients in a bowl until well combined. Use a 1/2 tablespoon measuring spoon or a large melon ball scoop to form mixture into small balls. Place in an 8-inch baking dish, and freeze until firm. Serve frozen or slightly thawed.

Snack

Taco Salad

Ingredients

1 (14.5-ounce) can corn kernels, drained

1 (15.5-ounce) can pinto beans, undrained

1/4 teaspoon garlic powder

1/4 teaspoon salt

1 tablespoon extra-virgin olive oil

1/2 cup diced onion 1 (15-ounce) can black beans, rinsed and drained

1/2 tablespoon Taco Seasoning

2 cups torn romaine or iceberg lettuce

Garnishes: Avocado slices, chopped green onions, sliced olives, and/or diced tomatoes



Directions

Preheat oven to 425 degrees. Spread corn kernels out in one layer on a lightly oiled 11 x 17-inch baking sheet. Bake for 20-25 minutes, or until corn is browned and slightly crunchy.

While corn is roasting, place pinto beans in a small saucepan over medium heat. Add garlic powder and salt. Cook 10 minutes, stirring occasionally. Using a fork or potato masher, mash beans until they are the consistency of refried beans. Lower heat, and continue to cook until some of the liquid has evaporated and beans have thickened, about 10 minutes more. Stir frequently to avoid scalding beans on the bottom of the pan.

Heat olive oil over medium heat, and add onions. Cook until onions are soft and translucent. Add black beans, corn, and taco seasoning. Stir well to coat. Reduce heat to low, and keep warm until pinto beans are done. To serve, place about 1/2 cup lettuce on each plate, and top with 1/4 cup pinto beans and a heaping 1/2 cup of black bean and corn mixture. Add desired toppings to salad.

Yield: 4 servings (serving size: about 1 1/2 cups)

BERRY CRUMBLE

5 cups berries

2 tablespoons brown-rice flour

1 cup old-fashioned rolled oats

1 cup whole-wheat flour

1/2 cup sunflower or olive oil

1. Preheat oven to 350°.
2. Place berries in 8x8-inch baking dish to within 1 inch of rim. Gently stir in rice flour; set aside.
3. In a bowl, mix oats, wheat flour, and oil until crumbly. Spoon onto berries and pat into an even crust. Bake (uncovered) for 30 to 35 minutes, until berry juice bubbles at topping edges. Serve hot in individual serving bowls.

Snack

Lentil Soup

Ingredients

1 package dried lentils
4 cups vegetable broth
3 cups cold water
2 tbsp. kosher salt
6-8 tbsp. minced garlic
1 cup leek, finely chopped
1 cup fennel, thinly sliced
4-6 celery stalks, chopped
1 sweet onion, chopped
2 ripe tomatoes, seeded and chopped
2-4 yellow squashes, chopped
2-4 zucchini, chopped
1 cup scallions, sliced thinly
3 bay leaves
1 cup cilantro, chopped
3 cups pumpkin or Calabaza, cooked and chopped
1 lemon



Directions

1. Soak the lentils in warm water overnight, rinse the next morning, and put into a large pot.
2. Add vegetable broth, water, and kosher salt to the pot, and bring to a boil. While the lentils are boiling, chop the other vegetables,
3. After the lentils have boiled for 45-60 minutes, add the garlic, leek, fennel, celery, onion, tomatoes, yellow squash, zucchini, $\frac{3}{4}$ cup cilantro, 2 cups pumpkins, salt, and pepper. Return to boiling.
4. Reduce heat, add lemon juice, cover, and simmer for 20 minutes on low heat.
5. Add more salt and pepper if need, and remove bay leaves before serving.
6. Garnish the soup with remaining scallions, cilantro, and pumpkin.

Serves 8

Quick Veggie Fajitas

- 8 brown-rice or whole-grain tortillas
- 1 can refried beans
- 2 tablespoons olive oil
- 1 large white onion
- 2 large poblano chilies
- 2 medium zucchini
- 2 cups corn kernels
- Salt and pepper, to taste
- 1/2 cup Salsa Sauce
- Lime wedges (optional)

1. Preheat oven to 275°.
2. Wrap tortillas in parchment-lined aluminum foil and place in oven to warm, about 15 minutes. In a small saucepan, warm the beans over low heat.
3. In a large skillet, heat oil over medium-high. Add onion and chilies and cook until softened, 12-15 minutes. Add zucchini and cook until tender-crisp, about 6 minutes. Add corn until warmed, about 3 minutes. Season with salt and pepper. Spread beans on tortillas, top with vegetables, and serve with salsa and lime wedges.

