



WEEK ONE MEAL PLAN INSTRUCTIONS

Organic is inferred with the meal plans and shopping list. Opt for organic as much as your budget will allow.

Most of the recipes create two servings. You will usually use one serving for dinner and one for lunch the next day. On the meal plans, (recipe) indicates that you will prepare this meal from a recipe. If a fresh leftover serving is used at a future meal, this is noted by (leftover). If a frozen leftover serving is used at a future meal, this is noted by (leftover, frozen). At the bottom of each recipe, you will find information on suitable substitutions and how to divide the recipe and store it for future meals.

Example: Wednesday's dinner recipe "**SHAVED CARROT SALAD WITH BAKED TOFU**" You will find the following at the bottom of the recipe:

TWO SERVINGS: Divide equally for dinner tonight and lunch tomorrow

***SUBSTITUTIONS:** 4 oz grilled chicken for Tofu OR ½ cup white beans for Tofu

One time a week you will cook in bulk. This week you will cook a large pot of Lentil and Sweet Potato Soup and next week you will make a large Fall Frittata. These meals will carry forward into the coming weeks.

Sunday night, you need to soak your Muesli breakfast the next morning (I will remind you with an email on Sunday).

I have included snacks in this meal plan. If you want to eat a different snack(s), simply choose your snack from the snack list and update your shopping list accordingly.



I have tried to make this shopping list as simple and straight forward as possible (as much as I can with a whole foods, fresh prep meal plan) – you will see “1 jar of minced garlic” on the shopping list instead of ‘whole head of garlic.’ This is to save you time. If you want to buy fresh garlic and chop it, feel free!

You will see some frozen options on the shopping list, including frozen cooked brown rice. Pretty much every grocery store carries this in their frozen foods section. Again, this is for convenience sake. If you want to cook your brown rice from scratch, feel free!

Each week you will see ‘coconut yogurt, plain’ included in the meal plans, as a part of breakfast and many snacks. This is yogurt made from coconuts. It is dairy free. You will find this at Whole Foods and many other natural foods stores. So Delicious is the brand widely available.

The week one shopping list is the most expensive of the four weeks. In that, you will see a jar of extra virgin olive oil, jar of virgin coconut oil, bottle of rice vinegar, container of toasted sesame seeds, jar of minced garlic and pesto, parchment paper and rice crackers, etc, listed. These items will carry forward and will be used each week of the challenge - you won’t need to buy them again. In the week two shopping list, I have *italicized* those items that you should still have on hand from week one.

Before you go shopping, take a look to see what you already have on hand (you likely have 1 bay leaf, extra virgin olive oil, red pepper flakes, etc).



GREEN SMOOTHIE MEAL REPLACEMENT

During the challenge, the Friday through Sunday meal plan calls for two 'green smoothie meal replacements' and one meal recipe. I have included the four foundation ingredients to the green smoothie meal replacement (protein powder, avocado, frozen fruit and spinach) on the last page of the shopping list. I have also included some open lines for you to list out any additional ingredients that you would like to add.

If you do not wish to participate in the Green Smoothie Meal Replacement recommendations, feel free to repeat three of the full menu days.

SUBSTITUTIONS

This is a full week of whole foods cooking – predominantly plant based, gluten free, dairy free and egg free. Chicken is included in two recipes and fish in one recipe. Eggs and cheese are included in week two's menus. Eggs and organic dairy are 'on plan' during the challenge. If you would like to make a substitution to include these, you may do so. **At the bottom of each recipe you will see "*SUBSTITUTIONS"** – I have offered poultry, salmon, bean and tofu replacements, with portions AND instructions on how to adjust the recipe. You may also use the lean protein and healthy fats chart above to make substitutions, while still staying within the preferred 1450 calorie load.