



Week 1 Meal Plan

EASY HIGH-RAW MEALS

	BREAKFAST	LUNCH	DINNER
DAY 1	Berry Overnight Oatmeal	Raw Vegan Hummus Dip with Veggies	Pesto Pasta
DAY 2	Chocolaty Blueberry Smoothie	Fruit Mono Meal	Potatoes with Pesto Dip
DAY 3	Banana Cherry Smoothie	Fruit Mono Meal	Raw Vegan Lasagna
DAY 4	Ginger-Pineapple Chia Pudding	Kale Caesar	Pumpkin Alfredo Pasta
DAY 5	Sweet and Sour Smoothie Bowl	Tropical Fruit Salad	Amazing Pizza with Marinara and Parmesan Cheese



Week 1 Meal Plan

EASY HIGH-RAW MEALS

DAY 6

BREAKFAST

Sweet Acai Bowl

LUNCH

Raw Vegan Greek Salad

DINNER

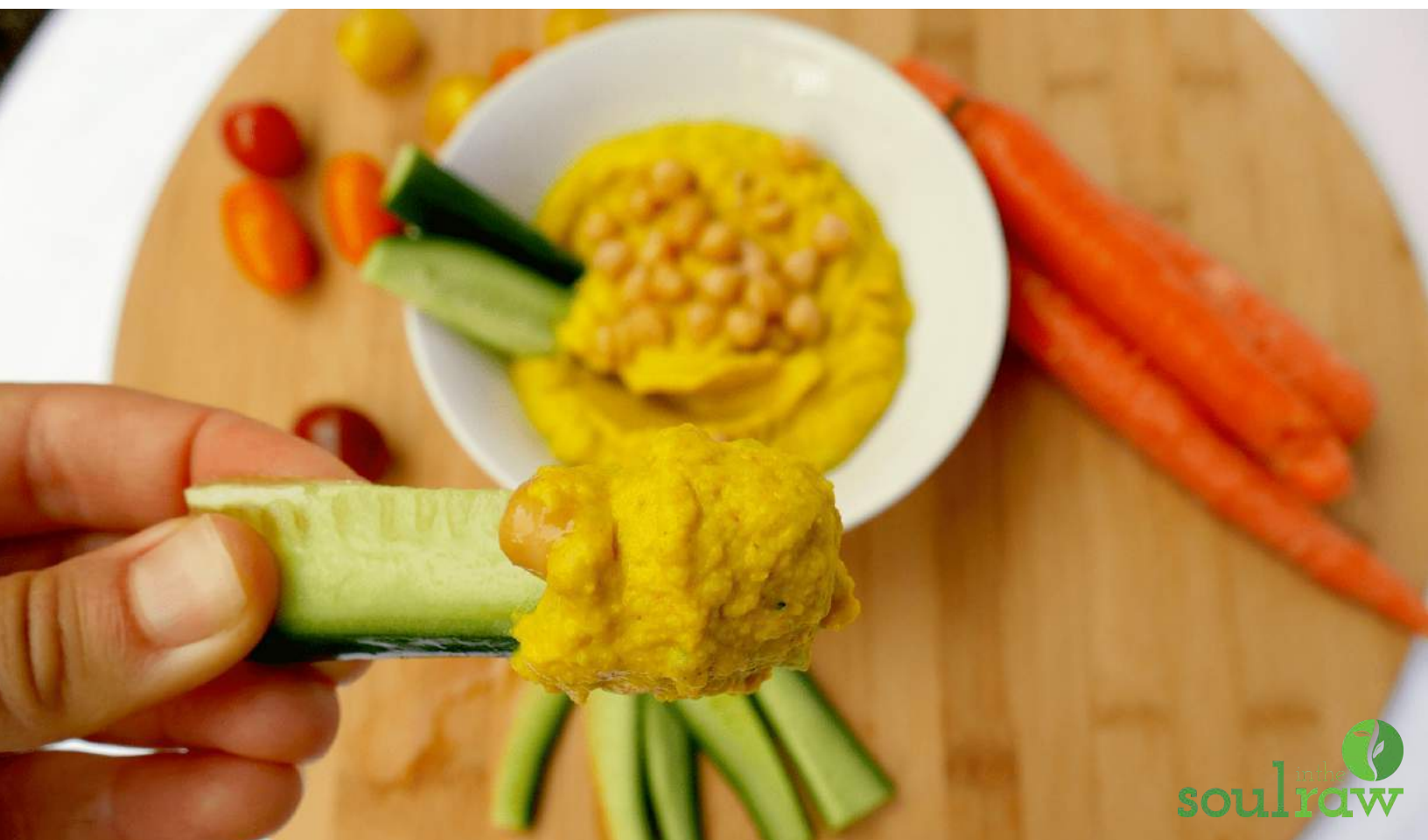
Creamy and Earthy Root Vegetable Soup

DAY 7

Delicious Green Smoothie Bowl

Fruit Mono Meal

Quick, Creamy & Filling Fermented Salad Bowl



A top-down view of a white plate with a blue rim, filled with golden-brown roasted sweet potato wedges. A clear glass bowl filled with a vibrant green salsa sits on the right side of the plate. The background is a plain white surface.

Day 1 Meal Plan

EASY HIGH-RAW MEALS

Batch Cooking Guide

PRE-COOK FOR THE WEEK

The day before batch cooking:

Soak the following in water, in separate containers (each bullet point in a separate dish/container), overnight:

- 1.5 cups raw pumpkin seeds
- ¼ cup raw cashews
- ¼ cup raw cashews
- ½ cup chickpeas

Batch Cooking Day:

Prep the following:

1. Soak 5 Brazil nuts in water for 8 hours/overnight. Rinse and drain, and place in the fridge for weekly snacking – to get your daily selenium in.

2. Freeze 7 bananas. Make sure they are completely ripe (have black cheetah spots on them), peel, and cut into 3 pieces, then freeze.

3. Berry Overnight Oatmeal, for breakfast day 1 (keep 2-3 days in the fridge)

Ingredients:

- 2 cup rolled oats
- 2 cups mixed frozen or fresh berries
- 1 tablespoon whole flax seeds
- 2 Medjoul dates, pitted
- 1 ripe and spotty banana, peeled
- ¼ teaspoon turmeric
- a pinch of black pepper
- 1 teaspoon cinnamon

Method:

1. Use a small blender to grind flax seeds
2. Pit and chop the dates
3. Mix oats and water very well in a bowl
4. Add banana to the oats, and mash it very well
5. Add flax, berries, chopped dates, turmeric, black pepper, and cinnamon
6. Store in the fridge overnight for the next day's breakfast

4. Hummus, for lunch day 1 (keeps 2-3 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 3 days)

Ingredients:

- 1 tablespoon raw, unroasted tahini
- 1 tablespoon chia seeds
- Juice of ½ lemon (about 2 tablespoons lemon juice)
- ¼ teaspoon Himalayan salt
- 1 teaspoon cumin
- ½ teaspoon smoked paprika
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 small red pepper (4-5 ounces, about ¾ cup chopped)
- 1 small zucchini (about 4 ounces)
- 1 garlic clove (optional)
- ¼ cup water

Method:

1. Place all ingredients in a blender (starting with the red pepper, zucchini, and water for easier blending), and blend until very smooth.

Batch Cooking Guide

PRE - COOK FOR THE WEEK

5. Pesto, for dinner day 1, day 2, and day 3 (keeps 2-3 days in the fridge; place in the freezer in 3 different containers-divide into 3 portions, because we will use it 3 times during the week, and remove 1 hour before use)

Ingredients:

- 1.5 cups pumpkin seeds, soaked overnight, rinsed and drained
- 3 cups zucchini, chopped
- 3 tablespoon lemon juice (juice of ½ lemon)
- 6 cups baby spinach, tightly packed
- 1.5 cup basil, tightly packed
- 1.5 teaspoon Himalayan salt
- 4.5 tablespoons nutritional yeast

Method:

Soak pumpkin seeds overnight in filtered water (about 8 hours)

1. Rinse the pumpkin seeds well, and drain
2. Place zucchini, lemon juice, nutritional yeast, and salt in the food processor and process for about 30 seconds
3. Add spinach and basil, and process again for another about 30 seconds
4. Add rinsed pumpkin seeds, and process until a pesto-like consistency results
5. Be sure to scrape the sides of the food processor with a spatula so that no chunks remain

6. Tomato sauce, for dinner day 3 (keeps 2-3 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 3 days)

Ingredients:

- 3 cups tomatoes of your choice, chopped
- 1 cup sundried tomatoes, oil-free
- 1 small piece of ginger (about 1")
- Italian herbs to taste
- 1 tablespoon onion powder
- 1 tablespoon chia seeds
- 1 Medjoul date, pitted

Method:

Place all ingredients in a blender, and blend until smooth.

7. Cashew cheese, for dinner day 3 (keeps 2-3 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 3 days)

- 1/4 cup raw cashews, soaked in water overnight, rinsed and drained
- 1/4 cup filtered water
- 1 tablespoon freshly squeezed lemon juice (about ½ lemon)
- 1 teaspoon onion powder
- 1 tablespoon nutritional yeast
- 1/4 teaspoon Celtic sea salt
- 1 pinch of nutmeg
- 1 cup zucchini, chopped

Method:

1. Soak the cashews overnight, then rinse really well and drain.
2. Optional: peel the zucchini to keep the color from turning green. I like to leave the peels on for extra nutrition.
3. Place all ingredients in a blender, and blend until smooth.

Batch Cooking Guide

PRE - COOK FOR THE WEEK

8. Chia pudding, for breakfast day 4 (keeps 3-4 days in the fridge)

Ingredients:

For the milk:

- 1 tablespoon raw, unroasted almond butter
- 1.5 cups water
- 3 medjoul dates, pitted
- A splash of alcohol-free vanilla extract (optional)
- 1/4 teaspoon turmeric powder + a pinch of black pepper
- A small piece of ginger (about 1")
- 1 cup frozen pineapple

For the pudding:

- 1/3 cup chia seeds

Method:

1. Blend all ingredients until smooth.
2. Place in a bowl, and stir in the chia seeds.
3. Place in the fridge overnight to thicken for best results.
4. Top with any fresh fruit of choice, or enjoy as is.

9. Caesar Dressing, for lunch day 4 (keeps 2-3 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 3 days)

- 2 tablespoons hemp seeds
- 1/4 cup water
- 2 tablespoons nutritional yeast
- 2 tablespoons fresh lemon juice
- 1 clove garlic peeled
- 1 tablespoon capers
- 1 cup zucchini
- 1 tablespoon Tamari

Method:

1. Soak capers in water to get rid of extra salt
2. Rinse and drain the capers
3. Peel the zucchini if you want the dressing to stay white
4. Place all ingredients in the blender, starting with the zucchini
5. Blend until smooth

10. Alfredo sauce, for dinner day 4 (keeps 2-3 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 3 days)

Ingredients:

- 1/4 cup raw cashews, soaked overnight in filtered water
- A splash of water, for blending
- 1/4 teaspoon dried sage powder
- 1/4 cup pumpkin puree
- 1/4 teaspoon sea salt
- A few pinches of black pepper
- 1/2 tablespoons lemon juice

Method:

1. Soak cashew overnight by placing them in a bowl, and covering them with filtered water.
2. Drain the cashews.
3. Place all ingredients in a blender and blend until very smooth.

Batch Cooking Guide

PRE-COOK FOR THE WEEK

*Note: for this recipe, you can either use store-bought pumpkin puree, or make your own. It will take much longer to make your own, but will save you money, and of course fresh is always healthiest. To make fresh pumpkin puree, pre-heat your oven to 400F. Cut a small sugar pumpkin's stem off with a very sharp knife. Then, cut the pumpkin in half with your knife, and scoop out all of the seeds (which you can dry and eat). Once your oven is hot, place your pumpkin on a parchment-lined baking sheet, cut side down. Bake for about 30 minutes, or until you can easily pierce the peel with a knife. Once the pumpkin is soft enough, let it cool slightly. Once it's slightly cooler, peel the pumpkin. I have found the best way to do this was by laying it on its peel on a cutting board, and pulling the flesh away from the peel with your hands. Then, place all the peeled pumpkin in a blender, and use a tamper to blend really well until completely pureed and smooth. 1 small sugar pie pumpkin makes about 4-5 cups of puree.

11. Parmesan Cheese, for dinner day 5 (keeps 2-3 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 3 days)

Ingredients:

1 teaspoon garlic and herb no salt seasoning (or garlic powder)
1/8 cup hemp seeds
1/2 tablespoon nutritional yeast
1/8 teaspoon Himalayan salt

Method:

1. Place all ingredients in a food processor or magic bullet 1-cup blender with flat blade, and process for about 5 seconds.

12. ½ cup Chickpeas, for lunch day 4 (keeps 3-4 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 4 days)

1. Soak chickpeas in water overnight
2. Drain and rinse chickpeas well
3. Boil chickpeas until they are soft, about 45 minutes to 1 hour. Begin by bringing them to a boil, then reduce to simmer.
4. Store chickpeas in a container in the freezer, and remove about 1 hour before use to defrost.
5. You can definitely make more than this amount to have in the freezer for future use.



