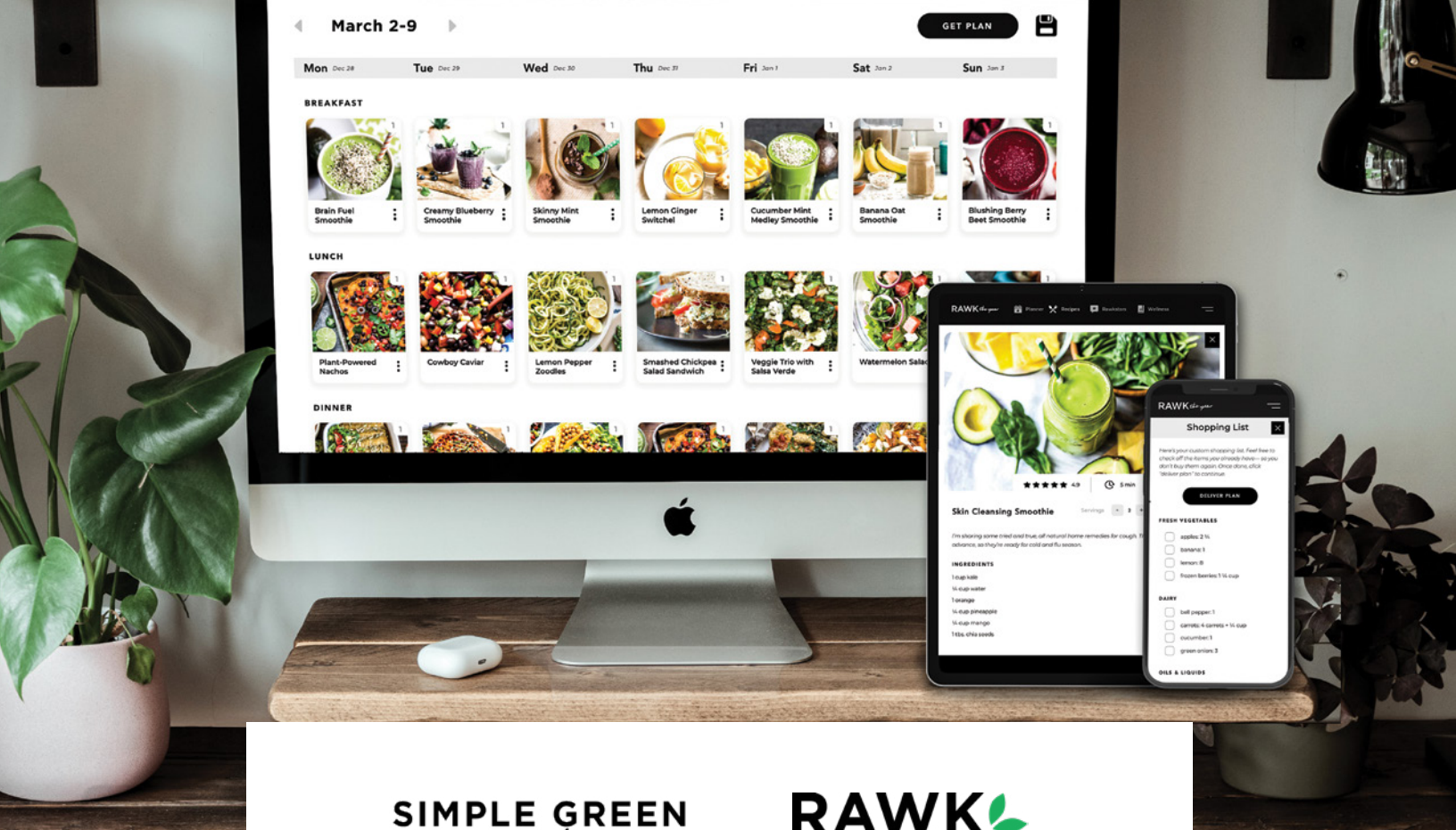




Summer Meal Plan

SIMPLE GREEN
smoothies

RAWK
THE YEAR



SIMPLE GREEN
smoothies





























RAWK
THE YEAR

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 600 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