Main Dish



Day 25

Breakfast-Avocado Breakfast

Mid-morning Snack-Berry Crumble

Lunch-Raw Vegetable Medley Salad

Snack-Roasted Chickpeas

Dinner-Mushrooms, Kale and Potatoes

Avocado Breakfast

Serves 2

Simple Berry Sauce

1 cup strawberries

1 tablespoon coconut oil

Pinch salt

Avocado Breakfast

4 cups mixed berries, sliced

2 diced avocados

1 cup simply berry sauce

1. Combine all sauce ingredients in a blender and blend well. Transfer to a storage container for use for up to five days. Store in the refrigerator.
2. In a small mixing bowl, toss together half the berries and half the avocado lightly with half the berry sauce until well coated. Repeat with remaining berries, avocado, and sauce.

Optional: Serve over a half of avocado.

Breakfast

BERRY CRUMBLE

5 cups berries
2 tablespoons brown-rice flour
1 cup old-fashioned rolled oats
1 cup whole-wheat flour
1/2 cup sunflower or olive oil

1. Preheat oven to 350°.
2. Place berries in 8x8-inch baking dish to within 1 inch of rim. Gently stir in rice flour; set aside.
3. In a bowl, mix oats, wheat flour, and oil until crumbly. Spoon onto berries and pat into an even crust. Bake (uncovered) for 30 to 35 minutes, until berry juice bubbles at topping edges. Serve hot in individual serving bowls.

Snack

Raw Vegetable Medley Salad

Ingredients

1 head cauliflower
1 head broccoli
½ head cabbage, shredded
½ cup olive oil
2 tbsp. minced garlic
Sea salt and black pepper
Juice of 2 lemons

Directions

1. Wash and section the cauliflower and broccoli into florets and place in bowl. Add the cabbage and mix well.
2. In a separate bowl whisk the olive oil, garlic, salt, pepper, and lemon juice, and then pour over the vegetables.
3. Mix and let sit, covered, for 10-15 minutes before serving.

ROASTED CHICKPEAS

4 cups chickpeas

3 tablespoons olive oil

Seasoning as desired

Salt for seasoning

1. Preheat oven to 375°.
2. On a paper-towel-lined rimmed baking sheet, scatter peas and let stand for 15 minutes. Once water is drained, transfer to bowl and add olive oil to coat peas. Then add seasoning mix.
3. Spread seasoned peas on baking sheet.
4. Place peas in oven for 20 minutes, stirring occasionally.
5. Remove from oven and allow to cool. For extra crispy peas, return to oven for 5-10 minutes (possibly using the broiler). Transfer to a bowl and mix with additional spices or salt to taste.

Snack

Mushrooms, Kale, and Potatoes

- 3 cups chunked Yukon Gold or red potatoes
- 2 onions, chopped
- 2 garlic cloves, minced
- 4-5 cups chopped exotic mushrooms
- 6 cups packed, coarsely chopped dinosaur kale, stems removed
- 2 tablespoons soy sauce
- 1-2 teaspoons chile paste
- Freshly ground black pepper

1. Put the potatoes in a saucepan with enough water to cover. Bring to a boil, reduce heat, and cook until fairly tender, about 8 minutes. Drain and set aside.
2. Meanwhile, put the onion, garlic, and mushrooms in a large nonstick sauté pan or wok. Do not add any liquid. Dry-fry over medium heat, stirring frequently, for about 5-6 minutes, until onions and mushrooms are fairly tender. Add the kale and stir gently to combine. Continue to cook, stirring frequently for about 2 minutes. Add the cooked potatoes. Cook, stirring occasionally, for about 3 more minutes, then add the soy sauce, chile paste, and pepper to taste. Cook for 3-5 minutes, until kale is tender and potatoes are somewhat browned. Serve warm.