Kitchen Tools

VEGAN KITCHEN ESSENTIALS

These are the kitchen tools you will need for the recipes in this ebook, and frankly, they are a must for a great vegan kitchen. Each kitchen tool is linked to where you can purchase it:

1. [Blender](#) - this blender will last you a lifetime, and it also has a really great warranty attached. This is my #1 kitchen tool - I literally use it every single day, and often several times a day.
2. [Skinny silicone spatula](#) - tired of trying to get everything out of Vitamix? This tool will definitely change your life. It makes removing the contents of the Vitamix super easy.
3. [Pot/dutch oven](#) - this is my favorite pot to cook in, the healthiest and makes vegetables taste like heaven even without seasonings and oil!
4. [Silicone mat](#) - I refer to this in many recipes because it's a great tool for roasting veggies without oil and without having to buy parchment paper constantly.
5. [Food Processor](#) - an amazing tool for chopping quickly and for making many of the pates in this ebook.
6. [Baking tray](#) - to place under the silicone mat for roasting veg.
7. [Coconut bowls](#) - my favorite way to eat smoothie bowls. They are made of natural materials, they're beautiful, and they make your food taste better (at least I think so...)
8. [Mandolin](#) - for slicing veggies into thin ribbons, and great for creating raw lasagna - a recipe in this ebook.
9. [Glass containers](#) - I soak all my legumes and grains in glass containers and store my meal prep items in them too.
10. [Berkey water filter](#) - produces really great quality filtered water for both drinking and cooking/soaking.
11. [Magic bullet grinder](#) - for grinding flax seeds and other seeds, and making smoothies quickly on the go.
12. [Glass jars](#) - great for storing chia pudding and overnight oats, and drinking out of.
13. [Borner slicer](#) - for creating julienne shapes from vegetables and fruits.
14. [Ceramic knife set](#) - sharp knives that don't ruin the quality of your fruits and veggies.
15. [Dehydrator](#) - while this item is not a must, and I don't use it in this recipe ebook since most people don't own one, I highly recommend having one because it's so fun to make your own kale chips, crackers, and flavored nuts and seeds!

Grocery List

SHOP FOR THE WEEK

Vegetables

3 bell peppers, any color but green
3 carrots
3 sweet potatoes
2 medium potatoes, or 1 large sweet potato
1 head of garlic
8 zucchinis
1 head of broccoli
3 cucumbers, Persian if possible
1 red onion
1 sweet onion
5 large tomatoes
1 pint cherry tomatoes
1 avocado
1 cauliflower
4 lemons
1 lime

Greens and Herbs

2 heads of kale (1 curly, 1 kale of choice)
1 bunch basil (you will need 1.5 cups of basil – one bunch at the grocery store should be enough)
1 head of chard
1 bunch of mint
2 heads of romaine
1 bunch parsley or cilantro
1 container baby spinach – about 5 ounces (will need a total of 9 cups of spinach)

Fruits

[1 container Medjoul dates](#)

1 packet of frozen Acai puree (preservative free)
1 kiwi
12 bananas
5 cups strawberries, halved, fresh or frozen
1 persimmon (or 4-5 raw plums, or 1.5 cups fresh or frozen pineapple)
3 cups blueberries (fresh or frozen)
1 cup cherries, fresh or frozen
2 cups frozen pineapple, typically 1 package (or 1 fresh pineapple)
3 oranges
2 mangoes, fresh or frozen (about 4 cups chopped, or 1 container of frozen mango)
1 cup frozen or fresh mixed berries of choice
1 bottle of pure coconut water (optional)
3 more types of fruit for mono meal lunches:
1. 500 – 600 calories worth; example: 2 large melons, a large piece of watermelon, or any other fruit
2. 500 – 600 calories worth; example: 5 persimmons, 5 bananas, 5 peaches
3. 300 – 400 calories worth; example: 3 bananas, 3 cups grapes

Grocery List

SHOP FOR THE WEEK

Spices:

Dry:

[Cinnamon](#)
[Black pepper](#)
[Turmeric](#)
[Himalayan salt](#)
[Cumin](#)
[Smoked paprika](#)
[Onion powder](#)
[Garlic powder](#)
[Nutritional yeast](#)
[Italian seasoning](#)
[Sage](#)
[Nutmeg](#)
[Vegetable seasoning](#)
[Curry powder](#)
[Oregano](#)
[Thyme](#)
[Frontier chophouse seasoning](#) (or Italian seasoning)
[Garlic and herb no salt seasoning](#) (or garlic powder)

Fresh:

[Ginger](#)

Nuts and seeds, and nut and seed butters:

A few handfuls/a container of raw and unroasted:
[Whole flax seeds](#) (I prefer and recommend golden)

[Hemp seeds](#)
[Chia seeds](#)
[Pumpkin seeds](#)
[Brazil nuts](#)
[Cashews](#)
[Pine nuts](#)
[Tahini](#)
[Almond butter](#)
[Coconut butter](#)

Grains and Beans:

[2 cup rolled oats](#)
[1 serving \(about 3 ounces\) of whole grain pasta](#); I recommend [this lentil pasta](#)
[½ cup chickpeas](#)
[3 non-GMO corn tortilla chips](#)
[2 serving of your favorite whole-grain linguine \(about 5 ounces\)](#)
[½ cup quinoa](#)
Soy milk (preservative free, containing soy and water only)

Other Pantry Items:

[Blackstrap molasses](#)
[Cacao nibs](#)
Vanilla, or [alcohol-free vanilla extract](#) (optional)
[3 dried figs, unsulfured](#)
[Raw cacao powder](#)
[A package of sundried tomatoes \(one cup\), oil free](#)
[1 bottle of capers, in salt](#)
[Tamari](#)
[Pumpkin puree \(or 1 sugar pie pumpkin\)](#)
[Apple cider vinegar](#)
[Kalamata olives in vinegar \(oil free\)](#)
[Goji berries](#)
[Coconut flakes](#)
[Dried white mulberries](#)
Raw sauerkraut (I recommend WildBrine brand)
[Dulse flakes](#)
[Coconut vinegar](#)



BERRY OVERNIGHT OATMEAL

DAY 1 BREAKFAST

INGREDIENTS

2 cup rolled oats
 1 cup filtered water
 2 cups mixed frozen or fresh berries
 1 tablespoon whole flax seeds
 2 Medjoul dates, pitted
 1 ripe and spotty banana, peeled
 ¼ teaspoon turmeric
 a pinch of black pepper
 1 teaspoon cinnamon
 1 tablespoon cacao nibs

METHOD

- Use a small blender to grind flax seeds
- Pit and chop the dates
- Mix oats and water very well in a bowl
- Add banana to the oats, and mash it very well
- Add flax, berries, chopped dates, turmeric, black pepper, and cinnamon; top with cacao nibs
- It's best to store in the fridge overnight and enjoy in the morning, but you can also eat this breakfast right away

RAW HUMMUS WITH VEGGIES

DAY 1 LUNCH

INGREDIENTS

For the hummus:

1 tablespoon raw, unroasted tahini
 1 tablespoon chia seeds
 Juice of ½ lemon (about 2 tablespoons lemon juice)
 ¼ teaspoon Himalayan salt
 1 teaspoon cumin
 ½ teaspoon smoked paprika
 1/2 teaspoon onion powder
 1/2 teaspoon garlic powder
 1 small red pepper (4-5 ounces, about ¾ cup chopped)
 1 small zucchini (about 4 ounces)
 1 garlic clove (optional)
 ¼ cup water

For the veggies:

1 cup broccoli florets
 2 carrots, peeled and cut into matchsticks
 1 cucumber cut into matchsticks

METHOD

- For the hummus, place all ingredients in a blender (starting with the red pepper, zucchini, and water for easier blending), and blend until very smooth.
- Cut up the veggies, and dip with pleasure.





PESTO PASTA

DAY 1 DINNER

INGREDIENTS

For the pasta:

1 serving (about 3 ounces) of whole grain pasta; I recommend this lentil pasta

For the pesto:

Ingredients:

½ cup pumpkin seeds, soaked overnight, rinsed and drained
 1 cups zucchini, chopped
 1 tablespoon lemon juice (juice of ½ lemon)
 2 cups baby spinach, tightly packed
 ½ cup basil, tightly packed
 ½ teaspoon Himalayan salt
 1.5 tablespoons nutritional yeast

METHOD

For the pasta:

Cook according to package instructions
 Drain liquid, and place in a bowl

For the pesto:

Soak pumpkin seeds overnight in filtered water (about 8 hours)
 Rinse the pumpkin seeds well, and drain
 Place zucchini, lemon juice, nutritional yeast, and salt in the food processor and process for about 30 seconds
 Add spinach and basil, and process again for another about 30 seconds
 Add rinsed pumpkin seeds, and process until a pesto-like consistency results
 Be sure to scrape the sides of the food processor with a spatula so that no chunks remain
 Mix pasta with pesto and enjoy





CHOCOLATY BLUEBERRY SMOOTHIE

DAY 2 BREAKFAST

INGREDIENTS

2 medium ripe and spotty bananas, peeled
2 cups blueberries (fresh or frozen)
2 Medjoul dates, pitted
2 cups kale, chopped
2 tablespoons raw hemp seeds
2 tablespoons blackstrap molasses
1 tablespoon cacao nibs
½ cup water, or pure coconut water

METHOD

- Place bananas, dates, blueberries, kale, hemp, molasses, and water in the blender and blend until smooth. Following this order of placing in the blender allows easier blending.
- Add cacao nibs and pulse blend a few times to get some chocolate chunks in your smoothie.

FRUIT MONO MEAL

DAY 2 LUNCH

Eat as much fruit as you need to feel full and satisfied for 3-4 hours.

If this is your first time encountering the idea of mono meals, don't stress. It's fun and delicious, sweet and wonderful! The quantity of the meal may feel strange for you at first, but I promise that you will get used to it and it will make your digestion extremely smooth and will make you feel really great.

Be sure to rinse your mouth after you eat (preferably after every meal, but especially after a fruit meal).

Do not brush - just rinse or use the water pik as floss.

Suggestions: 5 persimmons, 5 bananas, 5 peaches, etc.

+1 Brazil nut for Selenium (soaked overnight)



POTATOES WITH PESTO DIP

DAY 2 DINNER

INGREDIENTS

For the pesto:

½ cup pumpkin seeds, soaked overnight, rinsed and drained
 1 cups zucchini, chopped
 1 tablespoon lemon juice (juice of ½ lemon)
 2 cups baby spinach, tightly packed
 ½ cup basil, tightly packed
 ½ teaspoon Himalayan salt
 1.5 tablespoons nutritional yeast

1-2 medium potatoes, or 1 large sweet potato

METHOD

- **For the potatoes:**
- Pre-heat the oven to 350F
- Cut the potatoes into chip-sized chunks
- Place potatoes on a silicone mat, in a baking dish or tray
- Cook for about 30 minutes, or until fork-tender
- If you wish, turn the stove to broil on 'high' and cook for about 1-2 minutes more, or until the potato wedges start to turn brown
- Watch carefully, as they may burn quickly
- Allow potatoes to cool slightly
- **For the pesto:**
- Soak pumpkin seeds overnight in filtered water (about 8 hours)
- Rinse the pumpkin seeds well, and drain
- Place zucchini, lemon juice, nutritional yeast, and salt in the food processor and process for about 30 seconds
- Add spinach and basil, and process again for another about 30 seconds
- Add rinsed pumpkin seeds, and process until a pesto-like consistency results
- Be sure to scrape the sides of the food processor with a spatula so that no chunks remain
- Serve potato wedges with pesto as dipping sauce





BANANA CHERRY SMOOTHIE

DAY 3 BREAKFAST

INGREDIENTS

2 frozen bananas, ripe and spotty,
peeled (fresh or frozen)
A pinch of vanilla or 1 teaspoon
vanilla extract (optional)
1 cup cherries, fresh or frozen,
pitted
3 dried figs, unsulfured
1 tablespoon cacao powder
1 tablespoon flax seeds
½ cup soymilk (preservative free,
containing soy and water only)
5 romaine lettuce leaves

METHOD

- Blend all ingredients in a blender until very smooth.
- Be sure to chew your smoothie and sip very slowly for best digestion.

FRUIT MONO MEAL

DAY 3 LUNCH

Eat as much fruit as you need to feel full and satisfied for 3-4 hours
Examples: 3 bananas, 3 cups grapes



RAW VEGAN LASAGNA

DAY 3 DINNER

INGREDIENTS

For the tomato sauce:

3 cups tomatoes of your choice, chopped
1 cup sundried tomatoes, oil-free
1 small piece of ginger (about 1")
Italian herbs to taste
1 tablespoon onion powder
1 tablespoon chia seeds
1 Medjoul date, pitted

For lasagna "noodles":

4 small (4 ounces) or 2 very large zucchinis
(about 12 ounces)

For the pesto:

½ cup pumpkin seeds, soaked overnight,
rinsed and drained
1 cups zucchini, chopped
1 tablespoon lemon juice (juice of ½ lemon)
2 cups baby spinach, tightly packed
½ cup basil, tightly packed
½ teaspoon Himalayan salt
1.5 tablespoons nutritional yeast

For the cheese sauce:

1/4 cup raw cashews, soaked in water
overnight, rinsed and drained
1/4 cup filtered water
1 tablespoon freshly squeezed lemon juice
(about ½ lemon)
1 teaspoon onion powder
1 tablespoon nutritional yeast
1/4 teaspoon Celtic sea salt
1 pinch of nutmeg
1 cup zucchini, chopped

METHOD

• For the tomato sauce:

• Place all ingredients in a blender, and blend until smooth.

• For the noodles:

- Cut each zucchini in half lengthwise, as straight as you can.
- Put on a cut-protection glove, and make long pasta noodles using a mandolin slicer, or a Borner Combi Slicer.
- Press the zucchini half down as much as you can and pass it through the mandolin to make a thin lasagna noodle.
- You can also just slice the zucchini into very thin strips using a sharp knife.
- To make 1 layer, place 3-4 strips of zucchini slightly overlapping on their long side in 1 row.

• For the pesto:

- Soak pumpkin seeds overnight in filtered water (about 8 hours)
- Rinse the pumpkin seeds well, and drain
- Place zucchini, lemon juice, nutritional yeast, and salt in the food processor and process for about 30 seconds
- Add spinach and basil, and process again for another about 30 seconds

• Add rinsed pumpkin seeds, and process until a pesto-like consistency results

• Be sure to scrape the sides of the food processor with a spatula so that no chunks remain

• For the cheese sauce:

- Soak the cashews overnight, then rinse really well and drain.
- Optional: peel the zucchini to keep the color from turning green. I like to leave the peels on for extra nutrition.
- Place all ingredients in a blender, and blend until smooth.
- Assembly: Layer some sauce, a layer of noodles as described, then sauce, then noodles until you run out of stuff!



