



THE 7-DAY

Vegetarian Meal Plan



SIMPLE GREEN
smoothies

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IS HERE TO HELP YOU FUEL YOUR
PASSION. WE CELEBRATE PLANT-BASED
FOODS, COMMUNITY AND A POSITIVE
MINDSET EACH AND EVERY DAY. OUR HOPE
IS THAT YOU WILL EAT + DRINK
MORE PLANTS AND GO AFTER YOUR
DREAMS. THAT'S WHAT WE CALL A
"KALE YEAH!"

VISIT **RAWKTHEYEAR.COM** TO CREATE YOUR OWN
WEEKLY MEAL PLANS.

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Vegetarian Meal Plan

	BREAKFAST	LUNCH	SNACK	DINNER	DESSERT	WATER
Mon	 <p>Warm Steel Cut Oats</p> <input data-bbox="321 577 365 619" type="checkbox"/>	<input data-bbox="552 577 596 619" type="checkbox"/>	 <p>Pecan Granola</p> <input data-bbox="784 577 828 619" type="checkbox"/>	 <p>Hummus Veggie Wraps</p> <input data-bbox="1015 577 1058 619" type="checkbox"/>	<input data-bbox="1242 577 1286 619" type="checkbox"/>	
Tue	 <p>Perfect Pineapple Smoothie</p> <input data-bbox="321 800 365 842" type="checkbox"/>	<input data-bbox="552 800 596 842" type="checkbox"/>	 <p>Coconut Chia Pudding</p> <input data-bbox="784 800 828 842" type="checkbox"/>	 <p>Austinite Tacos</p> <input data-bbox="1015 800 1058 842" type="checkbox"/>	<input data-bbox="1242 800 1286 842" type="checkbox"/>	
Wed	 <p>Morning Glory Cookies</p> <input data-bbox="321 1024 365 1066" type="checkbox"/>	<input data-bbox="552 1024 596 1066" type="checkbox"/>	 <p>Heaven in a Bowl</p> <input data-bbox="784 1024 828 1066" type="checkbox"/>	 <p>Garden Veggie Stir Fry</p> <input data-bbox="1015 1024 1058 1066" type="checkbox"/>	<input data-bbox="1242 1024 1286 1066" type="checkbox"/>	
Thu	 <p>Tropical Smoothie Bowl</p> <input data-bbox="321 1249 365 1291" type="checkbox"/>	<input data-bbox="552 1249 596 1291" type="checkbox"/>	 <p>Pecan Granola</p> <input data-bbox="784 1249 828 1291" type="checkbox"/>	 <p>Vegetarian Tortilla Soup</p> <input data-bbox="1015 1249 1058 1291" type="checkbox"/>	<input data-bbox="1242 1249 1286 1291" type="checkbox"/>	
Fri	 <p>Chocolate Hazelnut Banana Toast</p> <input data-bbox="321 1474 365 1516" type="checkbox"/>	<input data-bbox="552 1474 596 1516" type="checkbox"/>	 <p>Coconut Chia Pudding</p> <input data-bbox="784 1474 828 1516" type="checkbox"/>	 <p>Hearty Chard Skillet</p> <input data-bbox="1015 1474 1058 1516" type="checkbox"/>	<input data-bbox="1242 1474 1286 1516" type="checkbox"/>	
Sat	 <p>Beginner's Luck Smoothie</p> <input data-bbox="321 1698 365 1740" type="checkbox"/>	<input data-bbox="552 1698 596 1740" type="checkbox"/>	 <p>Heaven in a Bowl</p> <input data-bbox="784 1698 828 1740" type="checkbox"/>	 <p>Healthy Taco Salad</p> <input data-bbox="1015 1698 1058 1740" type="checkbox"/>	<input data-bbox="1242 1698 1286 1740" type="checkbox"/>	
Sun	 <p>Healthy Breakfast Bowl</p> <input data-bbox="321 1923 365 1965" type="checkbox"/>	<input data-bbox="552 1923 596 1965" type="checkbox"/>	 <p>Pecan Granola</p> <input data-bbox="784 1923 828 1965" type="checkbox"/>	 <p>Simple Green Veggie Bowl</p> <input data-bbox="1015 1923 1058 1965" type="checkbox"/>	<input data-bbox="1242 1923 1286 1965" type="checkbox"/>	

