

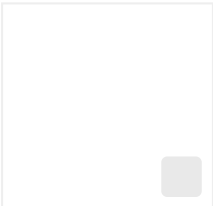



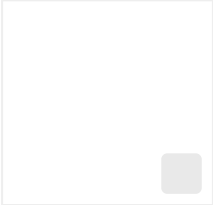
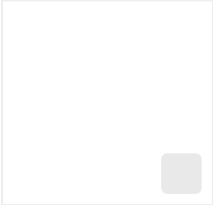
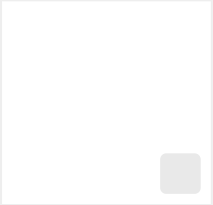



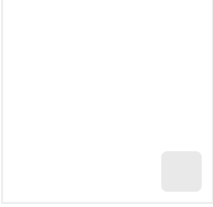



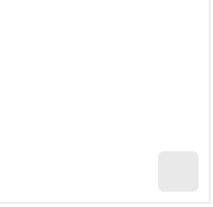

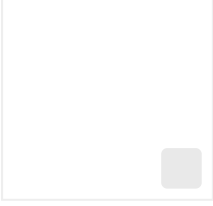
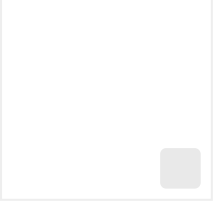

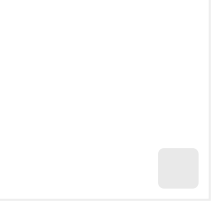

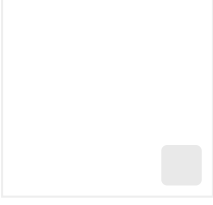

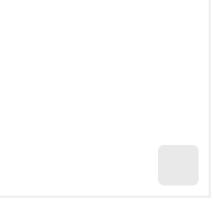

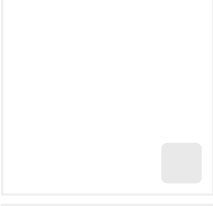
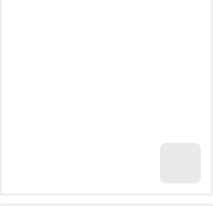
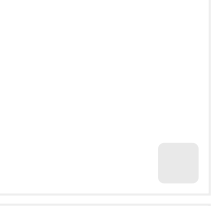






Spring Meal Plan

SIMPLE GREEN
smoothies

RAWK
THE YEAR

Spring Meal Plan

	BREAKFAST	LUNCH	SNACK	DINNER	EXTRAS	WATER
DAY 1		 Cherry Beet Smoothie	 Creamy Strawberry Popsicles	 Spring Veggie Soup		
DAY 2				 Strawberry Arugula Salad		
DAY 3		 Strawberry Carrot Smoothie	 Chewy Granola Bars	 Black Bean Burger		
DAY 4				 Savory Plant Based Pizza		
DAY 5		 Chocolate Cherry Smoothie	 Berry Salad	 Veggie Wrap with Hummus		
DAY 6				 Thai Lettuce Wraps		
DAY 7		 Strawberry Smoothie		 BBQ Jackfruit Tacos		

Grocery List

CONDIMENTS + OILS

- ☐ avocado oil - ¼ cup
- ☐ BBQ sauce - ½ cup
- ☐ coconut oil - 3 tbsp
- ☐ honey - 1 ½ tsp
- ☐ maple syrup - ¾ cup + 1 tbsp
- ☐ olive oil - 3 tbsp + 2 tsp
- ☐ rice vinegar
- ☐ tamari

CANNED + JARRED GOODS

- ☐ almond butter - ¼ cup
- ☐ black beans - 1 ½ cups
- ☐ green jackfruit - 1 ½ cups
- ☐ pesto - ¼ cup
- ☐ sun-dried tomatoes in oil - ¾ cup
- ☐ white beans - 1 ½ cups