Main Dish



Day 26

Breakfast-Dried Fruit Bars

Mid-morning Snack-Almond Butter Bites

Lunch-Moroccan Carrot-Blood Orange Salad

Snack-Hummus

Dinner-Sweet Potato Patties and Roasted Cabbage Steaks

Dried Fruit Bar

Serves 2

1 cup agave nectar

2 tablespoons peanut oil

1 tsp cinnamon

1 1/2 cups oats, uncooked

1/2 cup whole grain, whole wheat flour

1/2 cup sliced Almonds

1/2 teaspoon salt

2/3 cup sunflower seed

10 whole dried apricots

10 dried figs

10 whole dried pitted dates

1/2 cup dried cherries

1. Preheat oven to 350°.
2. Add agave nectar, oil, and cinnamon in small bowl and whisk together.
3. In a large bowl, stir together oats, flour, almonds, sunflower seeds, salt and dried fruit.
4. Add agave mixture to the oatmeal fruit mixture with hands.
5. Place in lightly oiled 8x8 pan and press ingredients down tightly.
6. Bake at 350° for 25 minutes.

Breakfast

ALMOND BUTTER BITES

1/2 cup almond butter
1/4 cup raw sunflower seeds
1/4 cup raisins
1/4 cup chopped almonds
2 tablespoons unsweetened shredded coconut
1/4 teaspoon cinnamon

Mix all ingredients in a bowl until well combined. Use a 1/2 tablespoon measuring spoon or a large melon ball scoop to form mixture into small balls. Place in an 8-inch baking dish, and freeze until firm. Serve frozen or slightly thawed.

Snack

Moroccan Carrot-Blood Orange Salad

4 servings

Ingredients

- 1 pound carrots (about 8 medium), peeled and trimmed
- 1 teaspoon whole cumin seed
- 1 teaspoon whole coriander seed
- 1 teaspoon whole fennel seed
- 1/4 cup extra-virgin olive oil
- 1 teaspoon coarse kosher salt, more to taste
- Large pinch cayenne
- 4 medium blood oranges
- 2 garlic cloves, minced
- 2 teaspoons fresh lemon juice, more to taste
- 2 cups baby arugula
- 1/4 cup pitted, oil-cured olives, roughly chopped



Directions

1. Heat oven to 425 degrees.
2. Quarter the carrots lengthwise and cut each length crosswise into 2-inch chunks. With a mortar and pestle or using the side of a knife, lightly crush the cumin, coriander and fennel. Spread carrots on a large rimmed baking sheet and toss with 2 tablespoons oil, crushed spices, 3/4 teaspoon salt and cayenne. Transfer to oven and roast, tossing occasionally, until carrots are tender and caramelized, 30 to 40 minutes. Cool to room temperature.
3. Meanwhile, grate zest of 1 orange into a small bowl. Whisk in garlic, remaining 1/4 teaspoon salt, and lemon juice. Whisk in 2 tablespoons oil.
4. Slice the tops and bottoms from each orange. Stand each orange on a flat surface and slice away the rind and pith, top to bottom, following curve of the fruit. Hold oranges over a large bowl and slice away fruit between the membranes, releasing segments into the bowl.
5. Toss carrots, arugula and olives into the bowl. Gently toss in dressing. Taste and add more salt and lemon juice if necessary.

Sweet Potato Quinoa Patties

2 cups baked sweet potato

2 cups cooked quinoa

Medium yellow onion

3 cloves of crushed garlic

1 tablespoon finely chopped fresh thyme

1 tablespoon olive oil

Sea salt

Fresh cracked pepper

Earth balance vegan butter or coconut oil for cooking

1. Prepare quinoa according to package instructions.
2. Preheat oven to 400°, pierce sweet potatoes with fork and bake for 45 minutes or until soft. Remove skins, mash with a fork to remove all chunks and place in large mixing bowl.
3. In a sauté pan combine onions, olive oil, a hearty pinch of sea salt and cook over medium-low heat until onions are translucent. Add garlic and cook an additional minute, stirring continually to prevent the garlic from burning. Add thyme at the very end and mix well.
4. Add onions, quinoa, 1/4 teaspoon sea salt, a bit of fresh cracked pepper to large mixing bowl with sweet potatoes and stir until well combined.