Grocery List

GRAINS

- ☐ almond flour - $\frac{2}{3}$ cup
- ☐ baking soda - $\frac{1}{2}$ tsp
- ☐ brown rice, uncooked - 3 cups
- ☐ coconut sugar - 1 tsp
- ☐ corn tortillas - 6
- ☐ rolled oats - $1\frac{3}{4}$ cups
- ☐ steel cut oats - 1 cup
- ☐ tortilla chips - 2 cups
- ☐ tortillas - 2
- ☐ whole grain bread, sliced - 2

NUTS, SEEDS, & DRIED FRUIT

- ☐ Medjool dates - 7
- ☐ almond butter - 1 tbsp
- ☐ cacao nibs - 2 tsp
- ☐ cashew butter - $\frac{1}{4}$ cup
- ☐ cashews - $\frac{3}{4}$ cup
- ☐ chia seeds - $\frac{1}{3}$ cup + 2 $\frac{1}{8}$ tsp
- ☐ chocolate hazelnut spread - 2 tbsp
- ☐ coconut flakes - $\frac{3}{4}$ cup
- ☐ pecans - $\frac{3}{4}$ cup + 2 tbsp
- ☐ pepitas - $\frac{3}{4}$ cup
- ☐ sliced almonds - $1\frac{1}{4}$ cups
- ☐ walnuts - 2 cups

FRESH VEGETABLES

- ☐ asparagus - 2 cups
- ☐ beets - 1
- ☐ broccoli florets - 1 cup
- ☐ brussels sprouts - 2 cups
- ☐ carrot - $\frac{1}{2}$
- ☐ carrots - $\frac{1}{2}$ cup
- ☐ cauliflower florets - $\frac{1}{2}$
- ☐ cherry tomatoes - 1 cup
- ☐ cilantro - $\frac{1}{3}$ cup + 2 $\frac{1}{8}$ tsp
- ☐ coleslaw - $\frac{1}{2}$ cup
- ☐ corn - $\frac{3}{4}$ cup
- ☐ cucumber - $\frac{1}{2}$
- ☐ garlic clove - 9
- ☐ golden potatoes - 2 cups
- ☐ green bell pepper - $\frac{1}{4}$ cup
- ☐ green onions - 5
- ☐ jalapeno pepper - $\frac{1}{4}$
- ☐ kale - 1 cup

OILS & LIQUIDS

- ☐ Dijon mustard - $1\frac{1}{4}$ tsp
- ☐ apple cider vinegar - $1\frac{1}{2}$ tsp
- ☐ avocado oil - 3 tbsp
- ☐ bbq sauce - $\frac{1}{4}$ cup
- ☐ coconut oil - $\frac{1}{3}$ cup
- ☐ honey - 1 tsp
- ☐ maple syrup - $\frac{1}{3}$ cup
- ☐ olive oil - 3 tbsp + 2 tsp
- ☐ sesame oil - 2 tsp
- ☐ sriracha sauce - 2 tbsp
- ☐ tamari - 1 tbsp + $1\frac{1}{4}$ tsp
- ☐ vegetable stock - 4 cups
- ☐ water - $6\frac{1}{8}$ cups

DAIRY

- ☐ cashew yogurt - 2 cups
- ☐ hummus - $\frac{1}{4}$ cup
- ☐ tofu, extra firm - $\frac{3}{4}$ cup + 2 tbsp

CANNED GOODS

- ☐ black beans, canned - $\frac{3}{4}$ cup
- ☐ black olives, sliced - $\frac{1}{4}$ cup
- ☐ canned coconut milk - $\frac{1}{2}$ cup
- ☐ chickpeas, canned - $\frac{3}{4}$ cup
- ☐ coconut milk, canned - 1 cup
- ☐ corn - $\frac{1}{2}$ cup
- ☐ diced tomatoes, canned - $4\frac{3}{4}$ cups
- ☐ pineapple chunks in juice, canned - 2
- ☐ white beans, canned - 3 cups