Summer Meal Plan

	BREAKFAST	LUNCH	SNACK	DINNER	EXTRAS	WATER
DAY 1	 <p>Pineapple Smoothie Bowl</p> <input type="checkbox"/>	<input type="checkbox"/>	 <p>Ranch Cauliflower Popcorn</p> <input type="checkbox"/>	 <p>Portobello Mushroom Burger</p> <input type="checkbox"/>	<input type="checkbox"/>	
DAY 2	 <p>Summer Watermelon Smoothie</p> <input type="checkbox"/>	<input type="checkbox"/>	 <p>Chocolate Chip Energy Balls</p> <input type="checkbox"/>	 <p>Chipotle Veggie Bowl</p> <input type="checkbox"/>	<input type="checkbox"/>	
DAY 3	 <p>Strawberry Watermelon Smoothie</p> <input type="checkbox"/>	<input type="checkbox"/>	 <p>Vegan Blueberry Muffins</p> <input type="checkbox"/>	 <p>Rawstar Taco Salad</p> <input type="checkbox"/>	<input type="checkbox"/>	
DAY 4	 <p>Sweet Cantaloupe Smoothie</p> <input type="checkbox"/>	<input type="checkbox"/>	 <p>Ranch Cauliflower Popcorn</p> <input type="checkbox"/>	 <p>Almond Butter Sauce with Veggies</p> <input type="checkbox"/>	<input type="checkbox"/>	
DAY 5	 <p>Chocolate Strawberry Smoothie</p> <input type="checkbox"/>	<input type="checkbox"/>	 <p>Chocolate Chip Energy Balls</p> <input type="checkbox"/>	 <p>Marinated Celery Salad</p> <input type="checkbox"/>	<input type="checkbox"/>	
DAY 6	 <p>Creamy Blackberry Smoothie</p> <input type="checkbox"/>	<input type="checkbox"/>	 <p>Vegan Blueberry Muffins</p> <input type="checkbox"/>	 <p>Spicy Chickpea Tacos</p> <input type="checkbox"/>	<input type="checkbox"/>	
DAY 7	 <p>Peach Ginger Smoothie</p> <input type="checkbox"/>	<input type="checkbox"/>	 <p>Crunchy Carrot Salad</p> <input type="checkbox"/>	 <p>Lemon Arugula Salad</p> <input type="checkbox"/>	<input type="checkbox"/>	

Grocery List

FRESH PRODUCE

- ☐ arugula - 7 cups
- ☐ avocado - 1
- ☐ banana - 5
- ☐ basil leaves - 4
- ☐ blackberries - 2 cups
- ☐ blueberries - 2 cups
- ☐ broccoli florets - 1 cup
- ☐ cantaloupe - 2 cups
- ☐ carrots - 1/2 cup + 4
- ☐ cauliflower florets - 2 cups
- ☐ celery stalk - 3
- ☐ cherry tomatoes - 1/2 cup
- ☐ chives - 1 tbsp
- ☐ fennel bulb - 1/2
- ☐ fresh cilantro - 1/3 cup + 2 2/3 tsp
- ☐ fresh parsley - 1/2 cup
- ☐ fresh rosemary - 1 1/2 tsp
- ☐ fresh tarragon
- ☐ fresh thyme - 1 1/2 tsp
- ☐ garlic clove - 5 1/2
- ☐ ginger root - 1/4 cup + 2 tsp
- ☐ green onion - 7
- ☐ kale - 2 cups
- ☐ kiwi - 2
- ☐ lemon - 3 1/8
- ☐ lime - 2 3/4
- ☐ orange - 4
- ☐ portobello mushrooms - 2
- ☐ red bell pepper - 3
- ☐ red onion - 1/2
- ☐ romaine lettuce - 4 1/2 cups
- ☐ serrano pepper - 1/4
- ☐ spinach - 4 cups
- ☐ strawberries - 1/2 cup
- ☐ sugar snap peas - 1/2 cup
- ☐ tomato - 1/2
- ☐ watermelon - 5 1/2 cups
- ☐ yellow onion - 3/4
- ☐ zucchini - 2