DRIED GOODS

- ☐ chia seeds - ⅓ cup + 2 ⅛ tsp
- ☐ raisins - ½ cup
- ☐ raw almonds - ¼ cup
- ☐ raw cashews - 1 ¼ cups
- ☐ raw sunflower seeds - ¼ cup
- ☐ raw walnuts - 1 cup
- ☐ sliced almonds - 1 cup

REFRIDGERATED GOODS

- ☐ almond milk, unsweetened - 3 cups
- ☐ cashew milk, unsweetened - 1 cup
- ☐ hummus - ¼ cup
- ☐ pomegranate juice - 1 cup
- ☐ vegan cheese slices - 6

FRESH PRODUCE

- ☐ arugula - 5 cups
- ☐ avocado - ½
- ☐ baby bella mushrooms - ½ cup
- ☐ banana - 2 ½
- ☐ basil leaves - ¼ cup
- ☐ beets - 1 ½
- ☐ blackberries - ½ cup
- ☐ blueberries - 1 cup
- ☐ butter lettuce leaves - 6
- ☐ carrots - 1 cup + 1 ½
- ☐ celery - 1 ½
- ☐ cherry tomatoes - ¼ cup
- ☐ cucumber - ½
- ☐ fennel bulb - 2
- ☐ fresh cilantro - ½ cup + 1 tbsp
- ☐ garlic clove - 9
- ☐ ginger root - 1 ½ tsp
- ☐ gold potato - 1
- ☐ grapefruit - 1
- ☐ green beans - ½ cup
- ☐ green onion - 1
- ☐ kale - 2 cups
- ☐ leek - 1
- ☐ lemon - ¾
- ☐ lime - 1 ¼
- ☐ Meyer lemon - 1 ½
- ☐ mint leaves - 8
- ☐ orange - 2
- ☐ raspberries - 1 cup
- ☐ red cabbage - ¼
- ☐ red onion - 1 ¾
- ☐ romaine lettuce leaves - 6
- ☐ shallot - 1
- ☐ spinach - 4 ¼ cups
- ☐ strawberries - 2 cups
- ☐ tomato - 1
- ☐ yellow bell pepper - ½
- ☐ yellow onion - 1 ¾
- ☐ zucchini - 1

PANTRY ITEMS

- ☐ breadcrumbs - ½ cup
- ☐ coconut sugar
- ☐ coconut water - 2 cups
- ☐ corn tortillas - 4
- ☐ hamburger bun - 6
- ☐ quinoa, uncooked - 1 ¾ cups + 1 tbsp + 1 tsp
- ☐ rolled oats - 1 ½ cups
- ☐ tortillas - 2
- ☐ vegetable stock - 4 cups
- ☐ water - 1 ¼ cups

SEASONINGS + BAKING

- ☐ almond flour - ½ cup
- ☐ arrowroot powder - ½ tsp
- ☐ black pepper, ground
- ☐ cacao powder - 2 tbsp
- ☐ chili powder
- ☐ cinnamon, ground
- ☐ crushed red pepper
- ☐ cumin, ground
- ☐ everything bagel seasoning - 2 tsp
- ☐ Italian seasoning
- ☐ nutmeg, ground
- ☐ poppy seeds
- ☐ sea salt
- ☐ vanilla extract

FROZEN FOOD

- ☐ pineapple - 1 cup
- ☐ strawberries - 1 cup + 1
- ☐ sweet cherries - 4 ½ cups



BBQ Jackfruit Tacos

★★★★★ 4.6

🕒 30 min

🍴 2

INGREDIENTS

1 ½ cups green jackfruit, canned

½ cup BBQ sauce

4 corn tortillas

TOPPINGS

½ cup red cabbage, sliced

½ avocado, peeled and diced

¼ cup cherry tomatoes, quartered

INSTRUCTIONS

- 1 Preheat oven to 425°F. Line a baking sheet with parchment paper.
- 2 Drain and rinse the jackfruit, then pat dry with paper towels. Place on the lined sheet in an even layer. Roast for 12 minutes, or until warmed and jackfruit looks a little dry on top.
- 3 Remove from oven and use two forks to shred the jackfruit. If desired, remove any of the hard, tough seed pods. Pour BBQ sauce over the shredded jackfruit and toss to coat. If needed, add a little more sauce. Roast for 12 minutes, or until sauce has thickened and darkened. Remove from oven.



