

Week One Vegan Meal Plan

Breakfast:

See Shake Recipes

Lunch:

Protein shakes or dinner leftovers

Dinner:

Enchiladas & Cilantro Lime Rice

Mexican Layered Happiness

Pumpkin Seed & Green Chili Posole

Creamy Tomato Basil Soup

Chilled Quinoa salad with avocado

Cauliflower Fried "Rice"

Dine Out Night

If weight loss is major goal, do 2 shakes/day

Snacks:

* Almonds (*Any preferred nut other than peanuts*) * Green apples with Almond Butter * Berries * Hummus w/ raw veggies * Salsa w/ brown rice chips * Arbonne Fit Chews * Arbonne Energy Fizz Sticks

Week 1 Grocery List

You are trying to eat as clean as possible to decrease your toxic load, so choose organic options whenever available and as much as your budget will allow.

Remember to use your Dirty Dozen/Clean 15 shopping list for your produce.

Produce

2-3 bags organic fresh spinach
baby carrots (or other snack veggies)
2 Persian cucumbers or 1 large English cucumber
1 yellow or orange bell pepper
2 garlic bulbs
4-5 limes
3 zucchini
2 sweet onions
2 bunches fresh cilantro
2-3 avocados
fresh salsa or pico de gallo
2 pounds tomatillos
1 basket cherry tomatoes
3 large poblano chilies
fresh or frozen cubed basil
flat leaf parsley
1 head cauliflower
Berries
Green apples
1 container Mirepoix (Trader Joe's pre-cut fresh carrots, onions, celery)
green onions

Pantry

2 15-ounce cans black beans
4 cans white beans
1 can garbanzo beans
brown rice cakes
2 7-ounce cans diced green chilies
brown rice or almond flour
coconut cream (can)

1 pound uncooked brown rice
Organic dried Quinoa
2 dried ancho chilies
1 cup roasted pumpkin seeds (pepitas)
Cashews
Almonds
3 cartons Vegetable Stock
2 8-ounce cans tomato sauce
2 14-ounce cans crushed tomatoes
1 14-ounce can whole tomatoes
1-2 packages brown rice tortillas

Dairy/Cold/Frozen

Almond or coconut milk for shakes
Frozen peas
hummus
fresh salsa

Spices

chili powder
grape seed oil
unsweetened cocoa
cayenne pepper
coconut palm sugar
dried oregano
ground cumin
garlic powder
Sesame oil
Dried red chili flakes
Coconut Aminos
Nutritional Yeast Flakes

Vegan Enchiladas With Homemade Sauce

For the Enchiladas

8 Brown rice tortillas
3 cups fresh spinach
2-3 garlic cloves, finely chopped
1 tablespoon fresh lime juice
1 15oz can black beans, drained and rinsed
1 cup diced zucchini
1/2 cup diced onion
1 7 ounce can diced green chilis
1-2 tablespoons chili powder
1 teaspoon salt
2-3 tablespoons nutritional yeast flakes
1 tablespoon grape seed oil

For the Sauce

2 tablespoons gluten free flour (Brown rice or almond flour are the best)
1 teaspoon unsweetened cocoa powder
2 tablespoons chili powder
1 teaspoon cayenne chili powder, or more to taste (optional)
1 teaspoon dried oregano or marjoram
2 teaspoons ground cumin
2 teaspoons granulated garlic powder
2 cups vegetable broth
1 cup water
2 8oz cans of tomato sauce (or 1 16oz can)
salt to taste

Optional Toppings

fresh cilantro
sliced black olives

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Preheat oven to 350°F.

For the filling: Lightly sauté garlic, zucchini, and onion in the grape seed oil and lime juice. Add spinach until just wilted. Once cooked, add to a large bowl with the black beans, half of the nutritional yeast flakes, and green chilies. Add the chili powder and salt and mix until everything is evenly incorporated. Set bowl aside as you prepare the sauce.