GINGER-PINEAPPLE CHIA PUDDING

DAY 4 BREAKFAST

INGREDIENTS

For the milk:

- 1 tablespoon raw, unroasted almond butter
- 1.5 cups water
- 3 medjoul dates, pitted
- A splash of alcohol-free vanilla extract (optional)
- 1/4 teaspoon turmeric powder + a pinch of black pepper
- A small piece of ginger (about 1")
- 1 cup frozen pineapple

For the pudding:

- 1/3 cup chia seeds

METHOD

- Blend all ingredients, except chia seeds, until smooth.
- Place in a bowl, and stir in the chia seeds.
- Place in the fridge overnight to thicken for best results, but you can also eat after about 1 hour.
- Top with any fresh fruit of choice, or enjoy as is.

KALE CAESAR

DAY 4 LUNCH

INGREDIENTS

For the salad:

- 1 bunch of curly kale or about 4-7 cups of roughly chopped curly kale
- A pinch of black pepper
- 1/2 cup chickpeas, dry

For the Caesar dressing:

- 2 tablespoons hemp seeds
- 1/4 cup water
- 2 tablespoons nutritional yeast
- 2 tablespoons fresh lemon juice
- 1 clove garlic peeled
- 1 tablespoon capers
- 1 cup zucchini
- 1 tablespoon Tamari

For the croutons:

- 3 non-GMO corn tortilla chips

METHOD

• **For the salad:**

- Soak chickpeas in water overnight; drain and rinse chickpeas well
- Boil chickpeas until they are soft, about 45 minutes to 1 hour. Begin by bringing them to a boil, then reduce to simmer.
- Rinse chickpeas under cold water, and chop up the kale
- Add kale, chickpeas, and some black pepper on top

• **For the dressing:**

- Soak capers in water to get rid of extra salt; rinse and drain the capers
- Peel the zucchini if you want the dressing to stay white
- Place all ingredients in the blender, starting with the zucchini
- Blend until smooth

• **For the oil-free croutons:**

- Pre-heat the oven to 400F.
- Cut your tortillas into medium-sized pieces (the size doesn't matter, this is just so that it's easy to tear up later).
- Bake at 400F on a parchment-lined baking sheet or on a silicone mat for 10 minutes, then broil on high for another 3 minutes, watching that they don't burn.
- They should be crispy and golden brown when they are ready.
- Add dressing and croutons to the kale



PUMPKIN ALFREDO PASTA

DAY 4 DINNER

INGREDIENTS

For the pasta:

2 serving of your favorite whole-grain linguine (about 5 ounces)

For the sauce:

¼ cup raw cashews, soaked overnight in filtered water

A splash of water, for blending

¼ teaspoon dried sage powder

¼ cup pumpkin puree

¼ teaspoon sea salt

A few pinches of black pepper

½ tablespoons lemon juice

METHOD

- Soak cashew overnight by placing them in a bowl, and covering them with filtered water.
- Cook pasta according to package instructions.
- Drain pasta, and mix with the sauce.
- For the sauce, start by draining the cashews.
- Place all ingredients in a blender and blend until very smooth.

*Note: for this recipe, you can either use store-bought pumpkin puree or make your own. It will take much longer to make your own but will save you money, and of course fresh is always healthiest.

To make fresh pumpkin puree, preheat your oven to 400F. Cut a small sugar pumpkin's stem off with a very sharp knife. Then, cut the pumpkin in half with your knife, and scoop out all of the seeds (which you can dry and eat).

Once your oven is hot, place your pumpkin on a parchment-lined baking sheet, cut side down.

Bake for about 30 minutes, or until you can easily pierce the peel with a knife.

Once the pumpkin is soft enough, let it cool slightly.

Once it's slightly cooler, peel the pumpkin. I have found the best way to do this was by laying it on its peel on a cutting board and pulling the flesh away from the peel with your hands. Then, place all the peeled pumpkin in a blender, and use a tamper to blend really well until completely pureed and smooth.

1 small sugar pie pumpkin makes about 4-5 cups of puree.



SWEET AND SOUR SMOOTHIE BOWL

DAY 5 BREAKFAST

INGREDIENTS

1 persimmon (or 4-5 raw plums, or 1.5 cups fresh or frozen pineapple)
 2 ripe, frozen bananas, peeled
 1 Medjoul date, pitted
 1 tablespoon whole flax seeds
 2 cups strawberries, halved, fresh or frozen
 1 orange, peeled and seeds removed
 2 cups chard, chopped (stems removed)
 ¼ cup water or pure coconut water
 Top with: 1/3 cup cacao nibs, and 2 tablespoons pumpkin seeds

METHOD

- Soak pumpkin seeds overnight, rinse and drain.
- Place all ingredients in the blender, starting with the fresh unfrozen fruit (for easier blending), and blend until very smooth.
- If you're not using a high speed blender, be sure to grind the flax seeds before placing them in the blender.
- Place in a bowl, and top with toppings.

TROPICAL FRUIT SALAD

DAY 5 LUNCH

INGREDIENTS

+1 Brazil nut, soaked overnight
 2 mangoes, fresh or frozen, cut into chunks (about 4 cups chopped)
 1 cup frozen or fresh mixed berries of choice
 1 orange, peeled and cut into chunks
 ½ cup fresh mint, thinly chopped

METHOD

- Place all ingredients in a bowl, mix, and devour.



AMAZING PIZZA WITH PARMESAN CHEESE

DAY 4 DINNER

INGREDIENTS

For the crust:

½ cup quinoa, dry
1/3 cup water

For the tomato sauce:

1.5 cups tomatoes, chopped
1" piece of fresh ginger
¼ teaspoon Himalayan salt
1 Medjoul date, pitted
2 teaspoons apple cider vinegar
1 teaspoon Frontier chophouse seasoning
(or other Italian seasoning)

For the Parmesan:

1 teaspoon garlic and herb no salt
seasoning (or garlic powder)
1/8 cup hemp seeds
1/2 tablespoon nutritional yeast
1/8 teaspoon Himalayan salt

For the toppings:

2 cups kale, de-stemmed and chopped
6 Kalamata olives, in vinegar (not in oil),
pitted and chopped

METHOD

• For the crust:

- Pre-heat the oven to 400F
- Soak quinoa over night
- Rinse quinoa and drain well
- Place quinoa and water in a blender, and blend until smooth
- Pour mixture onto silicone-lined baking sheet, and bake for 20 minutes
- Take out of the oven, and allow to cool for 10-15 minutes, until it's very easy to flip. You can use a flat spatula to do this.
- After you flip the crust, smother it with tomato sauce (see instructions below). Bake for another 15 minutes.
- Take out of the oven, and top with toppings, and Parmesan cheese (see instructions below).

• For the tomato sauce:

- Blend all ingredients until smooth

• For the Parmesan:

- Place all ingredients in a food processor or magic bullet 1-cup blender with flat blade, and process for about 5 seconds.

• For the toppings:

- Remove the stems from the kale and keep for making your own home-made vegetable stock.
- Chop kale, and massage vigorously with your hands to wilt slightly. It will start to turn a greener color.
- Pit and chop olives.





SWEET ACAI BOWL

DAY 6 BREAKFAST

INGREDIENTS

100g of frozen Acai puree (1 packet; make sure it is preservative free)
 2 medium, ripe bananas, peeled
 2 pitted Medjoul dates
 3 cups spinach
 1 cup blueberries, frozen or fresh
 1 tablespoon whole flax seeds
 1 cup pineapple chunks, frozen or fresh
 ¼ cup water or pure coconut water
 Top with: 2 tablespoons goji berries + 1 tablespoon dry coconut flakes

METHOD

- An easy method for taking out the Acai from the packet: whack the frozen Acai on your counter a few times to break it in a few places. Slice the wrapper in half with a sharp knife, and slip out the puree into your blender.
- If not using a high speed blender, grind the flax seeds in a coffee grinder or small blender before using, then place into the blender.
- Place bananas, Acai puree, dates, spinach, blueberries, flax, pineapple, and water into a blender and blend until smooth.
- Top with goji berries and coconut flakes, or any other fresh fruit you may have.

RAW VEGAN GREEK SALAD

DAY 6 LUNCH

INGREDIENTS

For the feta:

Part 1:

½ of a medium cauliflower, broken by hand into small florets
 ¼ teaspoon Himalayan salt
 1 tablespoon lemon juice
 2 teaspoons apple cider vinegar

Part 2:

1 tablespoon nutritional yeast
 A pinch of Himalayan salt
 1 tablespoon raw almond butter
 1 clove of garlic (optional)
 ½ teaspoon dried oregano
 ½ teaspoon dried thyme

For the salad:

20 cherry tomatoes
 1 Persian cucumber
 ¼ red onion
 ½ bell pepper of any color but green
 ½ tablespoon lemon juice
 1 tablespoon capers, pickled in salt
 A pinch of oregano, thyme, and black pepper

METHOD

- **Part 1:**
 Marinate cauliflower florets in this mixture for about 10 minutes to soften.
- **Part 2:**
 While the cauliflower is marinating, run your food processor, and dump the garlic into it to chop up easily.
- Add all other ingredients to the food processor, and pulse a few times to combine.
- Add marinated cauliflower florets, and pulse a few times for a feta-like, crumbly mixture.
- **For the salad:**
 Soak capers in water to get rid of the extra salt.
- Rinse and drain capers, and chop them finely.
- Cube all vegetables.
- Mix all cubed vegetables, spices, chopped capers, and lemon juice.
- Add feta and enjoy.





CREAMY ROOT VEGETABLE SOUP

DAY 6 DINNER

INGREDIENTS

+ 2 Brazil nuts, soaked overnight in filtered water, drained

6 cup raw sweet potato, cubed

1 cups raw carrots, cubed

2 tablespoons coconut butter

Juice of 1 lime (2 tablespoons)

½ teaspoon Himalayan salt

1 teaspoon curry powder

Small piece of ginger (about 1")

½ cup water

METHOD

- Steam the cubed carrots and sweet potato until soft (about 30 minutes).
- Add vegetables and all other ingredients to a blender, and puree until very smooth.





DELICIOUS GREEN SMOOTHIE BOWL

DAY 7 BREAKFAST

INGREDIENTS

3 medium ripe bananas, peeled and frozen
 1 kiwi, peeled
 3 cups strawberries, halved, fresh or frozen
 1 Medjoul date, pitted
 2 cups kale, chopped, stem removed
 1 tablespoon flax seeds
 1 orange, peeled and seeded
 1 cup chopped parsley or cilantro
 ¼ cup water or fresh coconut water
 Top with: 0.5 cups whole dried mulberries, and 2 tablespoons cacao nibs

METHOD

- Peel and freeze ripe bananas overnight.
- If not using a high speed blender, grind the flax seeds in a coffee grinder or small blender before using, then place into the blender.
- Place peeled kiwi, strawberries, bananas, date, kale, flax, an orange, greens, and water into a blender and blend until very smooth.
- Top with toppings, and eat with a spoon.

FRUIT MONO MEAL

DAY 7 LUNCH

500 – 600 calories; enough to keep you full and satisfied for 3-4 hours
 Example: 2 large melons, a large piece of watermelon, or any other fruit





QUICK & FILLING FERMENTED SALAD BOWL

DAY 7 DINNER

INGREDIENTS

+ 1 Brazil nut, soaked overnight rinsed and drained

Ingredients:

1 head of romaine or red-leaf lettuce, chopped
 1 large cucumber, chopped
 15 cherry tomatoes, chopped in half
 ¼ sweet onion, chopped
 1 bell pepper (any color but green), chopped
 3 tablespoons raw purple kraut (I use Wildbrine)
 – or make homemade
 ½ ripe avocado, chopped
 2 tablespoons vegetable seasoning
 2 tablespoons nutritional yeast
 1 tablespoon dulse flakes
 2 tablespoons pine nuts
 2 tablespoons lemon juice (juice of about ½ lemon)
 1 tablespoon coconut vinegar

METHOD

- Chop all vegetables.
- Mix vegetables with all other ingredients, and mix thoroughly with your hands (yes, it's fun playing with your food!)





Week 2 Meal Plan

EASY HIGH-RAW MEALS

	BREAKFAST	LUNCH	DINNER
DAY 1	Quick, Berry-Licious Oats	Fruit Mono Meal	Raw Taco Salad
DAY 2	Pear Smoothie Bowl	Fruit Mono Meal	Raw Collard Wraps
DAY 3	Green Ice Cream	Dessert! Butter-Stuffed Dates	Dilly Potato Salad with Sour Cream
DAY 4	Chocolate Breakfast Cereal	Papaya-Mango Salad	Heavenly Stuffed Sweet Potatoes
DAY 5	Apricot Strawberry Smoothie Bowl	Pomegranate Tabbouleh Salad	Sushi Buddha Bowl



Week 2 Meal Plan

EASY HIGH-RAW MEALS

BREAKFAST

LUNCH

DINNER

DAY 6

Chocolate Cherry
Smoothie Bowl

Fruit Mono Meal

Asian Tacos

DAY 7

Strawberry-Basil
Chia Pudding

Simple Spinach
Fruit Salad

Soba Noodle Salad



Week 2 Meal Plan

EASY HIGH-RAW MEALS

Batch Cooking Guide

PRE-COOK FOR THE WEEK

The day before batch cooking:

Soak the following in water, in separate containers (each bullet point in a separate dish/container), overnight:

- ¼ cup sunflower seeds
- 1 cup raw cashews
- ¾ cup quinoa, dry

Batch Cooking Day:

Prep the following:

1. **Soak 3 Brazil nuts** in water for 8 hours/overnight. Rinse and drain, and place in the fridge for weekly snacking – to get your daily selenium in.
2. Do the same with **2 tablespoons pumpkin seeds**, in a separate container.
3. **Freeze 12 bananas**. Make sure they are completely ripe (have black cheetah spots on them), peel, and cut into 3 pieces, then freeze.