FROZEN FOOD

- ☐ cauliflower - 1/2 cup
- ☐ cauliflower florets - 1/2 cup
- ☐ peaches - 3 cups
- ☐ pineapple - 1 cup
- ☐ strawberries - 2 1/8 cups
- ☐ sweet cherries - 1/2 cup

CONDIMENTS + OILS

- ☐ avocado oil - 1 tbsp
- ☐ balsamic vinegar - 1/4 cup
- ☐ coconut oil - 1/3 cup + 1 2/3 tsp
- ☐ Dijon mustard - 2 tsp
- ☐ honey
- ☐ maple syrup - 2/3 cup + 3/4 tsp
- ☐ olive oil - 2/3 cup + 1 tbsp + 1/2 tsp
- ☐ red wine vinegar
- ☐ tamari - 2 tbsp + 1 2/3 tsp

PANTRY ITEMS

- ☐ barley, uncooked - 1/2 cup
- ☐ brown rice, uncooked - 1 cup
- ☐ corn tortillas - 6
- ☐ hamburger bun - 2
- ☐ rolled oats - 1/2 cup
- ☐ tortilla chips - 1 cup
- ☐ water

REFRIDGERATED GOODS

- ☐ almond milk, unsweetened - 2 cups
- ☐ cashew milk, unsweetened - 2 cups
- ☐ dairy-free sour cream - 3 tbsp
- ☐ guacamole - 2 tbsp
- ☐ oat milk, unsweetened - 1 cup
- ☐ pico de gallo - 1/2 cup

DRIED GOODS

- ☐ chia seeds - 2 tbsp
- ☐ raw cashews - 1/4 cup
- ☐ raw pepitas - 1/4 cup
- ☐ raw sunflower seeds - 2 tbsp
- ☐ raw walnuts - 1 1/4 cups

CANNED + JARRED GOODS

- ☐ almond butter - 1/3 cup
- ☐ black beans - 1 1/4 cups
- ☐ chickpeas - 3 cups
- ☐ coconut milk - 2 1/3 cups + 2 1/2 tsp
- ☐ corn - 1/4 cup
- ☐ salsa - 1/4 cup
- ☐ sliced black olives - 1/4 cup
- ☐ sun-dried tomatoes - 1/4 cup

SEASONINGS + BAKING

- ☐ all-purpose flour - 1 cup
- ☐ almond flour - 1/2 cup
- ☐ baking powder
- ☐ baking soda
- ☐ black pepper, ground
- ☐ cacao powder - 1/4 cup
- ☐ cayenne pepper
- ☐ celery salt
- ☐ chili powder
- ☐ coconut sugar - 1 1/2 tsp
- ☐ crushed red pepper
- ☐ cumin, ground
- ☐ dill, dried
- ☐ garlic powder
- ☐ onion powder
- ☐ parsley, dried
- ☐ sea salt
- ☐ sesame seeds
- ☐ smoked paprika
- ☐ vanilla extract
- ☐ vegan semisweet chocolate chips - 2 tbsp
- ☐ whole wheat flour - 1 cup



Almond Butter Sauce with Veggies

★★★★★ 5

🕒 15 min

🍴 2

INGREDIENTS

2 tsp coconut oil
1 cup broccoli florets
1 cup carrots, sliced
½ cup red bell pepper, sliced
¼ cup green onion, sliced
2 zucchini, spiralized
½ tsp crushed red pepper
½ tsp sesame seeds

ALMOND BUTTER SAUCE

¼ cup coconut milk, canned
¼ cup almond butter
2 tbsp tamari
2 tsp maple syrup
2 tsp ginger root, peeled and grated
1 tsp crushed red pepper
2 garlic clove, minced

INSTRUCTIONS

- 1 Spiralize zucchini and set aside.
- 2 Whisk Almond Butter Sauce ingredients together in a small bowl and set aside.
- 3 Heat oil in large pan on medium heat. Saute broccoli, carrots, and red bell pepper until bright in color and just barely tender. Add green onions and sauté for an additional minute.
- 4 Lower heat and pour the almond butter sauce on top of vegetables. Stir constantly, allowing the sauce to thicken for 3-5 minutes.
- 5 Serve sauce on top of the zoodles. Top with crushed red pepper (if using) and sesame seeds.