- ☐ mint leaves - 8
- ☐ poblano pepper - $\frac{1}{2}$
- ☐ red bell pepper - $\frac{1}{4}$ cup + $\frac{1}{2}$
- ☐ red onion - $\frac{1}{2}$
- ☐ romaine lettuce - 2 cups
- ☐ snow peas - $\frac{1}{2}$ cup
- ☐ spinach - $2\frac{1}{4}$ cups
- ☐ sweet potato - $\frac{1}{2}$
- ☐ swiss chard - 4 cups
- ☐ yellow bell pepper - $\frac{1}{2}$
- ☐ yellow onion - 3

SEASONINGS

- ☐ bay leaves - 1
- ☐ black pepper, ground
- ☐ chili powder
- ☐ cinnamon, ground
- ☐ crushed red pepper
- ☐ cumin, ground
- ☐ everything bagel seasoning - 2 tsp
- ☐ garlic powder
- ☐ nutritional yeast
- ☐ sea salt
- ☐ smoked paprika
- ☐ turmeric, ground
- ☐ vanilla extract

FRESH FRUIT

- ☐ avocado - 2
- ☐ banana - 4
- ☐ blueberries - 1 cup
- ☐ lemon - 1 tsp + $2\frac{1}{2}$
- ☐ mango - 1 cup
- ☐ mango, frozen - 1 cup
- ☐ orange - 2
- ☐ peaches, frozen - 2 cups
- ☐ pineapple - $\frac{1}{2}$ cup
- ☐ pineapple, frozen - 2 cups
- ☐ raspberries - $\frac{1}{2}$ cup
- ☐ strawberries - $4\frac{3}{4}$ cups + 1 tbsp + 1 tsp



Austinite Tacos

★★★★★ 4.9

🕒 45 min

🍴 2

INGREDIENTS

6 corn tortillas, warmed
½ cauliflower florets
½ sweet potato, cut into 1-inch cubes
½ yellow onion, diced
1 tbsp coconut oil, melted
¼ tsp sea salt
½ tsp black pepper, ground
¾ cup chickpeas, canned, drained and rinsed
¼ cup bbq sauce

CASHEW COLESLAW

¼ cup cashews, soaked for 1 to 4 hours
1 ½ tsp lemon, juiced
1 garlic clove
½ tsp Dijon mustard
1 ½ tsp apple cider vinegar
1 tsp coconut sugar
½ cup coleslaw
dash of sea salt

TOPPINGS

¼ cup cilantro, chopped
½ avocado, sliced
¼ cup green onions, sliced

INSTRUCTIONS

- 1 Preheat the oven to 425°F. Line a baking sheet with parchment paper.
- 2 **Cashew Coleslaw:** Add cashews, garlic, mustard, salt, and lemon juice to a food processor. Add a few tablespoons water to help blend, if needed. In a mixing bowl, whisk the cashew cream, apple cider vinegar, coconut sugar and salt together. Add coleslaw and mix well. Store in fridge until ready to serve.
- 3 Spread cauliflower, sweet potato, and onion on baking sheet. Drizzle with oil. Season with salt and pepper and roast for 10 minutes.
- 4 Remove from oven and add chickpeas to the pan. Drizzle BBQ sauce on top. Bake for 7 minutes, or until veggies are tender.
- 5 Spoon BBQ veggies into warm tortillas. Add coleslaw and toppings. Enjoy the flavor explosion!

NOTES

Recipe from [Simple Green Meals](#).



Beginner's Luck Smoothie

★★★★★ 4.9

🕒 5 min

🍴 2

INGREDIENTS

2 cups spinach
2 cups water
1 cup mango, frozen
1 cup pineapple, frozen
2 banana

INSTRUCTIONS

- 1 Blend the spinach and water until smooth.
- 2 Add the mango, pineapple, and bananas and blend again.

NOTES

Combining vitamin A-rich spinach with vitamin C-rich pineapple aids in the absorption of both vitamins. Vitamin A repairs skin cells which helps you get that gorgeous glowing skin. Vitamin C is essential for collagen production, which keeps your skin firm and toned. It also supports a healthy metabolism and is an immune-boosting vitamin superhero.