Main Dish

Garlic Rubbed Roasted Cabbage Steaks

Serves 4

Ingredients

1 (2lb) head green cabbage

2 Garlic cloves, large

1 ½ tbsp. Olive oil

Black pepper and salt

Spray Olive Oil



Directions

1. Preheat oven to 400F and spray a baking sheet with non-stick cooking spray. Pull outer leaf off cabbage, cut cabbage from top to bottom (bottom being root) into 1" thick slices.
2. Rub both sides of cabbage with smashed garlic.
3. Use a pastry brush to evenly spread the olive oil over both sides of the cabbage slices.
4. Finally, sprinkle each side with a bit of kosher salt and freshly cracked black pepper.
5. Roast on the middle rack for 30 minutes. Carefully flip the cabbage steaks and roast for an additional 30 minutes until edges are brown and crispy. Serve hot and Enjoy!

Main Dish



Day 27

Breakfast-Fruit Salad

Mid-morning Snack-Dried Fruit Bars

Lunch-Moroccan Carrot-Sweet Potato Patties

Snack-Spicy Vegetable Sticks

Dinner-Chili Con Tofu

Fruit Salad

Serves 2-4

1 cup strawberries	4-6 kiwi
1 cup raspberries	1 mango
1 cup blueberries	2 cup seedless grapes
1 cup blackberries	1 papaya
2 oranges	2 cups diced watermelon
2 tangerines	4-8 mint leaves (optional)
1 pink grapefruit	1 lemon (optional)

1. Wash strawberries, raspberries, blueberries, and blackberries. Remove stems from strawberries, cut them in half, and add to a large bowl.
2. Peel oranges, tangerines, grapefruit, and kiwi. Cut away the flesh of the mango from the seed and thinly slice the mango lengthwise. Scoop the slices out of the peel and add them to bowl.
3. Section oranges, tangerines, and grapefruit and add to the bowl. Cut grapes in half and add to bowl.
4. Cut kiwi crosswise and add to bowl.
5. Cut papaya in half, remove the black seeds, scoop out flesh, and add to bowl.
6. Add raspberries, blueberries, and blackberries to bowl.
7. Add diced watermelon to bowl, and mix all fruits together.

Breakfast

DRIED FRUIT BAR

1 cup agave nectar	2/3 cup sunflower seed
2 tablespoons peanut oil	10 whole dried apricots
1 tsp cinnamon	10 dried figs
1 1/2 cups oats, uncooked	10 whole dried pitted dates
1/2 cup whole grain, whole wheat flour	1/2 cup dried cherries
1/2 cup sliced Almonds	1 teaspoon peanut oil (to grease pan)
1/2 teaspoon salt	

1. Preheat oven to 350°.
2. Add agave nectar, oil, and cinnamon in small bowl and whisk together.
3. In a large bowl, stir together oats, flour, almonds, sunflower seeds, salt and dried fruit.
4. Add agave mixture to the oatmeal fruit mixture with hands.
5. Place in lightly oiled 8x8 pan and press ingredients down tightly.
6. Bake at 350° for 25 minutes.

Snack

Sweet Potato Quinoa Patties

2 cups baked sweet potato

Fresh cracked pepper

2 cups cooked quinoa

Earth balance vegan butter or
coconut oil for cooking

Medium yellow onion

3 cloves of crushed garlic

1 tablespoon finely chopped fresh
thyme

1 tablespoon olive oil

Sea salt

1. Prepare quinoa according to package instructions.
2. Preheat oven to 400°, pierce sweet potatoes with fork and bake for 45 minutes or until soft. Remove skins, mash with a fork to remove all chunks and place in large mixing bowl.
3. In a sauté pan combine onions, olive oil, a hearty pinch of sea salt and cook over medium-low heat until onions are translucent. Add garlic and cook an additional minute, stirring continually to prevent the garlic from burning. Add thyme at the very end and mix well.
4. Add onions, quinoa, 1/4 teaspoon sea salt, a bit of fresh cracked pepper to large mixing bowl with sweet potatoes and stir until well combined.

SPICY VEGGIE STICKS

Spicy House Seasoning to taste

2 tablespoons olive oil

6 carrots, washed

4 potatoes, washed

1. Preheat oven to 450°.
2. Clean and peel the above vegetables. Cut them into thick sticks resembling fries.
3. Toss them in the olive oil until coated evenly.
4. Place them in a single layer on a cookie sheet and bake them on the top rack for 20 minutes, turning every 5 minutes.
5. While hot, sprinkle with Seasoning mix, to taste.