NOTES

The sauce and veggies can be made ahead, and the zucchini can be spiralized ahead. But don't combine the sauce and "zoodles" until right before serving. Otherwise, the liquid from the zucchini will seep out and make the sauce watery.

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

Recipe from [Summer Cleanse](#).



Chipotle Veggie Bowl

★★★★★ 4.8

🕒 90 min

🍴 2

INGREDIENTS

1 cup brown rice, uncooked
½ cup black beans, canned
¼ cup olive oil
2 red bell pepper, chopped into strips
½ yellow onion, chopped
2 cups romaine lettuce, shredded
2 tbsp guacamole
2 tbsp dairy-free sour cream
¼ cup salsa
1 lime, cut into wedges

INSTRUCTIONS

- 1 Cook brown rice as directed on packaging.
- 2 Heat a skillet over medium heat. Add olive oil, then add chopped bell pepper and chopped onion. Cook until onions are translucent and peppers are soft. Remove from heat.
- 3 Assemble the veggie bowl: start with brown rice on the bottom, then layer with cooked veggies, lettuce, guacamole, cashew cream, salsa, and drained black beans. Don't be afraid to add more of your favs. Add a fresh squeeze of lime juice before serving.

NOTES

Swap sour cream for [homemade cashew cream](#).



Chocolate Chip Energy Balls

★★★★★ 4.8

🕒 15 min

🍴 9

INGREDIENTS

½ cup rolled oats
½ cup almond flour
2 tbsp maple syrup
1 tbsp almond butter
1 tbsp coconut oil, melted
½ tsp vanilla extract
⅛ tsp sea salt
2 tbsp vegan semisweet chocolate chips

INSTRUCTIONS

- 1 Place oats into a blender or food processor and blend or process until ground. Transfer to a bowl and combine with the almond flour.
- 2 In a small bowl, stir together maple syrup, almond butter, coconut oil, vanilla, and sea salt.
- 3 Using a wooden spoon or electric hand mixer, combine the almond butter mixture with the dry ingredients. The mixture should be slightly sticky and cookie dough like. Stir in the chocolate chips.
- 4 Roll into small balls based on amount of servings you're making. Refrigerate or freeze until firm.



Chocolate Strawberry Smoothie

★★★★★ 5

🕒 5 min

🍴 2

INGREDIENTS

2 cups kale, stems removed
2 cups almond milk, unsweetened
2 cups strawberries, frozen
1 banana
¼ cup cacao powder

INSTRUCTIONS

- 1 Place kale and almond milk in blender. Puree until smooth.
- 2 Add fruit and cacao, and blend again.

NOTES

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

Swap unsweetened cocoa powder for cacao powder, any plant milk in place of almond milk, and any leafy greens in place of kale.

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



Creamy Blackberry Smoothie



4.8



5 min



2

INGREDIENTS

2 cups spinach, fresh

2 cups coconut milk, canned

2 cups blackberries

1 banana

INSTRUCTIONS

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

NOTES



Crunchy Carrot Salad

★★★★★ 5

🕒 10 min

🍴 1

INGREDIENTS

2 tbsp orange, juiced

2 tbsp lemon, juiced

1 tbsp olive oil

FOR SALAD

1 cup carrots, shredded

2 tbsp fresh cilantro, stems removed and chopped

2 tbsp raw sunflower seeds

⅛ tsp black pepper, ground

⅛ tsp sea salt

INSTRUCTIONS

- 1 For dressing: whisk together orange juice, lemon juice, and olive oil. Set aside.
- 2 Combine the carrot shreds, cilantro, and sunflower seeds on a plate.
- 3 Drizzle dressing over the salad. Season with salt and pepper to taste.

NOTES

Recipe from [Autumn Cleanse](#).