Berry Salad

★★★★★ 5

🕒 10 min

🍴 2

INGREDIENTS

½ cup strawberries
½ cup blueberries
½ cup blackberries
½ cup raspberries
1 grapefruit, peeled and segmented
3 tbsp orange, juiced
1 tbsp maple syrup
4 mint leaves
¼ cup sliced almonds

INSTRUCTIONS

- 1 In a serving bowl, combine the berries and grapefruit.
- 2 Drizzle the orange juice and maple syrup on top.
- 3 Sprinkle with the mint and almonds.

NOTES

Recipe from [Simple Green Smoothies](https://simplegreensmoothies.com/meal-planner).



Black Bean Burger

★★★★★ 4.3



45 min



6

INGREDIENTS

1 tbsp coconut oil, plus more for cooking
1 yellow onion, finely diced
4 garlic clove, minced
1 ½ cups black beans, canned
⅓ cup + ⅛ tsp quinoa, uncooked
½ cup breadcrumbs
¼ cup raw sunflower seeds

INSTRUCTIONS

- 1 Heat the coconut oil in a skillet. Add the onion and saute until softened, about 5-10 minutes. Add garlic and cook for 30-60 seconds.
- 2 Transfer to a mixing bowl and add all of the other ingredients in the bowl. Use your hands or potato masher to mash everything together, especially the beans. The mixture will be rather sticky. Taste and add salt, if needed.
- 3 Line a baking sheet or plate with parchment paper or plastic wrap. Form the burger mixture into balls of equal size according to servings being prepared. Place the balls spaced about 3" apart on the plate or tray.



Cherry Beet Smoothie

★★★★★ 5

🕒 5 min

🍴 2

INGREDIENTS

½ beets, peeled and chopped

2 cups sweet cherries, frozen

½ banana

1 cup pomegranate juice

1 cup water

¼ cup chia seeds

INSTRUCTIONS

1 Place all ingredients in a blender.

2 Blend until smooth.

NOTES

Add [Protein Smoothie Boost](#) to make this recipe a meal replacement.

Swap banana for avocado (2:1 ratio) to decrease sugar.

Recipe from [Winter Cleanse](#).



Chewy Granola Bars

★★★★★ 5

🕒 35 min

🍴 8

INGREDIENTS

1 ½ cups rolled oats
½ cup almond flour
½ cup sliced almonds
½ cup maple syrup
½ cup raisins
¼ cup almond butter
2 tbsp chia seeds
1 tbsp coconut oil, melted
1 tsp vanilla extract
½ tsp cinnamon, ground
¼ tsp sea salt
dash of nutmeg, ground

INSTRUCTIONS

- 1 Preheat the oven to 325°F. Grease an 8 × 8-inch baking pan and line the bottom with parchment paper.
- 2 In a large bowl, combine the oats, almond flour, almonds, maple syrup, raisins, almond butter, chia seeds, oil, vanilla, cinnamon, salt, and nutmeg.
- 3 Press the mixture into the prepared pan. Bake for 25 to 30 minutes, or until lightly golden on the edges. Let cool completely in the pan.
- 4 Cut into equal-sized bars based on the # of servings selected.

NOTES

This recipe works best at 8 servings.

An 8x8" pan is for 8 servings, adjust your baking pan and baking time accordingly.

They will keep for about 1 week if wrapped well and stored in a cool place.