Snack

Chili Con Tofu

1 can each-adzuki, pink, red, pinto,
and black beans

1/2 cup olive oil

5-8 tablespoons minced garlic

2 tablespoons cumin

1/4 cup chili powder

16 oz. ground tofu

1 large sweet onion

5 celery stalks, chopped

1/2 cup fennel, chopped

1 cup leek, chopped

Sea Salt and Black Pepper

1 cup raw Calabaza

1/2 cup cilantro

4-6 scallions

1. Wash and drain all beans. Set aside.
2. Heat olive oil in pot over high heat. Add garlic, cumin, chili oil or chili powder, ground tofu, and beans, and stir until all ingredients are blended together.
3. Add onion, celery, fennel, and leek. Add salt and pepper to taste.
4. Reduce heat and simmer, covered, on low heat for about 1 hour.
5. Garnish with Calabaza, cilantro, and scallions before serving.

Main Dish



Day 28

Breakfast-Oatmeal with Fruit

Mid-morning Snack-Fresh Fruit

Lunch-Chili Con Tofu

Snack-Oatmeal-Raisin Cookies

Dinner-Mediterranean Farro Salad

Oatmeal with Fruit

Serves 2

2 cups water

1 cup old-fashioned oats

1/2 cup raisins

1 cup blueberries

1 cup strawberries

2 kiwis, sliced

1 banana

1 teaspoon agave nectar

1 teaspoon flaxseed meal, optional

1 tablespoon walnuts, optional

1. Bring water to a boil, add oats and raisins, and stir. Cook until thick (2 to 3 minutes).
2. Cut up fruit and mix together. Scoop cooked oatmeal into a bowl. Add agave nectar, walnuts, flaxseed meal, then fruit.

Substitute any fruit based on preferences.

Breakfast

Chili Con Tofu

- | | |
|--|---------------------------|
| 1 can each-adzuki, pink, red, pinto, and black beans | 5 celery stalks, chopped |
| 1/2 cup olive oil | 1/2 cup fennel, chopped |
| 5-8 tablespoons minced garlic | 1 cup leek, chopped |
| 2 tablespoons cumin | Sea Salt and Black Pepper |
| 1/4 cup chili powder | 1 cup raw Calabaza |
| 16 oz. ground tofu | 1/2 cup cilantro |
| 1 large sweet onion | 4-6 scallions |

1. Wash and drain all beans. Set aside.
2. Heat olive oil in pot over high heat. Add garlic, cumin, chili oil or chili powder, ground tofu, and beans, and stir until all ingredients are blended together.
3. Add onion, celery, fennel, and leek. Add salt and pepper to taste.
4. Reduce heat and simmer, covered, on low heat for about 1 hour.
5. Garnish with Calabaza, cilantro, and scallions before serving.

OATMEAL-RAISIN COOKIES

4 cups oats ground in a food processor

1 teaspoon baking powder

1/2 teaspoon baking soda

1 teaspoon cinnamon

1/4 teaspoon nutmeg

2 large ripe bananas, mashed

1 cup apple juice

1/2 cup raisins

Preheat the oven to 375°F. Mix the dry ingredients in a large bowl. In a food processor, blend the bananas and juice until smooth. Slowly add the dry ingredients while mixing. Pour the batter into the large bowl, and add the raisins. Drop by spoonfuls onto a nonstick baking sheet. Press down with the bottom of a glass to flatten. Bake for 10 minutes.

Snack

Mediterranean Farro Salad

Ingredients

- 10 ounces farro (about 1 1/2 cups)
- 1 1/2 teaspoons kosher salt, plus 1/2 teaspoon
- 8 ounces green beans, cut into 1 to 2-inch pieces (about 2 cups)
- 1/2 cup pitted black olives
- 1 medium red pepper, cut into thin strips (about 4 ounces or 1 cup)
- 1 small bunch chives, snipped (about 1/4 cup)
- 1/4 cup sherry vinegar
- 1/4 cup extra-virgin olive oil
- 1 tablespoon Dijon mustard
- 1 teaspoon freshly ground black pepper



Directions

In a medium saucepan, combine 4 cups of water with the farro. Bring to a boil over high heat. Cover and simmer over medium-low heat until the farro is almost tender, about 20 minutes. Add 1 1/2 teaspoons of the salt and simmer until the farro is tender, about 10 minutes longer. Drain well. Transfer to a large bowl and let cool. Meanwhile, bring a medium pot of salted water to a boil over high heat. Add the green beans and stir. Cook for 2 minutes. Transfer the cooked green beans to a bowl of ice water and let cool for 2 minutes. Drain the green beans. Once the farro has cooled add the green beans, olives, red pepper, and chives. Stir to combine. In a small bowl mix together the sherry vinegar, olive oil, mustard, pepper, and the remaining 1/2 teaspoon salt. Stir to combine. Pour the sherry vinaigrette over the farro salad. Toss to combine and serve.