Lemon Arugula Salad

★★★★★ 4.6

🕒 20 min

🍴 2

INGREDIENTS

4 cups arugula
½ fennel bulb, cored and thinly sliced
½ cup barley, uncooked
½ cup sugar snap peas
¼ cup raw walnuts, chopped
2 tbsp + ¼ tsp green onion, sliced

FOR TARRAGON-LEMON DRESSING

2 tbsp lemon, juiced
1 tsp honey
¼ cup olive oil
2 tbsp + ¼ tsp fresh tarragon, stems removed and chopped
½ tsp Dijon mustard
dash of sea salt
dash of black pepper, ground
1 tbsp chives, chopped

INSTRUCTIONS

- 1 Cook barley according to package. Allow to cool.
- 2 Prepare fennel by cutting off the green stalks. Halve the white bulb and carefully remove the core. Place the cut side down on a cutting board and using a very sharp knife, thinly cut or shave the fennel.
- 3 Place the fennel in the bowl with the arugula, barley, pea pods, walnuts, and green onions.
- 4 For Dressing: Place all ingredients in a small jar and shake well. Refrigerate until ready.
- 5 Drizzle dressing over the salad, gently toss, and serve immediately.

NOTES

Vegan? Swap honey for maple syrup (1:1 ratio).



Marinated Celery Salad

★★★★★ 5

🕒 120 min

🍴 2

INGREDIENTS

2 tbsp red wine vinegar
1 tbsp Dijon mustard
¼ tsp maple syrup
¼ tsp sea salt
¼ tsp black pepper, ground
2 garlic clove, minced
2 tsp olive oil
1 ½ cups chickpeas, rinsed and drained
3 celery stalk, thinly sliced
1 green onion, sliced
½ cup fresh parsley, chopped
¼ cup sun-dried tomatoes, drained and chopped
4 basil leaves, chopped
¼ cup raw pepitas
2 cups arugula

INSTRUCTIONS

- 1 In a large bowl, whisk together vinegar, mustard, garlic, maple syrup, salt and pepper. Slowly whisk in olive oil.
- 2 Add the chickpeas, celery and scallions. Stir well, cover and refrigerate for at least 2 hours to allow the flavors to absorb.
- 3 Before serving, toss parsley, tomatoes, basil and pepitas into the marinated mixture. Serve over bed of arugula lettuce.

NOTES

Swap parsley for celery leaves.



Peach Ginger Smoothie

★★★★★ 5

🕒 5 min

🍴 2

INGREDIENTS

1 orange, peeled
1 cup water
3 cups peaches, frozen
2 tbsp ginger root, peeled

INSTRUCTIONS

- 1 Place all ingredients into blender.
- 2 Blend until smooth. Add more water, if needed, to facilitate blending.
- 3 Pour into a glass and serve immediately.

NOTES

When buying ginger root, 1 tbsp = 1-inch fresh ginger root (1 tsp = 1/3-inch)

Add a serving of [Rawkstar Protein Powder](#) to use as a meal replacement.



Pineapple Smoothie Bowl

★★★★★ 0

🕒 5 min

🍴 2

INGREDIENTS

½ cup carrots
½ cup cauliflower florets, frozen
2 orange, peeled
2 banana, frozen
1 cup pineapple, frozen

TOPPINGS

½ cup blueberries
½ cup strawberries, chopped
2 kiwi, chopped

INSTRUCTIONS

- 1 Blend all ingredients together until smooth. This is supposed to be thick, so stop and scrape down the sides as needed or use the blender tamper to push down the ingredients until the blades can move on their own.
- 2 Scoop blended ingredients into a bowl.
- 3 Top with blueberries, strawberries, and kiwi. Enjoy!

NOTES

Add a serving of [Rawkstar Protein Powder](#) to use as a meal replacement.