4. Quick, Berry-Licious Oats for breakfast day 1 (keeps 4-5 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 5 days)

Ingredients:

- 1 cup rolled oats
- 1 very ripe banana
- 1/4 cup water
- 1 tablespoon flax seeds, ground (grind upon use, do not buy ground flax)
- 1 cup berries of your choice, fresh or frozen
- 2 tablespoons raisins

Method:

1. Place oats in a bowl, and mash your banana into your oats. Make sure the banana is very ripe and spotted.
2. Add the water and flax seeds and allow to sit for 10-15 minutes to thicken up.
3. Add raisins and fruit.
4. Place in a jar or glass container in the fridge.

5. Taco Meat for dinner day 1 (keeps 2-3 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 3 days)

Ingredients:

- ¼ cup raw sunflower seeds soaked in filtered water for 8 hours, rinsed and drained
- ¼ cup sundried tomatoes
- 1 cups zucchini chopped
- 1 tablespoon raw unfiltered apple cider vinegar
- 1.5 teaspoons chili powder
- ¼ white sweet onion

Method:

1. Soak sunflower seeds in filtered water overnight.
2. Drain and rinse very well.
3. Place the onion and zucchini in the food processor, and pulse a few times to break them down.
4. Add the rest of the ingredients, and pulse until a ground-meat like consistency results.
5. If you are using super dry sundried tomatoes, it helps to grind them in a coffee grinder or magic bullet blender with grinder blade first.
6. If your tomatoes are not very salty, you will want to add some salt to this. Start with ¼ teaspoon, process, then add more if needed.
7. Place in a glass container in the fridge.

Batch Cooking Guide

PRE - COOK FOR THE WEEK

6. Sour Cream for dinner day 1, 3, 4, and 5 (keeps 2-3 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 3 days)

- 1 cup cashews, soaked overnight, rinsed and drained
- 6 tablespoons coconut vinegar
- 1 teaspoon Himalayan pink salt
- 4 cups chopped zucchini (peel if you want the result to be white)

Method:

1. Soak cashews in filtered water overnight.
2. Drain and rinse very well.
3. Place all ingredients in a blender starting with the zucchini, and blend until smooth.
4. Divide into 4 equal portions, in 4 different glass containers. (You will use this 4 times during the week).
5. Place in the freezer.
6. Remove from freezer about 1 hour before use.

7. Guacamole for dinner day 1 and 4 (keeps 2-3 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 3 days)

- 1 ripe avocado
- Juice of ½ lime
- A pinch of sea salt

Method:

1. Scoop avocado out into a bowl
2. Add all other ingredients
3. Mash with a fork really well
4. Place the pit in with the guacamole to keep it from going brown
5. Place in a glass container in the fridge.
6. Don't forget: you will only use half for each meal during the week.

8. Sautéed Vegetables for dinner day 2 and 7 (keeps 3-4 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 4 days)

- 4 cups eggplant, cubed
- 10 Brussels sprouts, halved
- ½ of a white sweet onion
- ¼ cup water
- 1 cup frozen peas

Method:

1. Place onion in a non-stick dry skillet (no liquids or oil), on high heat, and cook for about 10 minutes, or until it turns brown.
2. Add chopped eggplant, ¼ cup water halved Brussels sprouts, and cook for about 30 minutes at medium heat.
3. Add frozen peas, and cook for another 5-7 minutes at medium heat (or until all vegetables are very soft when pierced with a fork, and the peas are no longer frozen).
4. Place in a glass container in the fridge. Don't forget: you will only use half for each meal during the week.

9. Baked Sweet Potatoes for dinner day 2, 4 and 5 (keeps 3-4 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 4 days)

Ingredients:

- 1 medium sweet potato, cubed
- (+optional: 1 more sweet potato)

Method:

1. Pre-heat oven to 350F.
2. Place cubed sweet potato on a silicone mat-lined baking sheet.
3. Bake for about 40 minutes, or until the sweet potato is very soft when pierced with a fork.
4. Place in a glass container in the fridge. Don't forget: you will only use half for each meal during the week.

Batch Cooking Guide

PRE - COOK FOR THE WEEK

+optional sweet potato:

1. If you'd like, you can also prepare an additional sweet potato for the stuffed sweet potato dish, or you can do this the day of.
2. Pre-heat the oven to 350F
3. Pierce the sweet potatoes with a knife or fork a few times, all around
4. Place sweet potatoes on a silicone baking sheet
5. Bake for 45 minutes – 1 hour, or until it is extremely tender when pierced with a fork. Be sure to pierce all the way through when checking for softness.

10. Quinoa for dinner day 2, 4 and 5 (keeps 3-4 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 4 days)

Ingredients:

- ¾ cup quinoa, dry, soaked overnight, rinsed and drained
- 1.5 cup filtered water

Method:

1. Soak quinoa in filtered water overnight.
2. Rinse quinoa and drain well.
3. Place quinoa in a pot of boiling water, with the ½ cup filtered water.
4. Bring down to simmer, and cook for about 20 minutes, or until all water is absorbed.
5. Place in glass container in the fridge. Don't forget: you will only use half for each meal during the week.

11. Asian Sauce for dinner day 6 and 7 (keeps 2-3 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 3 days)

Ingredients:

- 2 tablespoons raw, unroasted almond butter
- 1 tablespoon chia seeds
- 20 cherry tomatoes
- 2 tablespoon tamari
- 2 Medjoul dates, pitted
- 1 teaspoon Eden organics brown mustard
- 1" piece of ginger
- ¼ cup water

Method:

1. Place all ingredients, starting with tomatoes and chia seeds, in the blender.
2. Blend until completely smooth.
3. Divide into 2 glass containers, and place in the freezer. You will use this sauce twice this week.
4. Remove from freezer about 1 hour before use.

Kitchen Tools

VEGAN KITCHEN ESSENTIALS

These are the kitchen tools you will need for the recipes in this ebook, and frankly, they are a must for a great vegan kitchen. Each kitchen tool is linked to where you can purchase it:

1. [Blender](#) - this blender will last you a lifetime, and it also has a really great warranty attached. This is my #1 kitchen tool - I literally use it every single day, and often several times a day.
2. [Skinny silicone spatula](#) - tired of trying to get everything out of Vitamix? This tool will definitely change your life. It makes removing the contents of the Vitamix super easy.
3. [Pot/dutch oven](#) - this is my favorite pot to cook in, the healthiest and makes vegetables taste like heaven even without seasonings and oil!
4. [Silicone mat](#) - I refer to this in many recipes because it's a great tool for roasting veggies without oil and without having to buy parchment paper constantly.
5. [Food Processor](#) - an amazing tool for chopping quickly and for making many of the pates in this ebook.
6. [Baking tray](#) - to place under the silicone mat for roasting veg.
7. [Coconut bowls](#) - my favorite way to eat smoothie bowls. They are made of natural materials, they're beautiful, and they make your food taste better (at least I think so...)
8. [Mandolin](#) - for slicing veggies into thin ribbons, and great for creating raw lasagna - a recipe in this ebook.
9. [Glass containers](#) - I soak all my legumes and grains in glass containers and store my meal prep items in them too.
10. [Berkey water filter](#) - produces really great quality filtered water for both drinking and cooking/soaking.
11. [Magic bullet grinder](#) - for grinding flax seeds and other seeds, and making smoothies quickly on the go.
12. [Glass jars](#) - great for storing chia pudding and overnight oats, and drinking out of.
13. [Borner slicer](#) - for creating julienne shapes from vegetables and fruits.
14. [Ceramic knife set](#) - sharp knives that don't ruin the quality of your fruits and veggies.
15. [Dehydrator](#) - while this item is not a must, and I don't use it in this recipe ebook since most people don't own one, I highly recommend having one because it's so fun to make your own kale chips, crackers, and flavored nuts and seeds!

Grocery List

SHOP FOR THE WEEK

Vegetables

- 1 small head of purple cabbage
- 5 medium carrots of any color
- 1 bunch green onions
- 2 sweet potatoes
- 2-3 medium potatoes (red or Yukon gold)
- 1 jalapeno
- 1 small eggplant
- 10 Brussels sprouts
- 2 sweet white onions
- 1 small package frozen peas (1 cup needed altogether)
- 2 avocados
- 5 medium zucchinis
- 3 roma tomatoes
- 1 cucumber
- 2 red bell peppers
- 20 cherry tomatoes (usually, 1 small container)

Greens and Herbs

- 1 bunch chard (2 cups needed, altogether)
- 7 cups spinach (210 grams)
- 2 cups (or 2 large handfuls) spring mix (1 small container)
- 1 bunch fresh dill (or [1 bottle of dried dill](#))
- 1 small bunch of kale
- 1 bunch of basil
- 2 cups arugula (or 2 large handfuls; 1 small container)
- 1 large bunch of cilantro or parsley
- 1 bunch of cilantro
- 1 small bunch fresh mint (or [1 bottle of dried mint](#))
- 1 bunch of collard leaves (try to find the biggest leaves possibly, that are not torn or damaged)

Fruits

[1 container Medjoul dates](#)

- 16 bananas
- 1 pear
- 2 oranges
- 4 cups strawberries
- 1 cup berries of your choice, fresh or frozen
- 1 cup frozen cherries
- 2 limes
- 1 lemon
- 4 cups mango, or 2 medium mangos
- 2 cups papaya, or 1 medium papaya
- 4 apricots (fresh or [dried, unsulfured](#))
- Kernels from 1 pomegranate (about 1 cup of seeds, or 5-6 ounces)
- 1 bottle of Harmless Harvest raw coconut water (optional)
- 3 more types of fruit for mono meal lunches:
 1. 600 – 700 calories worth; example: 4 large papayas, 6 cups fresh cherries
 2. 400 – 600 calories worth; example: 5 persimmons, 5 bananas, 5 peaches, 4 grapefruits
 3. 400 – 500 calories worth; example: 4-5 apples or pears

Grocery List

SHOP FOR THE WEEK

Spices:

Dry:

[Cinnamon](#)
[Black pepper](#)
[Turmeric](#)
[Himalayan salt](#)
[Nutritional yeast](#)
[Chili powder](#)
[Cayenne pepper \(skip if you don't like spicy\)](#)

Fresh:

[Ginger](#)

Nuts and seeds, and nut and seed butters:

A few handfuls/a container of raw and unroasted:

[Whole flax seeds \(I prefer and recommend golden\)](#)
[Hemp seeds](#)
[Chia seeds](#)
[Pumpkin seeds](#)
[Sunflower seeds](#)
[Brazil nuts](#)
[Cashews](#)
[Almond butter](#)

Grains and Beans:

[1 cup rolled oats](#)
[¾ cup quinoa](#)
8 ounces tempeh (non-GMO, preferably organic; I use Lightlife brand in original)
[3 non-GMO corn tortilla chips](#)
[3 ounces \(1 serving size\) soba noodles, 100% buckwheat](#)

Other Pantry Items:

Vanilla, or [alcohol-free vanilla extract](#) (optional)
[2 tablespoons organic raisins](#)
[2 nori sheets](#)
[Eden organics brown mustard](#)
[Blackstrap molasses](#)
[Cacao nibs](#)
[Raw cacao powder](#)
[A package of sundried tomatoes \(one cup\), oil free](#)
[Tamari](#)
[Apple cider vinegar](#)
[Coconut vinegar](#)



QUICK, BERRY-LICIOUS OATS

DAY 1 BREAKFAST

INGREDIENTS

1 cup rolled oats
1 very ripe banana
1/4 cup water
1 tablespoon flax seeds, ground
(grind upon use, do not buy ground flax)
1 cup berries of your choice, fresh or frozen
2 tablespoons raisins
1 teaspoon cinnamon

METHOD

- Place oats in a bowl, and mash your banana into your oats. Make sure the banana is very ripe and spotted.
- Add the water and flax seeds and allow to sit for 10-15 minutes to thicken up.
- Add raisins and fruit.

FRUIT MONO MEAL

DAY 2 LUNCH

Suggestions: 4 large papayas, 6 cups fresh cherries, etc.





RAW VEGAN TACO SALAD

DAY 1 DINNER

INGREDIENTS

2 cups spring mix
Taco meat
Salsa
Sour cream
Guacamole

For the taco meat:

¼ cup raw sunflower seeds soaked in filtered water for 8 hours, rinsed and drained
¼ cup sundried tomatoes
1 cups zucchini chopped
1 tablespoon raw unfiltered apple cider vinegar
1.5 teaspoons chili powder
¼ white sweet onion

For the salsa:

1 Roma tomato, diced
¼ cup chopped sweet white onion
¼ cup chopped cilantro
½ tablespoon chopped jalapeno (skip if you don't like spicy; I remove the seeds to make it less spicy)
Juice of 1/4 lime, freshly squeezed
A pinch of Himalayan pink salt

For the sour cream:

¼ cup cashews, soaked overnight, rinsed and drained
1.5 tablespoons coconut vinegar
¼ teaspoon Himalayan pink salt
1 cups chopped zucchini (peel if you want the result to be white)

For the guacamole:

½ avocado
Juice of ¼ lime
A pinch of sea salt

METHOD

• For the taco meat:

- Soak sunflower seeds in filtered water overnight; drain and rinse very well.
- Place the onion and zucchini in the food processor, and pulse a few times to break them down.
- Add the rest of the ingredients, and pulse until a ground-meat like consistency results.
- If you are using super dry sundried tomatoes, it helps to grind them in a coffee grinder or magic bullet blender with grinder blade first.
- If your tomatoes are not very salty, add extra salt. Start with ¼ teaspoon, process, then add more if needed.

• For the salsa:

- Chop all ingredients as finely as possible, and place in a bowl.
- The longer it sits and marinates the better, as all the flavors will mix and intensify.
- To save time, I like to take the easy route and just place all ingredients in my food processor, and pulse.

• For the sour cream:

- Soak cashews in filtered water overnight; drain and rinse well.
- Place all ingredients in a blender starting with the zucchini, and blend until smooth.

• For the guacamole:

- Scoop avocado out into a bowl
- Add all other ingredients, and mash with a fork really well
- If keeping in the fridge or making ahead, place the pit in with the guacamole to keep it from going brown

• Assembly:

- Place spring mix into a bowl, and top with guacamole, sour cream, salsa, and taco meat.
- Prepare your mouth for the rich, creamy, ridiculously delicious taste of heaven.