Main Dish



Day 29

Breakfast-Fresh Fruit

Mid-morning Snack-Strawberry Banana Smoothie

Lunch-Tortilla Soup

Snack-Guacamole with Chips

Dinner-MexiCali Burritos

STRAWBERRY BANANA SMOOTHIE

Serves 1

1 1/4 cups Silk Organic Soy Milk

18 frozen strawberries

1 cup frozen sliced bananas

**Place the ingredients in a blender and
blend on high for several minutes.**

Smoothies

Tortilla Soup

Soup:

2 medium white onions, chopped

4 large plum tomatoes, halved

1 tbsp. extra-virgin olive oil

Kosher salt and freshly ground black pepper

6 cups Vegetable Soup

1 tsp. dried oregano

$\frac{1}{2}$ bunch cilantro, chopped

$\frac{1}{2}$ bunch scallions, chopped

4 garlic cloves, crushed

3 corn tortillas, charred over an open flame
and cut into strips



Directions:

In a large bowl, toss the onions with olive oil, salt, and pepper. Then do the same with the tomatoes. Preheat a grill pan or cast-iron skillet until really hot. Place onions onto the hot pan, and resist the urge to flip them. Push some of the onions over and place the halved tomatoes on the hot pan as well.

Meanwhile, in a large soup pot or small stockpot, bring the broth to a low simmer and add the remaining ingredients. When the onions and tomatoes are charred, add them to the broth.

Ladle a cup or two of broth into the hot grill pan to deglaze the pan to pick up any charred bits of flavor left behind. Return this liquid to the pot, and simmer the soup for about 15 minutes. Remove it from the heat and allow to cool slightly.

MexiCali Burritos

One 15-oz. can oil-free refried pinto beans	1/3 teaspoon turmeric
2 cups salsa	1/8 teaspoon cayenne pepper
1 small onion, chopped	4 large/8 small whole grain tortillas
1/2 cup vegetable broth/water	1 cup shredded lettuce/kale
1 teaspoon chili powder	Guacamole, optional
1/3 teaspoon ground cumin	Tofu-based sour cream, optional

1. In a large bowl, mash the beans, corn, and salsa with a potato masher.
2. In a large saucepan over medium heat, sauté the onion in the vegetable broth for 5 minutes or until translucent. Add the chili powder, cumin, turmeric, and cayenne and sauté for 1 additional minute.
3. Add the bean mixture and cook, stirring until heated and smooth, about 5 minutes.
4. Meanwhile, heat the tortillas on the stove, flipping every few seconds, until warm. You can also use an oven or toaster oven.
5. Spoon the mixture onto half of one tortilla and top with shredded lettuce. If desired, add guacamole and/or tofu-based sour cream. Fold the tortilla in half, or fold one side over the mixture and then roll to the other side so that the filling is enclosed. Repeat with the remaining tortillas. Serve warm. Store leftovers in an airtight container in the refrigerator.

Main Dish



Day 30

Mid-morning Snack-Apricot Pop'ems

Lunch-Mexican Quinoa Salad

Snack-Black Bean Salad

Dinner-Mini Polenta Pies with Spinach Walnut Stuffing and Spicy Tomato Sauce

Superfood Quinoa Breakfast Bowl

Serves 2

1/2 cup of quinoa

1 1/2 cups water

1/2 cup coconut milk

2 dried merjool dates

1 teaspoon cinnamon

1/8 teaspoon nutmeg

1/8 teaspoon cardamom

2 tablespoons pepitas

1 tablespoon shredded coconut

1 tablespoon golden raisins

1. Rinse quinoa until water runs clear and combine in a medium sauce pan with water, coconut milk, and dates.
2. Bring to a boil, then reduce heat to low and simmer for 15 minutes, or until quinoa has started to soften.
3. Add cinnamon, nutmeg, cardamom, pepitas, shredded coconut and golden raisins.
4. Cook an additional five minutes, adding water if necessary, until quinoa is soft and fully cooked.
5. Serve hot and topped with banana, goji berries, chia seeds, and coconut flakes.