Chocolate Cherry Smoothie

★★★★★ 5

🕒 5 min

🍴 2

INGREDIENTS

2 cups spinach, fresh
2 cups almond milk, unsweetened
2 cups sweet cherries, frozen
2 banana
1 tsp cinnamon, ground
2 tbsp cacao powder

INSTRUCTIONS

- 1 Blend spinach and almond milk until smooth
- 2 Add remaining ingredients and blend again.

NOTES

Add [Protein Smoothie Boost](#) to make this a meal replacement.

Swap banana for avocado (2:1 ratio) to decrease sugar.

Swap almond milk with your preferred plant-based milk.



Creamy Strawberry Popsicles

★★★★★ 5

🕒 120 min

🍴 5

INGREDIENTS

¾ cup raw cashews
1 cup almond milk, unsweetened
2 tbsp maple syrup
1 tsp vanilla extract
⅛ lemon, juiced
dash of sea salt

STRAWBERRY SWIRL

1 cup strawberries, stems removed
2 tbsp maple syrup
½ tsp arrowroot powder
⅛ lemon, juiced
½ tsp vanilla extract

INSTRUCTIONS

- 1 Place raw cashews into a blender and pulse several times until finely chopped. Add plant milk and remaining ingredients. Blend until smooth. Refrigerate until very cold.
- 2 Prepare the strawberry swirl: mash berries and add to a saucepan along with the maple syrup, arrowroot powder, lemon juice and vanilla. Bring to a simmer, whisking constantly, until thickened. Allow to cool. Puree in a blender until smooth.
- 3 To make popsicles: Have molds ready. Spoon a little of the strawberry puree in the molds, allowing some to drip down the insides of the molds. Add some of the creamy base. Repeat with the strawberry and creamy layers until the molds are filled to the top. Using a chopstick or skewer, swirl the layers. Freeze for 8 hours or until very firm, preferably overnight. Remove from molds and serve immediately.

NOTES

This recipe works best at **10** servings, if using 4 oz. molds.

If you aren't using a high-speed blender then soak the cashews in water for several hours to soften before blending. This will help them blend smoothly.

Short on time? Chilled strawberry puree and remaining ingredients can be



Savory Plant Based Pizza

★★★★★ 5

🕒 120 min

🍴 2

INGREDIENTS

¼ cup raw almonds
½ cup sun-dried tomatoes in oil, undrained
¼ cup basil leaves, fresh
½ shallot
½ garlic clove
dash of sea salt

FOR QUINOA PIZZA CRUST

1 ½ cups quinoa, uncooked, soaked overnight
¼ cup water
2 tsp Italian seasoning
dash of sea salt
1 garlic clove, minced
¼ cup avocado oil

TOPPINGS

½ cup fennel bulb, thinly sliced
¼ red onion, thinly sliced
1 cup arugula
dash of black pepper, ground

INSTRUCTIONS

- 1 For Sun-Dried Tomato Pesto: Place the almonds in a food processor or blender and pulse until finely chopped. Add the tomatoes, basil, shallot, garlic, and salt and pulse until everything is finely chopped but not completely pureed. If the machine is having trouble processing, add a little olive oil. Taste and add more salt, if needed..
- 2 Crust: Preheat oven to 450° Fahrenheit with a 12-inch cast-iron skillet inside to heat up. Rinse and drain the presoaked quinoa. Add to blender with other ingredients and blend until it's a very smooth batter. If more water is needed, as 1 tsp at a time if needed. The mixture should look like pancake batter (not too thin or thick, but still pourable).
- 3 Once preheated, remove the pan and coat the bottom with avocado oil. Pour the batter into the center of the pan and spread evenly to until 1/4 inch thick.
- 4 Bake for 15 minutes, or until the top becomes somewhat dry and the edges golden. Carefully slide a large spatula under the crust to loosen it, then slowly flip it over, being careful not to splash any hot oil. Return to the oven and bake for 10 minutes. Carefully transfer the crust to a rack and blot for excess oil.
- 5 Remove excess oil from skillet/pan, leaving just enough to coat the bottom. Place the crust back in the pan.
- 6 Spread pesto heavily over the crust, then top with the fennel and onion. Bake for 15 minutes. Remove from oven and top with arugula and pepper.