Chocolate Hazelnut Banana Toast

★★★★★ 0

🕒 10 min

🍴 2

INGREDIENTS

2 whole grain bread, sliced, lightly toasted
2 tbsp chocolate hazelnut spread
1 banana, thinly sliced
2 tsp cacao nibs

INSTRUCTIONS

- 1 Spread the chocolate hazelnut spread on the toasted bread.
- 2 Top with banana and a sprinkle of cacao nibs.



Coconut Chia Pudding

★★★★★ 5

🕒 15 min

🍴 2

INGREDIENTS

- ¼ cup chia seeds
- 1 cup coconut milk, canned
- 2 tbsp coconut flakes, unsweetened
- ¼ tsp cinnamon, ground
- 1 tsp vanilla extract
- 2 tsp maple syrup
- ½ cup blueberries
- ¼ cup pepitas
- ¼ cup sliced almonds

INSTRUCTIONS

- 1 Stir together chia seeds, coconut milk, coconut flakes, cinnamon, vanilla, and maple syrup in a small bowl or jar.
- 2 Cover and set aside for at least 10 minutes, or up to overnight.
- 3 Before eating, top the pudding with a layer of the berries and sprinkle the nuts on top.

NOTES

Swap out blueberries for another berry of your choice (blackberries, strawberries, raspberries, etc).



Garden Veggie Stir Fry

★★★★★ 4.7

🕒 25 min

🍴 2

INGREDIENTS

- 1 ½ tsp coconut oil
- 1 yellow onion, diced
- 2 garlic clove, minced
- 1 cup broccoli florets
- ½ cup snow peas
- ½ cup carrots, sliced
- 1 cup kale, stems removed
- 2 tsp sesame oil
- ¼ cup sliced almonds
- 1 tbsp tamari

INSTRUCTIONS

- 1 Heat coconut oil in a large skillet over medium heat. Add onion and sauté until soft. Add garlic, cook for another minute.
- 2 Add broccoli, peas, and carrots. Cook until slightly tender, stirring constantly. Add the kale and stir to help the kale wilt. Remove from heat.
- 3 Serve with sliced almonds, sesame oil and tamari.

NOTES

Recipe from [Autumn Cleanse](#).

Feel free to serve with rice, 1 tablespoon tahini or hummus for adding protein, flavor and nourishment.



Healthy Breakfast Bowl

★★★★★ 5

🕒 45 min

🍴 2

INGREDIENTS

1 tbsp olive oil
7 oz tofu, extra firm
1 tbsp nutritional yeast
¼ tsp Dijon mustard
¼ tsp sea salt
¼ tsp turmeric, ground
dash of garlic powder
dash of black pepper, ground
16 oz golden potatoes, cubed
¼ cup red bell pepper
¼ cup green bell pepper
2 green onions, thinly sliced
½ avocado, peeled and sliced

INSTRUCTIONS

- 1 Drain tofu. (No need to press excess water out for this.) Crumble tofu into a medium mixing bowl. In a small bowl, stir together nutritional yeast, mustard, turmeric, salt, garlic powder, and black pepper. Add 2 teaspoons olive oil plus a little water and stir to make a smooth paste. Add to the crumbled tofu and stir well to coat. Let stand for 10-15 minutes while preparing the potatoes.
- 2 Heat 1 tablespoon olive oil in a large non-stick skillet or well-seasoned cast iron skillet. Add the potatoes and season with a little sea salt and black pepper. Cook, turning potatoes over occasionally, until they start to brown and are just tender when pierced with the tip of a knife. Transfer to a bowl or plate and keep warm.
- 3 Add remaining olive oil to the same skillet. Add the bell pepper and half of the green onions. Sauté over medium-high heat until the peppers start to turn golden on the edges and have softened a bit. Add the partially cooked potatoes back to the pan. Continue cooking for another 10-15 minutes, or until potatoes are tender and nicely browned. Transfer the potatoes to a bowl or plate and cover to keep warm.
- 4 Use the same skillet to cook the crumbled tofu. Place the tofu in the still-hot skillet and cook, turning the crumbles over frequently until warmed



Healthy Taco Salad

★★★★★ 5

🕒 25 min

🍴 2

INGREDIENTS

VEGAN TACO MEAT

1 cup walnuts, soaked overnight

1 tsp lemon, juiced

¼ tsp tamari

½ tsp cumin, ground

dash of smoked paprika

½ tsp chili powder

CASHEW CREAM:

¼ cup cashews, soaked for 1 to 4 hours

2 tbsp water

1 tbsp lemon, juiced

dash of sea salt

TACO SALAD:

1 cup tortilla chips

2 cups romaine lettuce, shredded

¾ cup black beans, canned, drained and rinsed

½ avocado, diced

½ cup cherry tomatoes, halved

½ red bell pepper, diced

¼ cup corn

¼ cup black olives, sliced

2 tbsp green onions, thinly sliced

2 tbsp cilantro

INSTRUCTIONS

- 1 Vegan Taco Meat: 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 Cashew Cream: Drain and rinse cashews well. Blend cashews, fresh water, lemon juice, and pinch sea salt in a food processor or small blender. Puree until smooth and creamy. Add more water if the mixture isn't blending well or too thick.
- 3 Arrange lettuce, beans and Vegan Taco Meat on plates. Top with avocado, tomatoes, corn, olives, green onions, cilantro and cashew cream.

NOTES

Short on time? Try "flash-soaking" nuts. Boil 2 cups of water and pour over nuts with a squeeze of lemon juice. Allow to soak for at least 10 minutes. Flash soaking does destroy some of the nutrients.



Hearty Chard Skillet

★★★★★ 5

🕒 15 min

🍴 4

INGREDIENTS

2 tbsp olive oil
1 yellow onion, diced
4 garlic clove, minced
3 cups white beans, canned, drained and rinsed
3 cups diced tomatoes, canned
4 cups swiss chard, stems removed and thinly sliced
1 cup vegetable stock, if needed
1 tsp smoked paprika
¼ tsp sea salt
¼ tsp black pepper, ground
1 ½ cups brown rice, uncooked
½ cup sliced almonds
½ cup pepitas
¼ tsp crushed red pepper

INSTRUCTIONS

- 1 Cook rice according to package. In a large skillet, heat olive oil over medium-high heat. Add the onion, and cook, stirring often, until it starts to soften and turn a little golden on the edges.
- 2 Add the garlic and cook, stirring constantly, for 30- 60 seconds. Add the white beans and tomatoes. Stir until combined.
- 3 Lower heat and cook for 10 minutes, then add the chard. If needed, add a little vegetable stock or water if too much of the liquid has cooked off. It should be thick like stew, but still have plenty of sauce.
- 4 Stir in paprika, if using. Taste and season with sea salt and black pepper.
- 5 To serve, place ¾ cup warm brown rice in a shallow bowl. Ladle the beans over the top. Sprinkle with half of the almonds and pepitas, and a dash of crushed red pepper, if desired.

NOTES

This recipe is here thanks to photographer + recipe developer Lindsey. As it turns out, it's also a wonderful cleanse recipe. Beans contain plenty of B vitamins, iron, minerals, and dietary fiber. Chard is one of our favorite leafy greens. It's full of vitamins K, E, A, and C, as well as significant amounts of magnesium, manganese, potassium, and iron. If you're a fan of a little spice, be sure to sprinkle a little crushed red pepper on top before serving.

Recipe from [Fresh Start 21 Spring Flavors](#)



INGREDIENTS

- 1 $\frac{1}{3}$ cups + $\frac{1}{8}$ tsp strawberries, stems removed and sliced
- $\frac{1}{4}$ cup sliced almonds
- 2 tsp lemon, zest
- 8 mint leaves, chopped
- 1 tbsp maple syrup

Heaven in a Bowl

★★★★★ 4.6 | ⌚ 10 min | 🍴 2

INSTRUCTIONS

- 1 Combine strawberries, almonds, lemon zest, and mint in a bowl.
- 2 Drizzle with the maple syrup (optional depending on the sweetness of your berries) and stir.

NOTES

Recipe from [Fresh Start: Autumn Flavors](#)



INGREDIENTS

- 2 tortillas
- $\frac{1}{4}$ cup hummus
- $\frac{1}{4}$ cup spinach
- $\frac{1}{2}$ yellow bell pepper, cut into strips
- $\frac{1}{4}$ cucumber, cut into sticks
- $\frac{1}{4}$ cup carrot, grated
- $\frac{1}{4}$ cup beets, grated
- 2 tbsp red onion, cut into sticks
- $\frac{1}{4}$ lemon, cut into wedges
- 2 tsp olive oil
- 2 tsp everything bagel seasoning

Hummus Veggie Wraps

★★★★★ 5 | ⌚ 20 min | 🍴 2

INSTRUCTIONS

- 1 Lay all tortillas out on a clean surface. Spread 2 tbsps hummus onto each tortilla and top with $\frac{1}{4}$ 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.