Breakfast

APRICOT FRUIT POP'EMS

2 cups dried apricots
1 cup pecans
1 tablespoon orange juice

1. Dump all of the above ingredients in a food processor and pulse for about 30 seconds.
2. Then make into small balls about the size of a quarter.
3. Refrigerate in tight container.

Snack

Mexican Quinoa Salad

Ingredients

1 cup uncooked quinoa
15 oz. can garbanzo beans,
rinsed and drained
3 roma tomatoes
1 orange bell pepper
1 1/2 cups corn
4 green onions



{For the dressing} 2 Tbsp. olive oil 2 Tbsp. fresh lemon juice
1 1/2 tsp. basil

Directions

Rinse quinoa, and cook according to package directions. Meanwhile, in a small bowl whisk together olive oil, lemon juice, and basil. Set aside. Slice green onions, dice roma tomatoes and bell pepper. When quinoa is done cooking, let cool. Then place all salad ingredients in a large bowl. Pour dressing over top and mix well to combine. Can eat immediately or chill before serving.

Black Bean Salad

Ingredients

- 2 16-oz. cans black beans, drained and rinsed well
- 1 very large tomato, chopped
- 1 package frozen corn
- $\frac{1}{2}$ Vidalia onion, chopped
- 1 can sliced water chestnuts, drained and rinsed
- 1 bunch cilantro, chopped
- $\frac{1}{2}$ lime, juice and zest
- 3 tablespoons balsamic vinegar or more

Directions

1. Add beans, tomatoes, corn, onion, and water chestnuts to bowl and mix. Rinsing the beans well keeps the salad from looking gray.
2. Add cilantro, lime, and balsamic vinegar and mix again. Serve alone or with cucumber open-faced sandwiches for a perfect meal.

Snack

Mini Polenta Pies w/ Spinach Walnut Stuffing w/ Spicy Tomato Sauce

The Polenta

1 cup polenta
1/2 teaspoon cumin seeds
6 cup water
1 teaspoon salt

The Stuffing

1/2 cup water
1/2 cup finely chopped onion
1 teaspoon grated ginger
1 teaspoon minced garlic
1 teaspoon green chiles
1/2 teaspoon salt
1 cup chopped kale
4 cup finely chopped spinach
1/2 cup ground walnuts

The Tomato Sauce

2 cups diced tomatoes
1/4 cup grated red onions
1/2 teaspoon minced garlic
1/2 teaspoon Italian herb mix
1 teaspoon salt
1/2 teaspoon turmeric
1/2 teaspoon chile powder
1 tablespoon fresh basil

1. Polenta: Heat the water in a pot or kettle. Roast the cumin seeds lightly in a sauté pan, add the polenta, and roast for 2 more minutes. Pour the hot water gently over the polenta and stir. Cook on low heat for 7-10 minutes, stirring occasionally, until the polenta is completely cooked and all the water has been absorbed.
2. Spread the polenta evenly on a flat dish to about 3/4-inch thick. Let it cool completely. With a large round cookie cutter, cut out 8 patties.
3. Stuffing: Put the water and onions in a sauté pan and cook until soft, 5-10 minutes. Let the water cook off completely. Add the ginger, garlic, green chiles, cumin, and salt and cook for another 2 minutes. Add the kale and spinach and cook until the spinach has wilted. Add the walnuts, mix well, and cook for another 1-2 minutes. Set aside.
4. Tomato Sauce: Boil the tomatoes in a pot of water until the skin softens and splits. Drain and cut into fine pieces. Put the onions and garlic into a sauté pan and cook with a small amount of water until translucent. Add the Italian herbs, salt, turmeric, and chile powder and stir. Add the tomatoes. Cook for 10 minutes and remove from heat. Puree sauce in a blender until smooth.
5. Return sauce to the sauté pan and reheat. Just before serving, add the chopped basil.
6. To assemble the pie: Preheat the oven to 350°F. Place four of the polenta patties in a baking dish. Top with the stuffing, divided evenly among the patties. Place the remaining polenta patties on top, and bake the pies for 20-25 minutes. Top with hot tomato sauce and serve.

Main Dish