NOTES

This recipe works best at 2 servings, or one pizza.



Spring Veggie Soup

★★★★★ 5

🕒 45 min

🍴 2

INGREDIENTS

1 tbsp olive oil
½ cup yellow onion, diced
½ fennel bulb, cored and diced
1 celery, diced
1 leek, thinly sliced
2 garlic clove, minced
1 gold potato, cubed
½ cup green beans, ends trimmed and chopped
4 cups vegetable stock
1 zucchini, quartered and sliced
1 ½ cups white beans, canned
2 cups kale, stems removed and chopped
sea salt
black pepper, ground
¼ cup pesto

INSTRUCTIONS

- 1 Heat olive oil in a medium pot set over medium-high heat. Add the onion, fennel, celery, and leek. Season with a big pinch of sea salt.
- 2 Cook, stirring often, until veggies start to soften and turn lightly golden, about 10 minutes.
- 3 Add the garlic and cook for 30-60 seconds, until fragrant. Add the diced potato, green beans, and vegetable broth. Bring to a simmer and cook for 10 minutes.
- 4 Drain and rinse the white beans. Add the zucchini, white beans, and kale. Simmer for an additional 5-10 minutes, or until the vegetables are just tender.
- 5 Taste and add more salt, if needed, and black pepper.
- 6 Serve topped with a dollop of Basil Pesto.

NOTES

Try our rawkin' homemade [Basil Pesto](#).

Recipe from [Spring Cleanse](#).



Strawberry Arugula Salad

★★★★★ 4.9



120 min



2

INGREDIENTS

4 cups arugula
½ fennel bulb, thinly sliced
1 orange, peeled and segmented
½ cup strawberries, sliced
½ cup blueberries
½ cup raspberries
½ Meyer lemon, seeded and thinly sliced
¼ cup sliced almonds

LEMON VINAIGRETTE

2 tbsp raw cashews, soaked 1-4 hours
2 tbsp Meyer lemon, juiced
1 ½ tsp honey
¼ tsp sea salt
dash of black pepper, ground
2 tbsp olive oil
1 ½ tsp poppy seeds

INSTRUCTIONS

- 1 Combine the cashews, lemon, honey, sea salt, pepper, and olive oil in a blender or food processor and puree until smooth. Add water if needed. Mix in the poppy seeds and set refrigerated until ready to use.
- 2 In a bowl, combine the arugula, fennel, oranges, berries, lemon, and almonds.
- 3 When ready to serve, drizzle dressing on top and serve.

NOTES

Check out our [Lemon Vinaigrette](#) recipe to make this delicious sauce in a larger batch.

Recipe

from [Simple Green Meals](#).



Strawberry Carrot Smoothie

★★★★★ 3

🕒 5 min

🍴 2

INGREDIENTS

2 cups spinach, fresh
2 cups coconut water
1 cup carrots, sliced
1 strawberries, frozen
1 cup pineapple, frozen

INSTRUCTIONS

- 1 Blend spinach and coconut water until smooth.
- 2 Add remaining ingredients and blend again.

NOTES

Add [Protein Smoothie Boost](#) to make this recipe a meal replacement.

Recipe from [Simple Green Smoothies](#).



Strawberry Smoothie

★★★★★ 4

🕒 120 min

🍴 1

INGREDIENTS

2 tbsp raw cashews, soaked 1-4 hours

1 cup strawberries, frozen

½ cup sweet cherries, frozen

1 cup cashew milk, unsweetened

INSTRUCTIONS

- 1 Add drained cashews and remaining ingredients to blender.
- 2 Blend until smooth and creamy.

NOTES

Add [Protein Smoothie Boost](#) to make this a meal replacement.

Swap cashew milk with your preferred plant-based milk.