Morning Glory Cookies

★★★★★ 5

🕒 40 min

🍴 6

INGREDIENTS

1 cup rolled oats
1/2 cup almond flour
2 tbsp chia seeds
1/2 tsp baking soda
1/4 tsp cinnamon, ground
1/4 tsp sea salt
1/2 cup banana, mashed
1/4 cup cashew butter
2 tbsp coconut oil, melted
1/2 tsp vanilla extract
3 Medjool dates, pitted
1/4 cup coconut flakes
1/4 cup cashews

INSTRUCTIONS

- 1 Preheat the oven to 350F. Line 2 baking sheets with parchment paper.
- 2 In a large mixing bowl, stir together the oats, almond flour, chia seeds, baking soda, cinnamon, and salt. In another bowl, combine the banana, cashew butter, oil, and vanilla.
- 3 Make a well in the center of the oats mixture. Pour the banana mixture into the well and stir until thoroughly combined. Fold in the dates, coconut, and cashews.
- 4 Using a 1/3-cup measuring cup, drop small mounds of the dough onto the baking sheets, leaving a little space between each mound. Gently press on the tops to flatten slightly.
- 5 Bake for 20 minutes, or until the tops are golden brown. Test for doneness by lightly pressing on the center of the cookies. They should feel set. Let the cookies cool on the baking sheet, then store in an airtight container.

NOTES

Recipe from [Simple Green Meals](#).



INGREDIENTS

$\frac{3}{4}$ cup rolled oats
 $\frac{1}{3}$ cup + 2 $\frac{1}{8}$ tsp coconut flakes, unsweetened
 $\frac{1}{3}$ cup + 2 $\frac{1}{8}$ tsp pecans, chopped
2 tbsp almond flour
3 tbsp maple syrup
1 tbsp + 1 $\frac{1}{2}$ tsp coconut oil, melted
 $\frac{2}{3}$ tsp vanilla extract
dash of cinnamon, ground
dash of sea salt

Pecan Granola

★★★★★ 5

🕒 15 min

🔪 3

INSTRUCTIONS

- 1 Preheat the oven to 350 degrees F. Line a rimmed baking sheet with parchment paper or a silicone baking mat.
- 2 In a large bowl, stir together the oats, coconut, pecans, and almond flour.
- 3 In a small bowl, stir together the maple syrup, oil, vanilla, cinnamon, and salt. Pour the maple mixture over the oats mixture and stir well to coat everything. Spread the mixture in an even layer on the prepared baking sheet.
- 4 Bake for 10 minutes, then stir, spread again in an even layer, and bake for 10 to 15 minutes, or until everything is golden and toasted.
- 5 Let cool completely. Transfer the cooled granola to an airtight container and store at room temperature.



Perfect Pineapple Smoothie

★★★★★ 4

🕒 5 min

🔪 2

INGREDIENTS

1 cup pineapple, frozen
2 cups peaches, frozen
2 cups cashew yogurt
2 pineapple chunks in juice, canned

INSTRUCTIONS

- 1 Blend all ingredients until smooth.
- 2 Pour into glasses and enjoy!

NOTES

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

Swap the pineapple juice for coconut water or plain water for a less sweet treat



Simple Green Veggie Bowl



4.8



15 min



4

INGREDIENTS

- 1 ½ cups brown rice, uncooked
- 2 cups brussels sprouts, sliced
- 2 tbsp avocado oil
- ½ tsp sea salt
- ½ tsp black pepper, ground
- 1 cup walnuts, halved
- 1 tbsp maple syrup
- 2 cups asparagus, cut into 1" pieces

COCONUT SRIRACHA SAUCE:

- ½ cup canned coconut milk
- 2 tbsp sriracha sauce
- 1 tbsp almond butter

INSTRUCTIONS

- 1 Preheat oven to 425°F and line a baking sheet with parchment paper.
- 2 Prepare rice according to package (stove top, rice cooker, etc).
- 3 In a small bowl, whisk together the Coconut Sriracha Sauce. Set aside.
- 4 Arrange Brussels sprouts in a single layer on the baking sheet. Drizzle with avocado oil, salt and pepper. Roast for 10 minutes.
- 5 Remove from oven and push Brussel sprouts to one side. Add asparagus to the open side and drizzle with avocado oil, salt and pepper. Roast for 5 minutes.
- 6 Remove from oven and push all veggies to one side. Add walnut halves to the open side and drizzle with maple syrup. Roast for 3 minutes, or until the walnuts are toasted and slightly caramelized.
- 7 Serve roasted veggies on top of cooked brown rice. Drizzle Coconut Sriracha Sauce on top.



Tropical Smoothie Bowl

★★★★★ 4

🕒 10 min

🔪 2

INGREDIENTS

- 2 orange
- 3 cups strawberries, frozen
- 1 cup mango, frozen
- ½ cup blueberries, fresh
- ½ cup raspberries, fresh
- ½ cup strawberries, fresh
- ½ cup pineapple, fresh

INSTRUCTIONS

- 1 Place orange in blender followed by the frozen strawberries and mar
- 2 Blend, stopping to scrape down sides, until smooth. Feel free to add to help it blend, yet you want it to be thick. The texture should be sim to soft serve ice cream.
- 3 Transfer to a bowl and top with fruit toppings.

NOTES



Vegetarian Tortilla Soup

★★★★★ 5

🕒 45 min

🍴 3

INGREDIENTS

1 tbsp avocado oil
½ yellow onion, diced
½ poblano pepper
¼ jalapeno pepper
2 garlic clove, minced
1 ½ tsp smoked paprika
1 tsp cumin, ground
dash of chili powder
3 cups vegetable stock
1 ¾ cups diced tomatoes, canned
1 ¼ tsp sea salt
1 bay leaves

TOPPINGS

½ cup corn, drained
½ avocado
1 cup tortilla chips

INSTRUCTIONS

- 1 In a large stock pot, heat avocado oil over medium heat. Add the onion, garlic, poblano pepper, and jalapeno pepper, and cook for five minutes. After five minutes, add spices and cook for a remaining five. Add stock, tomatoes, bay leaves, salt, cilantro leaves, and 1/3 of the tortilla strips. Bring to a simmer. Cook, uncovered, for 30 minutes, remove bay leaves.
- 2 Puree the soup with an immersion blender. If you want your soup to be thicker, you can always add more tortilla chips.
- 3 Serve with lime, corn, cilantro, jalapeno peppers, avocado, and the remaining tortilla chips.

NOTES

You can also use a regular blender, and just carefully puree in batches.



Warm Steel Cut Oats

★★★★★ 5

🕒 35 min

🍴 3

INGREDIENTS

- 1 cup steel cut oats
- 4 cups water
- $\frac{1}{4}$ tsp sea salt
- 4 Medjool dates, pitted and chopped small
- 1 tbsp cinnamon, ground
- 2 tbsp maple syrup
- $\frac{1}{2}$ cup pecans, chopped

INSTRUCTIONS

- 1 Simmer water in a saucepan over medium heat.
- 2 Add oats to simmering water. Reduce heat to medium-low, adjusting as necessary to keep a gentle simmer. Cook for 20 minutes, stirring occasionally, until the mixture is very thick.
- 3 Stir in salt, dates, cinnamon, and protein powder. Continue to simmer the mixture, stirring occasionally and reducing heat as necessary to prevent bottom scorching until almost all the liquid is absorbed, about 10 minutes.
- 4 Remove from heat and stir once more to thoroughly mix. Let oatmeal rest for 5 minutes before serving.
- 5 Portion oatmeal into bowls, add pecans + maple syrup to each if serving immediately. If saving for later, portion into air tight containers and allow to cool completely before refrigerating. Add pecans + maple syrup right before serving.

NOTES

Swap maple syrup for your fav sweetener

Dates can be swapped with raisins or dried fruit

Use the nuts of your choice; chopped walnuts also work great



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MEAL PLANNER

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