PEAR SMOOTHIE BOWL

DAY 2 BREAKFAST

INGREDIENTS

2 bananas, ripe and frozen
1 semi-soft, ripe pear, center removed
1 Medjoul date, pitted
1" piece of ginger, or 1 teaspoon cinnamon (I use both)
1 tablespoon flax seeds, whole
2 cups chard, roughly chopped, stem removed
¼ cup water, or coconut water

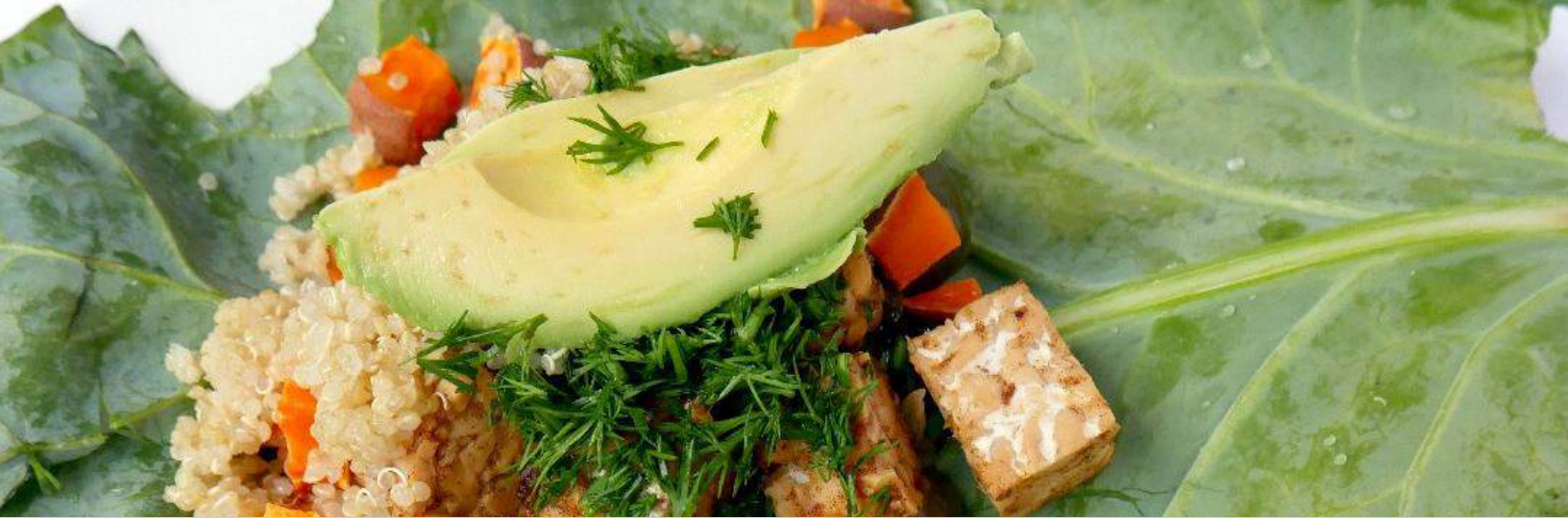
METHOD

- Peel and freeze ripe and spotty bananas
- Remove the stems from the chard, remove date pit, and remove the core of the pear
- Place all ingredients in a blender, and blend until smooth
- Note: if not using a high speed blender, be sure to pre-grind the flax seeds in a coffee grinder before adding to the blender
- Pour the smoothie into a bowl, and top with any fresh fruit of choice
- Enjoy with a spoon!

FRUIT MONO MEAL

DAY 2 LUNCH

Suggestions: 4 grapefruits, 4 bananas, etc.



COLLARD WRAPS

DAY 2 DINNER

INGREDIENTS

+1 Brazil nut for selenium, soaked overnight

Vegetables

Tempeh

Sweet potato

1/2 avocado

Quinoa

3 tablespoons fresh dill (or 3 teaspoons dried dill)

Collard leaves

For the vegetables:

2 cups eggplant, cubed

5 Brussels sprouts, halved

¼ of a white sweet onion

¼ cup water

0.5 cups frozen peas

For the sweet potatoes:

½ medium sweet potato, cubed

For the wrapper:

3 large collard leaves

For the quinoa:

¼ cup quinoa, dry, soaked overnight, rinsed and drained

½ cup filtered water

For the tempeh:

4 ounces tempeh

1 tablespoon tamari

½ Medjoul date, pitted

½ teaspoon cayenne pepper

METHOD

- **For the sweet potato:**
- Pre-heat oven to 350F.
- Place cubed sweet potato on a silicone mat-lined baking sheet.
- Bake for about 40 minutes, or until the sweet potato is very soft when pierced with a fork.
- **For the quinoa:**
- Soak quinoa in filtered water overnight.
- Rinse quinoa and drain well.
- Place quinoa in a pot of boiling water, with the ½ cup filtered water.
- Bring down to simmer, and cook for about 20 minutes, or until all water is absorbed.
- **For the tempeh:**
- Chop half a block of tempeh (4 ounces) into cubes.
- Place tamari, date, and cayenne in a shallow bowl or glass container.
- Use a fork to mash the date very well and break it up into pieces. You can also blend this mixture instead of mashing.
- If your date is super dry, you can leave it soaking in the tamari for a while so it's easier to mash.
- Add tempeh into the bowl/container, and allow to marinate from 10 minutes to 24 hours.



COLLARD WRAPS

DAY 2 DINNER

METHOD, CONTINUED

- **For the vegetables:**
- Place onion on a non-stick dry skillet (no liquids or oil), on high heat, and cook for about 10 minutes, or until it turns brown.
- Add chopped eggplant, $\frac{1}{4}$ cup water, halved Brussels sprouts, and cook for about 30 minutes at medium heat.
- Add frozen peas, and cook for another 5-7 minutes at medium heat (or until all vegetables are very soft when pierced with a fork, and the peas are no longer frozen).
- Chop up the dill very finely.
- Wash the collard leaves, and place them on a cutting board.
- Lay a sharp knife parallel to the cutting board, and slice off as much of the stem as you can by cutting parallel to the leaf, without tearing it.
- **Assembly:**
- Take your collard leaf, and lay it with the green shiny side down on a plate.
- Place $\frac{1}{3}$ of your vegetable mixture, quinoa, avocado, tempeh, sweet potato, and dill in the middle of each of the 3 collards.
- Major tip: don't overstuff your leaves, or they will be extremely hard to roll. If you have leftover stuff, just eat it like a salad (it's so good!)
- Roll the leaf into a wrap, like a burrito.
- If you are like me and are literally incapable of rolling this thing nicely, just leave it open and eat it with a fork and knife.
- PS – I added a splash of tamari into each collard leaf for a slightly more salty flavor, but this is optional.



GREEN ICE CREAM

DAY 3 BREAKFAST

INGREDIENTS

4 ripe, peeled, frozen bananas
1 Medjoul date, pitted
1 tablespoon flax seeds, whole
2 cups fresh spinach
A small splash of water or coconut water, for blending
2 tablespoons cacao nibs, and 1 cup blueberries (for topping)

METHOD

- Peel and freeze 4 very ripe, spotty bananas.
- Break bananas in half, and place in the blender with pitted date, flax, spinach, and water.
- Note: if not using a high speed blender, be sure to pre-grind the flax seeds in a coffee grinder before adding to the blender
- Blend until very smooth (soft-serve ice cream consistency), using your tamper.
- Top with cacao nibs and blueberries.

DESSERT! BUTTER-STUFFED DATES

DAY 3 BREAKFAST

INGREDIENTS

3 Medjoul dates, pitted
3 tablespoons almond butter
2 tablespoons hemp seeds

METHOD

- Pit the dates
- Stuff each date half with an equal amount of almond butter
- Top with hemp seeds, and yum, yum – you get a dessert lunch!



DILLY POTATO SALAD WITH SOUR CREAM

DAY 3 DINNER

INGREDIENTS

2-3 medium potatoes (red or Yukon gold)
3 tablespoons fresh dill (or 3 teaspoons dried dill)
A pinch of black pepper
1 tablespoon nutritional yeast
1 green onion, chopped

For the sour cream:

¼ cup cashews, soaked overnight, rinsed and drained
1.5 tablespoons coconut vinegar
¼ teaspoon Himalayan pink salt
1 cups chopped zucchini (peel if you want the result to be white)

METHOD

- **For the sour cream:**
- Soak cashews in filtered water overnight.
- Drain and rinse very well.
- Place zucchini, cashews, salt, and vinegar in a blender (in this order).
- Blend until smooth.
- **For the potatoes:**
- Place potatoes in a large pot and cover with water. Bring to a boil over high heat, then turn heat to simmer, cover, and cook until tender but still firm, about 15 minutes.
- Drain, and allow to cool by placing in a bowl of cold water for about 5 minutes.
- Leaving skins on, cut into bite-size pieces, and place in a large mixing bowl.
- Mix with sour cream, chopped green onion, nutritional yeast, fresh dill, and black pepper.





CHOCOLATE BREAKFAST CEREAL

DAY 4 BREAKFAST

INGREDIENTS

For the milk:

1 tablespoon almond butter
1.5 cups water
2 cups spinach
1 tablespoon raw cacao powder
1 Medjoul date
1 tablespoon flax seeds
1 tablespoon blackstrap molasses

3 ripe bananas, chopped
1 teaspoon cinnamon

METHOD

- Blend all ingredients to make the milk (aside from bananas)
- Chop bananas and add to the milk. Top with cinnamon. Enjoy!

PAPAYA-MANGO SALAD

DAY 4 LUNCH

INGREDIENTS

2 cups mango, chopped
2 cups papaya, chopped
2 tablespoons hemp seeds
Juice of 1 lime

METHOD

- Peel, de-seed, and chop mango and papaya in a bowl
- Add the hemp seeds
- Squeeze lime on top



HEAVENLY STUFFED SWEET POTATO

DAY 4 DINNER

INGREDIENTS

1 medium sweet potatoes
Quinoa
Guacamole
Sour cream
Salsa

For the quinoa:

¼ cup quinoa, dry
½ cup filtered water

For the guacamole:

0.5 avocado
Juice of ¼ lime
A pinch of sea salt

For the salsa:

1 Roma tomato, diced
¼ cup chopped sweet white onion
¼ cup chopped cilantro
½ tablespoon chopped jalapeno (skip if you don't like spicy; I remove the seeds to make it less spicy)
Juice of 1/4 lime, freshly squeezed
A pinch of Himalayan pink salt

For the sour cream:

¼ cup cashews, soaked overnight, rinsed and drained
1.5 tablespoons coconut vinegar
¼ teaspoon Himalayan pink salt
1 cups chopped zucchini (peel if you want the result to be white)

METHOD

- **For the sweet potatoes:**
- Pre-heat the oven to 350F
- Pierce the sweet potatoes with a knife or fork, all around
- Place sweet potatoes on a silicone baking sheet
- Bake for 45 minutes – 1 hour, or until it is extremely tender when pierced with a fork. Be sure to pierce all the way through when checking for softness.
- **For the quinoa:**
- Soak quinoa in filtered water overnight for better digestion
- Rinse the quinoa in a colander over running water well and drain
- Place the quinoa and ½ filtered water in a pot
- Bring to a boil, then turn down to simmer
- Simmer for 15-20 minutes, or until all water is gone from the pot
- Watch the quinoa to make sure it doesn't burn – this will happen if all water disappears from the pot
- **For the guacamole:**
- Scoop avocado out into a bowl
- Add all other ingredients and mash with a fork really well
- If keeping in the fridge or making ahead, place the pit in with the guacamole to keep it from going brown
- **For the salsa:**
- Chop all ingredients as finely as possible, and place in a bowl.
- The longer it sits and marinates the better, as all the flavors will mix and intensify.
- To save time, I like to take the easy route and just place all ingredients in my food processor, and pulse.
- **For the sour cream:**
- Soak cashews in filtered water overnight; drain and rinse very well.
- Place all ingredients in a blender starting with the zucchini, and blend until smooth.
- **Assembly:**
- Take the sweet potatoes out of the oven carefully, and slice in half
- Allow to cool slightly so you don't get burned
- Smash the inside of each half with a fork to make room for other ingredients
- Stuffed each half with quinoa, guacamole, salsa and sour cream





APRICOT STRAWBERRY SMOOTHIE BOWL

DAY 5 BREAKFAST

INGREDIENTS

4 medium bananas, very ripe
peeled, and frozen
4 apricots, pitted (fresh or dried,
unsulfured)
2 Medjoul dates, pitted
1 tablespoon flax seeds (whole)
1 cup strawberries, halved
¼ teaspoon turmeric
a pinch of black pepper
¼ cup coconut water or orange
juice, freshly squeezed

METHOD

- Peel and freeze very ripe bananas overnight
- Place all ingredients in a blender, placing the fresh fruit on the bottom, and blend until smooth.
- Note: if not using a high speed blender, be sure to pre-grind the flax seeds in a coffee grinder before adding to the blender

POMEGRANATE TABBOULEH SALAD

DAY 5 LUNCH

INGREDIENTS

1 large bunch of cilantro or parsley
½ sweet white onion
1 large tomato, diced
6 heaping tablespoons of hempseeds
½ English cucumber
1 red pepper
1 green onion
½ small bunch mint leaves (or 1
teaspoon dried mint)
Kernels from 1 pomegranate (about
1 cup of seeds, or 5-6 ounces)
For the Dressing:
Juice of 1 lemon
Juice of 1 orange
Sea salt, to taste (optional)

METHOD

- Chop all vegetables extremely thinly using a food processor or very sharp knife.
- Sprinkle hemp seeds and pomegranate seeds and toss well with dressing ingredients.
- You can allow it to marinate for an hour or so, if desired.