Thai Lettuce Wraps

★★★★★
4.4

🕒 30 min

🍴 2

INGREDIENTS

1 tbsp coconut oil
½ celery, sliced
½ shallot, minced
1 ½ tsp ginger root, peeled and minced
1 ½ garlic clove, minced
4 oz baby bella mushrooms, diced
1 cup raw walnuts, chopped
1 tbsp lime, juiced
1 tbsp tamari
1 tbsp coconut sugar
1 ½ tsp rice vinegar
4 mint leaves, chopped
1 tbsp fresh cilantro, stems removed and chopped
dash of crushed red pepper

FOR SERVING

6 butter lettuce leaves
1 carrots, shredded
¼ cup raw cashews, chopped
2 tbsp fresh cilantro, stems removed and chopped
2 tbsp green onion, sliced
½ lime, cut into wedges

INSTRUCTIONS

- 1 Warm a large skillet over medium-high heat. Add the oil and heat until shimmering. Add the celery and shallots and cook for 5 minutes. Add the ginger and garlic and cook for 1 minute.
- 2 Stir in the mushrooms. Cook, stirring occasionally, until the mushrooms release their liquid and it evaporates, and the mushrooms start to brown nicely. Add the walnuts and cook for 1 to 2 minutes to toast them.
- 3 Stir in the lime juice, tamari, coconut sugar, and rice vinegar. Simmer for 15 minutes, or until the sauce thickens slightly. Remove from the heat and stir in the mint, cilantro, and crushed red-pepper (if using). Taste and add more tamari, if desired, for more saltiness. Keep warm until ready to serve.
- 4 To serve, spoon some of the filling into the lettuce leaves. Top with a sprinkling of carrots, cashews, cilantro, and green onions, and add a squeeze of lime. Serve warm.

NOTES

Recipe from [Simple Green Meals](https://simplegreensmoothies.com/meal-planner).

When buying ginger root, 1 tbsp = 1-inch fresh ginger root (1 tsp = ⅓-inch)

1 serving = 3 wraps



Veggie Wrap with Hummus

★★★★★ 5

🕒 20 min

🍴 2

INGREDIENTS

2 tortillas
¼ cup hummus
¼ cup spinach, fresh
½ yellow bell pepper, cut into strips
¼ cucumber, cut into sticks
¼ cup carrots, grated
¼ cup beets, grated
2 tbsp red onion, cut into sticks
¼ lemon, cut into wedges
2 tsp olive oil
2 tsp everything bagel seasoning

INSTRUCTIONS

- 1 Lay all tortillas out on a clean surface. Spread 2 tbsps hummus onto each tortilla and top with ¼ cup baby spinach, laying the leaves flat against the hummus. Leave a bit of a border around the shell for easy wrapping.
- 2 On one half of each tortilla, about 1-inch from the edge, layer the remaining veggies, dividing them up evenly between the wraps. Squeeze fresh lemon juice over the veggies, drizzle with olive oil and sprinkle with the bagel seasoning.
- 3 To roll the wraps, start with the side with the veggies and bring the empty border over the veggies, pulling them into a tight bundle tucking the edge underneath to secure them.
- 4 Wrap tightly with waxed paper or parchment and refrigerate until ready to eat. Will keep 4-5 days stored in the refrigerator.