Portobello Mushroom Burger

★★★★★ 5

🕒 50 min

🍴 2

INGREDIENTS

FOR MARINADE

- ¼ cup balsamic vinegar
- 2 tbsp + ¼ tsp olive oil
- 1 ½ tsp Dijon mustard
- 1 ½ tsp tamari
- 1 ½ tsp coconut sugar
- 1 ½ tsp fresh rosemary, stems removed and chopped
- 1 ½ tsp fresh thyme, stems removed and chopped
- 1 ½ garlic clove, finely minced
- 2 portobello mushrooms

FOR SERVING

- 2 hamburger bun, cut in half
- 1 cup arugula
- ½ tomato, sliced
- ½ red onion, sliced

INSTRUCTIONS

- 1 Prepare marinade: whisk all ingredients together in a bowl.
- 2 Prepare mushrooms: wipe mushroom tops clean with a damp cloth. Remove stems. Place in a shallow dish with the stem side facing up. Pour the marinade evenly over the mushrooms. Cover and allow to marinate at least 30 minutes or overnight.
- 3 Remove mushrooms from marinade. Reserve marinade for basting. If planning to grill red onions for topping, brush the slices with a little olive oil. Grill mushrooms + onions 5-7 minutes per side, basting periodically with the reserved marinade. Transfer to a clean plate. The mushrooms will release liquid during and after grilling, so it's best to leave them stem side down after grilling.
- 4 Assemble the mushroom burgers with toppings and serve immediately.

NOTES

Recommended toppings: [Garlic Lemon Aioli](#), [Vegan Parmesan sprinkle](#).

Swap tamari with coconut aminos or soy sauce.

The longer you marinate the portobello mushrooms, the more flavorful they will be. If you have time, start marinating the night before you want to grill.



Ranch Cauliflower Popcorn

★★★★★ 0

🕒 35 min

🍴 2

INGREDIENTS

2 cups cauliflower florets, chopped into popcorn-sized pieces

2 tsp olive oil

2 tsp parsley, dried

1 tsp dill, dried

1 tsp garlic powder

½ tsp onion powder

½ tsp celery salt

¼ tsp black pepper, ground

INSTRUCTIONS

- 1 Preheat oven to 400°F. Line baking sheet with parchment paper.
- 2 Combine all ingredients in a mixing bowl. Toss to coat well.
- 3 Transfer to a baking sheet and roast for 25 minutes, turning cauliflower over halfway through baking time.
- 4 Remove from oven and cool slightly before eating.

NOTES

Swap olive oil for avocado oil.

Alternately you can bake these in an air fryer at 375°F for 9-12 minutes. Toss halfway through baking time to ensure they don't stick.



Rawkstar Taco Salad

★★★★★ 5



120 min



2

INGREDIENTS

1 cup raw walnuts, soaked overnight
1 tsp lemon, juiced
¼ tsp tamari
½ tsp cumin, ground
dash of smoked paprika
½ tsp chili powder

TACO SALAD

1 cup tortilla chips
2 cups romaine lettuce, shredded
¾ cup black beans, canned
½ avocado, peeled and diced
½ cup cherry tomatoes, halved
½ red bell pepper, ribs and seeds removed, and diced
¼ cup corn, canned
¼ cup sliced black olives
2 tbsp green onion, sliced
2 tbsp + ¼ tsp fresh cilantro, stems removed and chopped
1 tbsp dairy-free sour cream

INSTRUCTIONS

- 1 Drain and rinse walnuts well. Place walnuts, tamari, and spices into a food processor. Pulse until the walnuts are chopped and look like ground (minced) meat. Taste and add more spices if desired.
- 2 Drain and rinse black beans and corn.
- 3 Arrange lettuce, beans, corn and "walnut meat" on plates.
- 4 Top with avocado, tomatoes, corn, olives, green onions, cilantro and sour cream.

NOTES

Swap sour cream for [homemade cashew cream](#).