SUSHI BUDDHA BOWL

DAY 5 DINNER

INGREDIENTS

Veggies
Greens
Sweet potato
Quinoa
Sour cream
Seaweed

For the veg:

1 cup purple cabbage, shredded
1 red bell pepper, cubed
1 cup carrots, shredded

For the greens:

2 cups arugula

For the seaweed:

2 nori sheets, cut up into thin strips with scissors

For the potato:

½ medium sweet potato

For the quinoa:

¼ cup quinoa, dry
½ cup water

For the sour cream:

¼ cup cashews, soaked overnight, rinsed and drained
1.5 tablespoons coconut vinegar
¼ teaspoon Himalayan pink salt
1 cups chopped Zucchini (peel if you want the result to be white)

METHOD

• For the quinoa:

- Soak quinoa in filtered water overnight.
- Rinse quinoa and drain well.
- Place quinoa in a pot of boiling water, with the ½ cup filtered water.
- Bring down to simmer, and cook for about 20 minutes, or until all water is absorbed.

• For the sweet potato:

- Pre-heat oven to 350F.
- Place cubed sweet potato on a silicone mat-lined baking sheet.
- Bake for about 40 minutes, or until the sweet potato is very soft when pierced with a fork.

• For the sour cream:

- Soak cashews overnight in filtered water
- Drain and rinse very well
- Place all ingredients in a blender starting with the zucchini, and blend until smooth.

• For the vegetables:

- Use the shredding blade in your food processor to shred carrots, and the slicing blade to slice red cabbage (or chop/shred by hand).
- De-seed and cube the bell pepper.

- Use scissors to cut the nori sheets into thin strips.

• Assembly:

- Place arugula at the bottom of your bowl.
- Add all veggies, sweet potato, quinoa, cut up nori, and sour cream.





CHOCOLATE CHERRY HEMP PUDDING

DAY 6 BREAKFAST

INGREDIENTS

2 peeled, ripe frozen bananas
4 medjoul dates, pitted
¼ cup water, or coconut water
¼ cup hemp seeds
1 tablespoon raw cacao powder
A pinch of vanilla powder/a splash of extract (optional)
1 cup frozen cherries

METHOD

- Peel very ripe bananas, and freeze overnight
- Pit dates
- Place dates, water, hemp cacao, vanilla and cherries in the blender, and blend until very smooth and thick.

FRUIT MONO MEAL

DAY 6 LUNCH

Suggestions: 4-5 apples or pears



ASIAN TACOS

DAY 6 DINNER

INGREDIENTS

+1 brazil nut

Ingredients:

Tortillas

Vegetables

Tempeh

Asian sauce

For the tortilla:

3 corn tortillas, non-GMO and preferably organic (or use these raw coconut wraps for raw version, and skip the tempeh)

For the vegetables:

2 cups finely sliced purple cabbage

1 cup carrots, shredded

1 scallion, chopped

For the tempeh:

4 ounces tempeh, non-GMO and preferably organic

1 tablespoon tamari

½ Medjoul date, pitted

A pinch of cayenne pepper

For the Asian sauce:

1 tablespoon raw, unroasted almond butter

0.5 tablespoons chia seeds

10 cherry tomatoes

1 tablespoon tamari

1 date

0.5 teaspoons Eden organics brown mustard

1" piece of ginger

1/8 cup water

METHOD

- **For the tortillas:**

- Warm up the tortillas in 1 of two ways: you can use the oven, or a hot pan on the stove.

- In the oven: Heat up the oven to 400F, and place the tortillas on a silicone mat. Heat up for about 10 minutes on each side, or until hot all the way through. Make sure they do not burn, and watch them carefully.

- On a skillet: heat up a non-stick skillet on high. Cook tortillas for 5-10 minutes on each side, until hot all the way through. Make sure they do not burn, and watch them carefully.

- **For the vegetables:**

- Chop up cabbage, carrots, and scallion.

- I prefer to use the slicer blade of my food processor for the cabbage, and the shredding blade for the carrots, and chop up scallion by hand. It's a lot faster this way.

- **For the tempeh:**

- Mash 1 soft date with tamari and cayenne pepper in a small bowl or container. You can also do this in the blender. If your date is not very soft, you may want to use the blender to mix better, or soak it in tamari for a couple of hours before mashing.

- Cut half a block of tempeh into cubes.

- Add the tempeh to the tamari mixture, and mix the marinade in until it is well combined. Let marinate for 10-15 minutes, or even overnight.

- **For the Asian sauce:**

- Place all ingredients, starting with tomatoes and chia seeds, in the blender.

- Blend until completely smooth.

- **Assembly:**

- Place the tortillas on a plate.

- Add veggies, tempeh, and sauce, and enjoy!







STRAWBERRY-BASIL CHIA PUDDING

DAY 7 BREAKFAST

INGREDIENTS

For the milk:

1 tablespoon raw, unroasted
almond butter
1.5 cups water
3 medjoul dates, pitted
1 cup strawberries halved
¼ cup basil leaves, tightly packed
1/4 teaspoon turmeric powder + a
pinch of black pepper

For the pudding:

1/3 cup chia seeds

METHOD

- Blend all ingredients, except chia seeds, until smooth.
- Place in a bowl, and stir in the chia seeds.
- Place in the fridge overnight to thicken for best results, but you can also eat after about 1 hour.
- Top with any fresh fruit of choice, or enjoy as is.

SIMPLE SPINACH-FRUIT SALAD

DAY 7 BREAKFAST

INGREDIENTS

1 Medjoul date, pitted and chopped
1 Brazil nut, soaked overnight
2 cups strawberries, halved (fresh or frozen)
2 tablespoons pumpkin seeds, soaked overnight
3 cups spinach
2 cups mango, chopped (fresh or frozen)

METHOD

- Soak Brazil nuts and pumpkin seeds overnight
- Rinse and drain
- Pit the date, and chop.
- Halve the strawberries, pit the mango, and chop
- Roughly chop the Brazil nut and pumpkin seed
- Add all fruit and nuts/seeds to a bowl with the spinach



SOBA NOODLE SALAD

DAY 7 DINNER

INGREDIENTS

Veggies
Asian sauce
Soba noodles

For the veggies:

1 cup red cabbage, shredded
0.5 cups carrot, shredded
1 scallion
2 cups eggplant, cubed
5 Brussels sprouts
¾ of a white sweet onion
0.5 cups frozen peas

2 cups kale
3 ounces (1 serving size) soba noodles,
100% buckwheat

For the Asian sauce:

1 tablespoon raw, unroasted almond
butter
0.5 tablespoons chia seeds
10 cherry tomatoes
1 tablespoon tamari
1 date
0.5 teaspoons Eden organics brown
mustard
1" piece of ginger
1/8 cup water

*Note: if you did not follow the meal
prep plan and prepped ahead, you can
use 2 tablespoon tahini and a splash of
tamari in place of the Asian sauce.

METHOD

- **For the veggies:**
- Use a sharp knife or food processor (see yesterday's dinner) to chop red cabbage and carrots.
- Chop the scallion
- Cube the eggplant, chop the onion and halve the Brussels sprouts.
- De-stem the kale, and chop it thinly. Then use your hands to vigorously massage it until it slightly wilts.
- Heat up a non-stick skillet on high, and throw in the onion.
- On a dry pan (no liquid), allow the onion to cook for about 10 minutes. It will start to turn golden brown.
- Add the eggplant and Brussels sprouts to your pan, and add a splash of water (about ¼ cup) to prevent from sticking.
- Cook until the eggplant and Brussels sprouts are very soft and tender when pierced with a fork (about 30 minutes).
- Add the frozen peas at this point, and cook for another 5 minutes.
- Cook soba noodles according to package instructions.
- **For the Asian sauce:**
- Place all ingredients, starting with tomatoes and chia seeds, in the blender.
- Blend until completely smooth.
- **Assembly:**
- Add all ingredients to a bowl, and mix together. Then devour! Yum!



Week 3 Meal Plan

EASY HIGH-RAW MEALS

BREAKFAST

LUNCH

DINNER

DAY 1

Orange Creamsicle
Green Smoothie
Bowl

Raw Spicy Wraps

Easy Roasted
Vegetable Pasta

DAY 2

Lime Pear
Smoothie

Raw Carrot Salad

Mediterranean
Bowl

DAY 3

Fruit Mono Meal

Nectarine Green
Smoothie

Falafel Salad

DAY 4

Carrot Cake
Overnight Oats

Energy Bars

The Best Hearty
Chili

DAY 5

Fruit Mono Meal

Orange-
Strawberry
Smoothie

Butternut Squash
Tacos



Week 3 Meal Plan

EASY HIGH-RAW MEALS

BREAKFAST

LUNCH

DINNER

DAY 6

Pina Colada
Smoothie

Chips with Cilantro
Chipotle Creamy
Cashew Dip

Quinoa and
Butternut
Squash Salad

DAY 7

Fruit Mono Meal

Peach-Pineapple
Divine Smoothie
Bowl

Vegan Egg Quinoa
Fried Rice Fried





Week 3 Meal Plan

EASY HIGH-RAW MEALS

Batch Cooking Guide

PRE-COOK FOR THE WEEK

The day before batch cooking:

Soak the following in water, in separate containers (each bullet point in a separate dish/container), overnight:

- ¼ cup chickpeas
- ¼ cup chickpeas
- ½ cup quinoa
- 1/3 cup raw cashews
- ¼ cup raw cashews

Batch Cooking Day:

Prep the following:

1. Freeze 6-8 bananas. Make sure they are completely ripe (have black cheetah spots on them), peel, and cut into 3 pieces, then freeze.

2. Sweet and Sour Almond Butter Sauce for lunch day 1 (keeps 2-3 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 3 days)

Ingredients:

- 2 garlic cloves (optional)
- 2 cups chopped bell pepper red, orange, or yellow
- 2 tablespoons raw, unroasted almond butter
- 1 tablespoon tamari
- 1 tablespoon lime juice
- 1 Medjoul date, pitted
- 1 tablespoon chia seeds

Method:

1. Place all ingredients, starting with the bell pepper and chia seeds, in a high-speed blender and blend until completely smooth. If you are not using a high-speed blender, pre-grind the chia seeds in a coffee grinder or small blender.

3. Raw Carrot Salad Dressing for lunch day 2 (keeps 2-3 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 3 days)

Ingredients:

- 2 cups chopped bell pepper (about 1 medium bell pepper)
- 1 tablespoon chia seeds
- 2 tablespoons hemp seeds
- 1 clove garlic (optional)
- 1 tablespoon apple cider vinegar
- 1 tablespoon capers, soaked in water for about 15 minutes to get rid of excess salt, rinsed and drained
- 1 tablespoon nutritional yeast

Method:

1. Blend all ingredients together in a high-speed blender until completely smooth. Add to blender in the order they are written for easiest blending. If you are not using a high-speed blender, pre-grind the chia and hemp seeds in a coffee grinder or small blender.



Batch Cooking Guide

PRE - COOK FOR THE WEEK

4. Hummus for dinner day 2 (keeps 4-5 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 3 days)

Ingredients:

¼ cup chickpeas, soaked overnight, rinsed and drained
1 tablespoon raw unroasted tahini
1 tablespoon lemon juice, fresh squeezed
¼ teaspoon ground cumin
¼ teaspoon Himalayan pink salt
¼ cup chickpea cooking water

Method:

1. Soak chickpeas overnight in filtered water.
2. Rinse and drain the chickpeas.
3. Place chickpeas in a pot, covered with boiling water.
4. Bring to a boil, then reduce to simmer and let simmer for about 45 minutes, or until they are completely soft when you squeeze them between your fingers.
5. Place the chickpeas in a food processor, and process really well, until they are completely smooth. You can add the cooking water to help this process.
6. Add all other hummus ingredients, and process until smooth.

5. Roasted veg for dinner day 1 and 2 (keeps 3-4 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 4 days)

Ingredients:

70 cherry tomatoes, halved
30 Brussels sprouts, cut in half
1 medium sweet potato + 1 teaspoon smoked paprika

Method:

1. Pre-heat the oven to 400F.
2. Chop cherry tomatoes and Brussel sprouts in half, and cube the sweet potato.
3. Lay the veggies on a silicone-lined baking sheet flat – try not to overlap so that they cook evenly. Sprinkle the sweet potato with smoked paprika.
3. Place in the oven for about 30-40 minutes, or until the Brussels turn slightly brown and the tomatoes start to get wrinkly.
4. Divide tomatoes and Brussels sprouts into two portions, and store separately. Add sweet potato to one of the portions.

6. Arabic salad for dinner day 2 and 3 (keeps 1-2 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 2 days)

Ingredients:

4 Persian cucumber, thinly chopped
4 cups tomato, thinly chopped
½ white sweet onion, thinly chopped
A squeeze of lemon juice
A pinch of Himalayan salt

Method:

1. Chop cucumber, tomato, and onion very, very thinly. Unless you want the Arabic Gods to come and yell at you, put all your effort into this, using a very sharp knife. Ok fine, you can also use a food processor (this is like making salsa – the real way definitely involves a sharp knife).
2. Squeeze lemon and salt on top.
3. You'll be using this for 2 days – so you can divide into two separate portions (in half) if you'd like, or just use half each time.

7. My grandma's tahini dressing, with a twist for dinner day 3 (keeps 2-3 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 3 days)

Ingredients:

1/3 cup filtered water
¾ cup chopped carrots of any color
1.5 teaspoons dried dill
½ teaspoon curry powder
1 tablespoons raw unroasted tahini
½ tablespoon chia seeds
¼ teaspoon Himalayan pink salt
1 tablespoons lemon juice, freshly squeezed

Method:

1. Place all ingredients, starting with the carrots, in a high-speed blender and blend until completely smooth and creamy. Pre-grind the chia seeds in a coffee grinder or small blender before adding if you're not using a high-speed blender.