For the sauce: whisk together the rice flour, cocoa, and spices in a saucepan without turning on the heat. Add 1/4 cup of vegetable broth and stir into a paste. Slowly whisk in the remaining broth and the cup of water. Bring to a boil over medium heat and whisk in tomato sauce. Allow to cook for a few minutes until it thickens slightly to the consistency of tomato soup. Remove from heat and set aside. Taste for salt, you may need to add some depending on the saltiness of the vegetable broth you used.

Assembling the enchiladas: Spread a little of the enchilada sauce in your casserole dish. Drop a tortilla into your pie plate or skillet and let it get covered in sauce, flip so each side gets coated (this allows the tortilla to soften so you can roll it up into enchiladas). If your tortillas are still not softening enough even after they've been soaked in sauce, you can also gently heat them for about 30 seconds before soaking in sauce.

Now, place the tortilla in the casserole dish. Scoop a few spoonfuls of filling into the tortilla and roll it up. Continue with the rest of the tortillas, packing them tightly next to each other in the casserole dish. Pour about a cup of sauce over the top of the enchiladas and lightly sprinkle with remaining nutritional yeast flakes. Save the rest of the sauce for serving later.

Bake in oven uncovered for about 20-30 minutes, until the tortilla edges become crisp. Allow enchiladas to cool slightly before serving. Serve with the remaining sauce, warmed. Top enchiladas with chopped cilantro and black olives if desired.



Cilantro Lime Brown Rice (for “Mexican Layered Happiness”)

Makes 8 cups

2-1/2 cups (1 pound) uncooked brown rice
4 cups (32 oz) vegetable broth (low sodium preferred)
2 garlic cloves, minced
1/4 cup fresh lime juice
1-1/2 tablespoons olive oil
1/2 to 1 teaspoon kosher salt (or to taste)
1-1/2 teaspoons dried oregano
1-1/2 teaspoons ground cumin
1/2 teaspoon ground white pepper
1-1/4 cups fresh cilantro, chopped



Add rice and vegetable broth to 3 quart pan; bring to boil over high heat, give it a quick stir, cover and lower heat to lowest simmer setting. Continue to simmer on low for 45 minutes. Remove from heat and let stand covered for 5 minutes, or until any remaining liquid in bottom of pan is absorbed. Fluff with fork. While rice cooks, whisk together the garlic, lime juice, olive oil, salt, oregano, cumin, and pepper. Pour over cooked rice, add the cilantro, and lightly toss with fork until combined. Taste and add salt, if desired. Freezes and reheats well. Rice and broth may be cooked in a rice cooker instead of on stove top. Recipe may be doubled.

Mexican Layered Happiness

Layer in a wide shallow dish or pasta bowl:
1/2 cup Cilantro Lime Brown Rice
1/3 cup organic black beans (rinsed and drained)
1/3 – 1/2 sliced avocado or 1/3 cup guacamole
1/4 cup fresh pico de gallo or fresh salsa
3 tablespoons fresh snipped cilantro
Thinly sliced sweet onion
Chopped tomatillos or fresh tomatoes



Creamy Pumpkin Seed and Green Chile Posole

1 large yellow onion, cut into wedges
3 large poblano chiles
1 serrano chile
1 1/2 pounds tomatillos, husks removed, rinsed
4 unpeeled garlic cloves
2 dried ancho chiles, stemmed and seeded
1 cup salted, roasted pumpkin seeds (pepitas), divided
4 cans white beans, rinsed and drained
5 to 6 cups vegetable broth
1 tablespoon dried Mexican oregano, divided
1 teaspoon ground cumin
1 large zucchini, cut into large dice

Optional toppings:

Brown Rice Tortilla Chips, cilantro leaves, thinly sliced green onions

Preheat broiler with oven rack 3 in. from heat. Set yellow onion, poblanos, serrano, tomatillos, and garlic on a rimmed baking sheet. Broil, turning, until vegetables are browned to blackened all over, 15 to 30 minutes, moving them to a bowl as browned. Let cool. Toast ancho chiles in a large pot over medium heat until fragrant, pressing down with tongs and turning occasionally, about 3 minutes. Turn off heat. Peel and seed poblanos and serrano. Peel garlic. Whirl serrano, garlic, onion, tomatillos and any juices, and 1/2 cup pumpkin seeds in a food processor until very smooth. Pour into pot with whole anchos (they'll fall apart as they cook). Coarsely chop poblanos and add to pot. Stir in white beans, 5 cups broth, 2 tsp. oregano, and the cumin. Cover, bring to a boil over high heat, then reduce heat and simmer, stirring occasionally, until cumin flavor is mellow, about 45 minutes. Discard any large pieces of ancho chile. Stir zucchini into posole and simmer just until tender, about 5 minutes. Stir in more broth if you'd like a thinner soup. Ladle posole into bowls and serve with remaining pumpkin seeds and oregano and other accompaniments to taste.



Creamy Tomato Basil Soup



3 cloves of garlic, minced
2 tablespoons of olive oil
2 - 14 oz. cans crushed tomatoes
1 - 14 oz. can whole tomatoes
2 cups of vegetable stock
1 tsp sea salt
1 tsp coconut sugar
1/2 tsp fresh ground black pepper
1/4 cup of coconut cream (from can)
3 tablespoons of fresh basil
Sprinkle of nutritional yeast flakes

In a saucepan, sauté garlic in olive oil on medium heat for 1 minute - being careful not to burn the garlic. Add the crushed tomatoes. Add the whole tomatoes one at a time, squeezing them into the pan to break them up. Add the juice from the whole tomatoes, as well. Add vegetable stock, salt, pepper and sugar. Cook the soup on medium at a simmer for 10 minutes. To finish, reduce the heat to low and stir in coconut cream and basil.

Serve topped with 3 brown rice crisp triangles (Optional)

2 brown rice tortillas lightly brushed with olive oil and sprinkled with dried Italian herbs, a light sprinkle of garlic powder, and sea salt

Place whole tortillas on a parchment lined cookie sheet. Sprinkle with nutritional yeast flakes and bake at 400 degrees for approximately 7-8 minutes or until crisp. Cut into 6 triangles each and stack on top of soup.

Chilled Quinoa Salad

In a large salad bowl, toss together these ingredients in proportion to your taste:

- 3-4 cups cooked chilled quinoa (I dry toast it in a pan before cooking it to give it a nutty flavor. Cook it in vegetable stock according to package directions for more flavor)
- Chopped cherry tomatoes
- Chopped peeled Persian cucumbers
- Chopped Sweet white onion, such as Maui
- Chopped yellow or orange bell pepper
- Canned cannellini or garbanzo beans, drained and rinsed
- Chopped flat leaf parsley
- Sea salt and cracked pepper
- Garnish with chopped avocado



No dressing is needed because the flavors of the ingredients blend so well you won't need it. If you desire to dress this salad, use a very minimal amount of olive oil, lemon juice, chopped parsley salt and pepper.

Cauliflower Fried “Rice”

- 1 head cauliflower (riced in a food processor)
- 1 container Mirepoix (Trader Joe’s precut fresh carrots, onions, celery in produce section)
- Grape seed oil about 3 tablespoons
- 1 cup frozen peas
- 3 cloves minced garlic or three cubes frozen garlic
- Drizzle of sesame oil
- Approx. 2 tablespoons Coconut Aminos
- Dried red chili flakes to taste
- 1/3 cup chopped cashews
- Chopped green onions to taste



Heat Grape seed oil in a large shallow fry pan over med high heat – (my pan is about 3 inches deep), add mirepoix and garlic and sautee for about two mins. Add cauliflower and turn with a flat spatula as the veggies brown on the bottom a bit. Add frozen peas, a little salt, pepper and chili flakes, and continue to turn mixture as it fries. Drizzle coconut aminos over the fried rice and continue cooking. Add salt and pepper to adjust to your liking. Serve topped with green onions and cashews.