Spicy Chickpea Tacos



4.7



15 min



2

INGREDIENTS

½ avocado
2 tbsp + ¼ tsp coconut milk, canned
1 tbsp lime
¼ serrano pepper, ribs and seeds removed
2 tbsp + ¼ tsp fresh cilantro, stems removed and chopped
⅛ tsp sea salt

FOR TACOS

6 corn tortillas, warmed
1 ½ cups chickpeas, canned
¼ yellow onion, diced
1 tbsp avocado oil
1 tsp lime
½ tsp maple syrup
¼ tsp cumin, ground
⅛ tsp sea salt
⅛ tsp smoked paprika
⅛ tsp garlic powder
⅛ tsp onion powder
dash of cayenne pepper
dash of black pepper, ground

TOPPINGS

½ cup pico de gallo
½ cup romaine lettuce, shredded

INSTRUCTIONS

- 1 For Spicy Avocado Crema: In a blender or food processor, combine the avocado, coconut milk, lime juice, chile pepper, cilantro, and salt.
- 2 Blend or process until smooth. Taste and add more salt or lime juice if needed. Transfer to an airtight container and refrigerate until ready to use.
- 3 For Spicy Chickpea Tacos: Preheat oven to 400°F. Line a baking sheet with parchment paper. Drain and rinse chickpeas.
- 4 In a bowl, combine drained chickpeas, diced onion, 1/2 portion of oil, lime juice maple syrup, and spices. Toss until well-coated. Spread in an even layer on the prepared baking sheet.
- 5 Roast for 15-20 minutes, or until golden and slightly crisp. Drizzle with remaining oil and shake the baking sheet so the chickpeas roll around and are lightly coated with the oil. Transfer to a bowl and keep warm. Serve immediately in tortillas with desired toppings.

NOTES

Get the recipe for [Avocado Crema here](#).



Strawberry Watermelon Smoothie

★★★★★ 0

🕒 7 min

🍴 2

INGREDIENTS

2 cups spinach

½ cup water

1 ½ cups watermelon, chopped

1 ½ cups strawberries, frozen

2 tbsp ginger root

INSTRUCTIONS

- 1 Blend spinach, water and watermelon together until all leafy chunks are gone.
- 2 Add in strawberries and ginger root. Blend again.
- 3 Serve in a glass and enjoy the taste of summer.

NOTES

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

Add a serving of [Rawkstar Protein Powder](#) to use as a meal replacement.



Summer Watermelon Smoothie

★★★★★
4.4

🕒 5 min

🍴 2

INGREDIENTS

½ cup sweet cherries, frozen
4 cups watermelon, cubed and seeded
½ cup strawberries, frozen
1 lime, peeled
2 tbsp chia seeds

INSTRUCTIONS

1 Blend all ingredients until smooth.

NOTES

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



Sweet Cantaloupe Smoothie

★★★★★ 5

🕒 5 min

🍴 2

INGREDIENTS

2 cups cantaloupe
2 cups cashew milk, unsweetened
1 banana
½ cup cauliflower, frozen
¼ cup raw cashews

INSTRUCTIONS

1 Blend all ingredients until smooth.

NOTES

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

Swap cashews for hemp hearts, chia seeds, or flaxseeds.

Swap cashew milk with your preferred plant-based milk.

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



Vegan Blueberry Muffins

★★★★★ 0

🕒 30 min

🍴 12

INGREDIENTS

1 cup oat milk, unsweetened, at room temperature
2 tsp lemon, juiced and zested
1 cup all-purpose flour
1 cup whole wheat flour
2 ½ tsp baking powder
¼ tsp baking soda
½ tsp sea salt
½ cup maple syrup, at room temperature
¼ cup coconut oil, melted
1 tsp vanilla extract
1 ½ cups blueberries, fresh

INSTRUCTIONS

- 1 Preheat oven to 375°F. Line a muffin tin with paper liners.
- 2 Zest lemon and set aside.
- 3 In a small bowl, combine oat milk and lemon juice. Set aside to allow milk to curdle.
- 4 In a larger bowl, combine flours, baking powder, baking soda and salt.
- 5 In a separate bowl, whisk together maple syrup, melted coconut oil, lemon zest and vanilla extract.
- 6 Add oat milk mixture to wet ingredients and whisk until smooth.
- 7 Stir in dry ingredients until well incorporated. Be careful not to over-mix; a few lumps are okay, Gently fold in the blueberries.
- 8 Spoon into prepared muffin tins, filling each cup about 3/4 full. Bake 20-25 minutes.

NOTES

This recipe works best at 12 servings.

Store in an air-tight container on the counter for up to 4 days.