Batch Cooking Guide

PRE - COOK FOR THE WEEK

8. Falafel for dinner day dinner day 3 (keeps 3-4 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 4 days)

Ingredients:

- ¼ cup chickpeas, dry
- 1 medium zucchini (2 cups, chopped)
- ¼ of a large white sweet onion, chopped
- ½ cup + 2 tablespoons sprouted chickpea flour
- ¼ teaspoon cumin
- ¼ teaspoon turmeric
- ¼ teaspoon smoked paprika
- ¼ teaspoon coriander
- ¼ teaspoon red pepper flakes (optimal)
- ¼ teaspoon ground black pepper
- ½ teaspoon sea salt
- 2 tablespoons lemon juice

Method:

1. Preheat the oven to 400F.
2. Don't get scared by the amount of spices in this. It's freaking delicious, I promise, and very easy to make!
3. Place chickpeas in the food processor, and pulse a few times. This is not like a hummus – it's not meant to be completely broken down. Just a few pulses will do.
4. Add chopped zucchini and chopped onion, and pulse a few times again.
5. Add all spices and lemon juice, and process again, until smooth.
6. Add flour and process one last time until completely smooth.
7. Place 1 tablespoon of the mixture at a time on a tray lined with a silicone mat (I highly recommend using a silicone mat – it is the easiest way to do this). You will not get perfect ball shapes, but close enough.
8. Bake for 40 minutes, or until they easily peel off of the baking sheet.
9. You will fill up an entire large tray with these, and you can eat them all or leave some for snack for tomorrow.

9. Carrot Cake Overnight Oats for breakfast day 4 (keeps 4-5 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 5 days)

Ingredients:

- 1 cup rolled oats
- 1 large carrot, grated
- 1/4 cup water
- 1 tablespoon flax seeds
- 2 Medjoul dates, pitted and chopped
- ½ teaspoon cinnamon
- 1/3 cup pecans, soaked overnight, rinsed and drained

Method:

1. Soak pecans in filtered water overnight.
2. Rinse and drain pecans, and chop thinly.
3. Grind flax seeds upon use (do not buy ground)
4. Place oats in a bowl, and add all other ingredients.
5. Allow to sit for 10-15 minutes, or overnight for best results.

10. Energy Bars for lunch day 4 (keeps 4-5 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 5 days)

Ingredients:

For the base:

- ¼ cup dried white mulberries
- 10 small dates like Deglet Nour, pitted

For the flavoring:

- 2 tablespoons pistachio nuts soaked in water for about 8 hours, rinsed and drained
- 2 teaspoons orange zest
- 1 tablespoon coconut flour

Method:

1. Soak pistachios overnight, then rinse and drain.
2. Place mulberries in the food processor, and pulse a few times until they break down a bit.
3. Add the dates, and turn the food processor on for about 15-20 seconds.
4. Place all ingredients in the food processor with dates and mulberries, and process until you get a large ball forming in your food processor.
5. Take this ball out, and form it into 2 bars. Place in the freezer, and remove about 2 hours before use.

Batch Cooking Guide

PRE - COOK FOR THE WEEK

11. Quinoa for dinner day 5,6 and 7 (keeps 4-5 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 5 days)

Ingredients:

½ cup quinoa
1 cup filtered water

Method:

For the quinoa:

1. Soak quinoa overnight in filtered water.
2. Rinse and drain.
3. Bring 1/2 cup of filtered water to a boil, add quinoa, and reduce to a simmer. Cook until all water is gone from the pot – about 20 minutes.
4. Watch it carefully to make sure it doesn't burn. Soaked quinoa cooks very quickly.
5. Store in the freezer in 2 separate containers (divided in half), and remove 1-2 hours before use.

12. Cilantro-chipotle sauce for dinner day 5 and lunch day 6 (keeps 2-3 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 3 days)

You are going to make two batches of this sauce, and store separately in the freezer, removing 12 hours before use:

Batch 1 ingredients:

1/3 cup raw cashew, soaked overnight, rinsed and drained
1/3 cup red pepper, roughly chopped
1 tablespoon filtered water
2/3 tablespoon lemon juice, freshly squeezed
2/3 tablespoon nutritional yeast
A pinch of Himalayan sea salt
1/3 cup cilantro, roughly chopped
A pinch of chipotle powder

Batch 2 ingredients:

¼ cup raw cashew, soaked overnight, rinsed and drained
¼ cup red pepper, roughly chopped
1 tablespoon filtered water
½ tablespoon lemon juice, freshly squeezed
½ tablespoon nutritional yeast
¼ teaspoons Himalayan pink salt
¼ cup cilantro, roughly chopped
A pinch of chipotle powder (or smoked paprika if you don't like spicy)

Method:

1. Soak cashews in filtered water overnight.
2. Rinse and drain cashews.
3. Place all ingredients, starting with the vegetables, in a high-speed blender, and blend until completely smooth.



13. Butternut squash for dinner day 5 and 6 (keeps 3-4 days in the fridge; place in the freezer and remove 1 hour before use if you plan to use it later than 4 days)

Ingredients:

5 cups butternut squash

Method:

For the butternut squash:

1. Preheat the oven to 350F.
2. Peel and cube the butternut squash using a sharp knife and lots (and I mean lots) of patience! You can also use a pre-peeled and cubed butternut, which I highly recommend for saving time.
3. Place the cubed butternut squash on a silicone-lined tray, and bake for about 40 minutes, or until completely soft.

Kitchen Tools

VEGAN KITCHEN ESSENTIALS

These are the kitchen tools you will need for the recipes in this ebook, and frankly, they are a must for a great vegan kitchen. Each kitchen tool is linked to where you can purchase it:

1. [Blender](#) - this blender will last you a lifetime, and it also has a really great warranty attached. This is my #1 kitchen tool - I literally use it every single day, and often several times a day.
2. [Skinny silicone spatula](#) - tired of trying to get everything out of Vitamix? This tool will definitely change your life. It makes removing the contents of the Vitamix super easy.
3. [Pot/dutch oven](#) - this is my favorite pot to cook in, the healthiest and makes vegetables taste like heaven even without seasonings and oil!
4. [Silicone mat](#) - I refer to this in many recipes because it's a great tool for roasting veggies without oil and without having to buy parchment paper constantly.
5. [Food Processor](#) - an amazing tool for chopping quickly and for making many of the pates in this ebook.
6. [Baking tray](#) - to place under the silicone mat for roasting veg.
7. [Coconut bowls](#) - my favorite way to eat smoothie bowls. They are made of natural materials, they're beautiful, and they make your food taste better (at least I think so...)
8. [Mandolin](#) - for slicing veggies into thin ribbons, and great for creating raw lasagna - a recipe in this ebook.
9. [Glass containers](#) - I soak all my legumes and grains in glass containers and store my meal prep items in them too.
10. [Berkey water filter](#) - produces really great quality filtered water for both drinking and cooking/soaking.
11. [Magic bullet grinder](#) - for grinding flax seeds and other seeds, and making smoothies quickly on the go.
12. [Glass jars](#) - great for storing chia pudding and overnight oats, and drinking out of.
13. [Borner slicer](#) - for creating julienne shapes from vegetables and fruits.
14. [Ceramic knife set](#) - sharp knives that don't ruin the quality of your fruits and veggies.
15. [Dehydrator](#) - while this item is not a must, and I don't use it in this recipe ebook since most people don't own one, I highly recommend having one because it's so fun to make your own kale chips, crackers, and flavored nuts and seeds!

Grocery List

SHOP FOR THE WEEK

Vegetables

- 10 carrots of any color
- 1 head of garlic (optional)
- 1 bunch green onion
- 1 white sweet onion
- 1 red onion
- 1 lime
- 2 lemons
- 5 Persian cucumbers
- 1 medium butternut squash, or 5 cups butternut squash, chopped
- 4 bell peppers of any color but green
- 1 red cabbage
- 4 cups cherry tomatoes
- 5 medium tomatoes
- 1 cup snow peas or snap peas
- 30 Brussels sprouts
- 1 medium zucchini
- 3 sweet potatoes, small
- 1 small avocado
- 1 small head cauliflower
- 1 bag frozen corn
- 1 bag frozen peas

Greens and Herbs

- 1 container baby spinach – about 5 ounces
- 1 container baby arugula – about 5 ounces
- 1 container baby greens – about 5 ounces
- 1 head of romaine lettuce
- 1 bunch chard
- 1 bunch kale
- 1 bunch cilantro
- 1 bunch celery

Fruits

- [1 container Medjoul dates](#)
- [10 small dates like Deglet Nour](#)
- 18 bananas, ripe and spotty
- 4 medium oranges (save zest)
- 1 bottle Harmless Harvest coconut water (optional)
- 4 cups strawberries, fresh or frozen (about 600g)
- 3 cups sliced peaches (about 5-6 peaches), fresh or frozen
- 2 medium nectarines, fresh or frozen (or use peaches)
- 6 cups pineapple, frozen or fresh (about 1-2 pineapples)
- 1 cup raspberries
- 2 medium pears
- [¼ cup dried white mulberries](#)
- 3 more types of fruit for mono meal lunches:
 - 1. 500 – 600 calories worth; example: 3 – 4 medium mangoes
 - 2. 400 – 500 calories worth; example: 5 medium apples
 - 3. 400 – 500 calories worth; example: 5 cups whole cherries

Grocery List

SHOP FOR THE WEEK

Spices:

Dry:

[Frontier chophouse seasoning \(or Italian seasoning\)](#)

[Nutritional yeast](#)

[Cumin](#)

[Himalayan salt](#)

[Turmeric](#)

[Black pepper](#)

[Cinnamon](#)

[Smoked paprika](#)

[Curry powder](#)

[Dried dill](#)

[Black salt](#)

[Chipotle powder](#)

[Coriander](#)

[Red pepper flakes \(optional\)](#)

Fresh:

[Ginger](#)

Nuts and seeds, and nut and seed butters:

A few handfuls/a container of raw and unroasted:

[Whole flax seeds \(I prefer and recommend golden\) \(5 tablespoons\)](#)

[Hemp seeds \(4 tablespoons\)](#)

[Chia seeds \(2.5 tablespoons\)](#)

[Brazil nuts \(1/4 cup\)](#)

[Cashews \(1 cup\)](#)

[Tahini](#)

[Almond butter](#)

[1/3 cup pecans](#)

[2 tablespoons pistachio](#)

Grains and Beans:

[1/4 cup frozen edamame, non-GMO](#)

[3 organic, non-GMO sprouted corn tortillas \(I recommend Food for Life brand\)](#)

[1 serving \(about 3 ounces\) of whole grain pasta; I recommend this lentil pasta](#)

[1 package chickpeas flour](#)

[1/2 cup chickpeas](#)

[1/4 cup black beans \(dry\)](#)

[1/4 cup peruano or pinto beans \(dry\)](#)

[1/4 cup kidney beans \(dry\)](#)

[1 cup rolled oats](#)

[1 cup quinoa \(dry\)](#)

Other Pantry Items:

[3 spicy wrawps \(or use cabbage or lettuce leaves\)](#)

[Coconut flour](#)

[1 package Pacifica vegetable broth \(4.5 cups; or another low sodium, unprocessed vegetable broth\)](#)

[Balsamic vinegar](#)

[Dijon mustard](#)

[1 bottle of capers, in salt](#)

[Tamari](#)

[Apple cider vinegar](#)

[Kalamata olives in vinegar \(oil free\)](#)

[Goji berries](#)

[Coconut flakes](#)



ORANGE CREAMSICLE GREEN SMOOTHIE BOWL

DAY 1 BREAKFAST

INGREDIENTS

1 tablespoon raw, unroasted almond butter
 3 medium peeled and frozen ripe bananas
 2 medium oranges, seeds removed and peeled (save the zest in a container in the fridge)
 1 tablespoon flax seeds
 1 medium carrot, chopped and peeled
 1 Medjoul date, pitted
 2 cups spinach
 ¼ cup filtered water or coconut water
Toppings:
 2 tablespoons coconut flakes, unsweetened
 + 5 large fresh strawberries

METHOD

- Peel and freeze ripe bananas overnight.
- Add all ingredients (aside from toppings) to a high-speed blender, starting with the unfrozen fruit, and blend until smooth. If you are not using a high-speed blender, pre-grind the flax seeds in a coffee grinder or small blender, and grate the carrot.
- Top with toppings, and enjoy with a spoon.

RAW SPICY WRAPS

DAY 1 LUNCH

INGREDIENTS

3 spicy wrawps (or use cabbage or lettuce leaves)
 Veg
 Sweet and sour almond butter sauce
For the sauce:
 2 garlic cloves (optional)
 2 cups chopped bell pepper red, orange, or yellow
 2 tablespoons raw, unroasted almond butter
 1 tablespoon tamari
 1 tablespoon lime juice
 1 Medjoul date, pitted
 1 tablespoon chia seeds
For the veggies:
 2 large lettuce leaves, shredded
 1 yellow bell pepper, chopped
 1/8 of a large red cabbage, finely chopped
 1 green onion, chopped
 1 Persian cucumber, chopped

METHOD

- **For the sauce:**
- Place all ingredients, starting with the bell pepper and chia seeds, in a high speed blender and blend until completely smooth. If you are not using a high-speed blender, pre-grind the chia seeds in a coffee grinder or small blender.
- **For the veg:**
- Chop all veg thinly using a knife or food processor (my favorite method).
- **Assembly:**
- Place a dollop of sauce about 1 inch from the beginning of the wrap along the wide side.
- Fill about 1/3 of the wrap with sauce, and place all of your veggies on top of the sauce.
- Then roll like you would a sushi roll - tucking and rolling.
- Lastly, slice in half with a very sharp knife.



EASY ROASTED VEGETABLE PASTA

DAY 1 DINNER

INGREDIENTS

1 serving whole grain pasta of choice (usually 3 ounces; I like Tolerant lentil pasta)
 35 cherry tomatoes, halved
 15 Brussels sprouts, cut in half
 9 Kalamata olives in vinegar (not oil), pitted and chopped
 1 tablespoons capers in salt, soaked and rinsed, chopped
 2 cups arugula
 ¼ teaspoon chophouse seasoning
 1 tablespoon nutritional yeast
 1 tablespoon water from olives

METHOD

- Pre-heat the oven to 400F
- Chop cherry tomatoes and Brussel sprouts in half, and lay on a silicone-lined baking sheet flat – try not to overlap so that they cook evenly
- Place in the oven for about 30-40 minutes, or until the Brussels turn slightly brown and the tomatoes start to get wrinkly
- Cook pasta according to package instructions
- Soak the capers in water to get rid of most of the salt
- Pit and chop the olives
- Remove capers from soaking liquid, discard liquid, and chop
- Place arugula in a bowl, top with slightly cooled, drained pasta, roasted veg, olives, capers, seasoning, nutritional yeast, and liquid from olives.