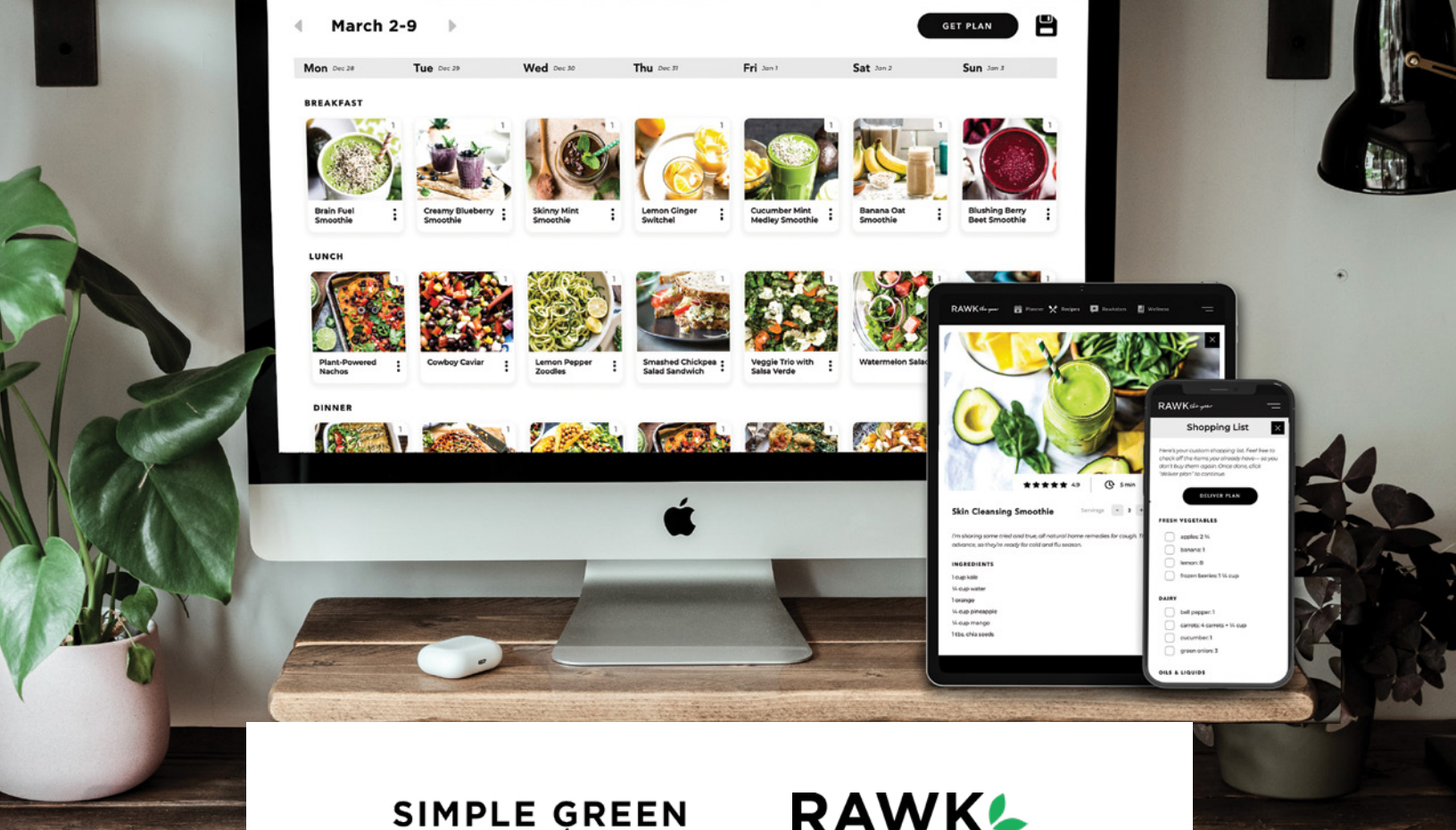
NOTES

Swap tortillas for gluten free option, spinach wraps, or lettuce leaves to wrap your veggies.

Swap veggies and seasonings as desired.

Want to make your own hummus? Choose from any of our [4 delicious hummus recipes!](#)

Swap [pesto](#) for hummus.



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WEEKLY CUSTOMIZABLE MEAL PLANNER

Enjoy a stress-free transformation to a plant-based diet using our recommended meal plans and intelligent online platform. With over 500 plant-based recipes to choose from, fully customizable features, and a smartphone ready shopping list generator, you'll be shopping and cooking like a rawkstar from Day 1.

14-DAY TRIAL