LIME PEAR SMOOTHIE

DAY 2 BREAKFAST

INGREDIENTS

3 medium, ripe and peeled frozen bananas
2 medium pears, cores removed
1 Medjoul date, pitted
1 lime, peeled
1 tablespoon flax seeds
1 inch piece of ginger
½ cup filtered water or coconut water

METHOD

- Peel and freeze ripe bananas overnight
- Place all ingredients in the blender, starting with the flax and cored pears for easiest blending. If you are not using a high-speed blender, pre-grind the flax seeds in a coffee grinder or small blender.
- Don't forget to chew your smoothie ;)

RAW CARROT SALAD

DAY 2 BREAKFAST

INGREDIENTS

6 cups grated carrots
1 cup thinly sliced shallots or sweet onion about 1/4 sweet onion
2 tablespoons dried dill

For the dressing:

2 cups chopped bell pepper (about 1 medium bell pepper)
1 tablespoon chia seeds
2 tablespoons hemp seeds
1 clove garlic (optional)
1 tablespoon apple cider vinegar
1 tablespoon capers, soaked in water for about 15 minutes to get rid of excess salt, rinsed and drained
1 tablespoon nutritional yeast

METHOD

- **For the dressing:**
- Blend all ingredients together in a high speed blender until completely smooth. Add to blender in the order they are written for easiest blending. If you are not using a high-speed blender, pre-grind the chia and hemp seeds in a coffee grinder or small blender.
- **Assembly:**
- Grate the carrots using your food processor (quickest way), a grater, or buy grated carrots. You may sauté them on a dry pan for about 3-5 minutes if you prefer.
- Slice the onion thinly with a sharp knife, and mix with the carrots.
- Mix everything with the dressing, and top with dill.



MEDITERRANEAN BOWL

DAY 2 DINNER

INGREDIENTS

Hummus
2 cups mixed baby greens
35 cherry tomatoes, halved
15 Brussels sprouts, cut in half
1 medium sweet potato + 1 teaspoon
smoked paprika
Arabic salad

For the hummus:

¼ cup chickpeas, soaked overnight, rinsed
and drained
1 tablespoon raw unroasted tahini
1 tablespoon lemon juice, fresh squeezed
¼ teaspoon ground cumin
¼ teaspoon Himalayan pink salt
¼ cup chickpea cooking water

For the Arabic salad:

2 Persian cucumber, thinly chopped
2 cups tomato, thinly chopped
¼ white sweet onion, thinly chopped
A squeeze of lemon juice
A pinch of Himalayan salt

METHOD

- **For the roasted veg:**
- Pre-heat the oven to 400F.
- Chop cherry tomatoes and Brussel sprouts in half, and cube the sweet potato.
- Lay the veggies on a silicone-lined baking sheet flat – try not to overlap so that they cook evenly. Sprinkle the sweet potato with smoked paprika.
- Place in the oven for about 30-40 minutes, or until the Brussels turn slightly brown and the tomatoes start to get wrinkly.
- **For the hummus:**
- Soak chickpeas overnight in filtered water.
- Rinse and drain the chickpeas.
- Place chickpeas in a pot, covered with boiling water.
- Bring to a boil, then reduce to simmer and let simmer for about 45 minutes, or until they are completely soft when you squeeze them between your fingers.
- Place the chickpeas in a food processor, and process really well, until they are completely smooth. You can add the cooking water to help this process.
- Add all other hummus ingredients, and process until smooth.
- **For the Arabic salad:**
- Chop cucumber, tomato, and onion very, very thinly. Unless you want the Arabic Gods to come and yell at you, put all your effort into this, using a very sharp knife. Ok fine, you can also use a food processor (this is like making salsa – the real way definitely involves a sharp knife).
- Squeeze lemon and salt on top.
- **Assembly:**
- Place greens in a bowl.
- Top with roasted veg, hummus, and Arabic salad.





FRUIT MONO MEAL

DAY 3 BREAKFAST

Eat as much fruit as you need to feel full and satisfied for 3-4 hours

Examples: 3 bananas, 3 cups grapes

NECTARINE GREEN SMOOTHIE

DAY 3 LUNCH

INGREDIENTS

2 medium nectarines, pitted
1 cup strawberries, halves, fresh or frozen
1 cup raspberries, fresh or frozen
2 medium ripe peeled bananas, fresh or frozen
5 large romaine lettuce leaves
1 tablespoon flax seeds
½ cup filtered water or coconut water

METHOD

- Place all ingredients in a high-speed blender, starting with the fresh unfrozen fruit first, and blend until smooth. If you are not using a high-speed blender, pre-grind the flax seeds in a coffee grinder or small blender.
- Don't forget to chew your smoothie while eating!



FALAFEL SALAD

DAY 3 DINNER

INGREDIENTS

Falafel

My grandma's tahini dressing, with a twist
 Arabic salad
 2 cups baby arugula
 6 Kalamata olives in vinegar (not oil), pitted and chopped

For the Arabic salad:

2 Persian cucumber, thinly chopped
 2 cups tomato, thinly chopped
 ¼ white sweet onion, thinly chopped
 A squeeze of lemon juice
 A pinch of Himalayan salt

For my grandma's tahini dressing, with a twist:

1/3 cup filtered water
 ¾ cup chopped carrots of any color
 1.5 teaspoons dried dill
 ½ teaspoon curry powder
 1 tablespoons raw unroasted tahini
 ½ tablespoon chia seeds
 ¼ teaspoon Himalayan pink salt
 1 tablespoons lemon juice, freshly squeezed

For the falafel:

¼ cup chickpeas, dry
 1 medium zucchini (2 cups, chopped)
 ¼ of a large white sweet onion, chopped
 ½ cup + 2 tablespoons sprouted chickpea flour
 ¼ teaspoon cumin
 ¼ teaspoon turmeric
 ¼ teaspoon smoked paprika
 ¼ teaspoon coriander
 ¼ teaspoon red pepper flakes (optimal)
 ¼ teaspoon ground black pepper
 ½ teaspoon sea salt
 2 tablespoons lemon juice

METHOD

• For the falafel:

- Preheat the oven to 400F.
- Don't get scared by the amount of spices in this. It's freaking delicious, I promise, and very easy to make!
- Place chickpeas in the food processor, and pulse a few times. This is not like a hummus – it's not meant to be completely broken down. Just a few pulses will do.
- Add chopped zucchini and chopped onion, and pulse a few times again.
- Add all spices and lemon juice, and process again, until smooth.
- Add flour and process one last time until completely smooth.
- Place 1 tablespoon of the mixture at a time on a tray lined with a silicone mat (I highly recommend using a silicone mat). You will not get perfect ball shapes, but close enough.
- Bake for 40 minutes, or until they easily peel off of the tray.
- You will fill up an entire large tray with these, and you can eat them all or leave some for snack for tomorrow.

• For the Arabic salad:

- Chop cucumber, tomato, and onion very, very thinly. Unless you want the Arabic Gods to come and yell at you, put in all your effort into this, using a very sharp knife. Ok fine, you can also use a food processor (this is like making salsa – the real way definitely involves a sharp knife).

- Squeeze lemon and salt on top.

• For my grandma's tahini dressing, with a twist:

- Place all ingredients, starting with the carrots, in a high speed blender and blend until completely smooth and creamy. Pre-grind the chia seeds in a coffee grinder or small blender before adding if you're not using a high-speed blender.

• Assembly:

- Place arugula in a bowl. Add falafel, Arabic salad, chopped and pitted olives, and dressing.





CARROT CAKE OVERNIGHT OATS

DAY 4 BREAKFAST

INGREDIENTS

1 cup rolled oats
1 large carrot, grated
1/4 cup water
1 tablespoon flax seeds
2 Medjoul dates, pitted and chopped
1/2 teaspoon cinnamon
1/3 cup pecans, soaked overnight, rinsed and drained

METHOD

- Soak pecans in filtered water overnight.
- Rinse and drain pecans, and chop thinly.
- Grind flax seeds upon use (do not buy ground)
- Place oats in a bowl, and add all other ingredients.
- Allow to sit for 10-15 minutes, or overnight for best results.

ENERGY BARS

DAY 4 LUNCH

INGREDIENTS

For the base:

1/4 cup dried white mulberries
10 small dates like Deglet Nour, pitted

For the flavoring:

2 tablespoons pistachio nuts soaked in water for about 8 hours, rinsed and drained
2 teaspoons orange zest
1 tablespoon coconut flour

METHOD

- Soak pistachios overnight, then rinse and drain.
- Place mulberries in the food processor, and pulse a few times until they break down a bit.
- Add the dates, and turn the food processor on for about 15-20 seconds.
- Place all ingredients in the food processor with dates and mulberries, and process until you get a large ball forming in your food processor.
- Take this ball out, and form it into 2 bars. Place in the freezer for a couple of hours to firm up, or enjoy as is.



THE BEST HEARTY CHILI

DAY 4 DINNER

INGREDIENTS

¼ cup black beans (dry)
 ¼ cup peruano or pinto beans (dry)
 ¼ cup kidney beans (dry)
 4.5 cups Pacifica vegetable broth (or other low sodium, unprocessed vegetable broth) (1 entire box)
 1.5 cups water
 1 cup frozen corn kernels
 1.5 small sweet potatoes, cubed (about 2.5 cups of cubed sweet potatoes)
 ½ red onion
 1 tablespoons cumin powder
 ½ teaspoon sea salt
 2.5 cups chopped tomatoes (I used halved cherry tomatoes, but you can use any tomato)
 Garnish with cilantro and a squeeze of lime (optional)

METHOD

- Soak all beans in filtered water overnight.
- Discard the water, and rinse well.
- Add to a large pot with vegetable broth and water.
- Bring to a boil on high, then immediately lower to a simmer. Continue simmering until the beans are completely soft (you can check by squeezing them between your fingers). It takes about 45 minutes – 1 hour.
- Then, add all other ingredients (except for cilantro and lime), and simmer for another 30 minutes on, or until the sweet potatoes are completely soft.
- Garnish with cilantro and a squeeze of lime (optional)



FRUIT MONO MEAL

DAY 5 BREAKFAST

Suggestion: 5 medium apples, cut into pieces

ORANGE-STRAWBERRY SMOOTHIE

DAY 5 LUNCH

INGREDIENTS

2 cups strawberries, halved, frozen
3 medium ripe bananas
2 medium oranges, peeled and seeds removed
1 tablespoon flax seeds
2 cups kale, chopped and stems removed
1" piece of ginger
½ cup filtered water or coconut water

METHOD

- Peel and remove orange seeds.
- Place all ingredients in a blender, and blend until very smooth.
- Don't forget to chew your smoothie for best digestion!



BUTTERNUT SQUASH TACOS

DAY 5 DINNER

INGREDIENTS

Quinoa
2 cups butternut squash
Cilantro-chipotle sauce
¼ cup cilantro
1 green onion
¾ cup frozen edamame, non-GMO
¼ ripe avocado
3 organic, non-GMO sprouted corn tortillas (I recommend Food for Life brand)

For the quinoa:

¼ cup quinoa
½ cup filtered water

For the cilantro-chipotle sauce:

1/3 cup raw cashew, soaked overnight, rinsed and drained
1/3 cup red pepper, roughly chopped
1 tablespoon filtered water
2/3 tablespoon lemon juice, freshly squeezed
2/3 tablespoon nutritional yeast
A pinch of Himalayan sea salt
1/3 cup cilantro, roughly chopped
A pinch of chipotle powder

METHOD

- **For the butternut squash:**
- Preheat the oven to 350F.
- Peel and cube the butternut squash using a sharp knife and lots (and I mean lots) of patience! You can also use a pre-peeled and cubed butternut, which I highly recommend for saving time.
- Place the cubed butternut squash on a silicone-lined tray, and bake for about 40 minutes, or until completely soft.
- **For the tortillas:**
- Warm up tortillas on a non-stick skillet on medium heat, for about 3-5 minutes on each side (they should not turn hard, just get very warm).
- **For the edamame:**
- Cook according to package instructions (usually, boil in some water for about 5 minutes).
- **For the quinoa:**
- Soak quinoa overnight in filtered water.
- Rinse and drain.
- Bring 1/2 cup of filtered water to a boil, add quinoa, and reduce to a simmer. Cook until all water is gone from the pot – about 20 minutes.
- Watch it carefully to make sure it doesn't burn. Soaked quinoa cooks very quickly.
- **For the cilantro-chipotle sauce:**
- Soak cashews in filtered water overnight.
- Rinse and drain cashews.
- Place all ingredients, starting with the vegetables, in a high-speed blender, and blend until completely smooth.
- **Assembly:**
- Chop green onion, cilantro and avocado.
- Stuff each tortilla with butternut squash, quinoa, edamame, avocado, cilantro, green onion and drizzle the sauce on top. True heaven!



PINA COLADA SMOOTHIE

DAY 6 BREAKFAST

INGREDIENTS

6 tablespoons coconut flakes, unsweetened
4 cups pineapple, frozen or fresh
4 medium bananas, ripe and spotty
2 cups spinach
½ cup coconut water or filtered water

METHOD

- Soak the coconut flakes in water or coconut water for 1 hour to overnight to soften.
- Place all ingredients, including the coconut + soaking water in the blender, and blend until smooth.
- Drink while pretending you are on a tropical island.

CHIPS WITH CILANTRO CHIPOTLE CREAMY CASHEW DIP

DAY 6 LUNCH

INGREDIENTS

Cilantro-chipotle cashew dip
Veg

For the dip:

¼ cup raw cashew, soaked overnight, rinsed and drained
¼ cup red pepper, roughly chopped
1 tablespoon filtered water
½ tablespoon lemon juice, freshly squeezed
½ tablespoon nutritional yeast
¼ teaspoons Himalayan pink salt
¼ cup cilantro, roughly chopped
A pinch of chipotle powder (or smoked paprika if you don't like spicy)

For the veg:

30 cherry tomatoes
1 cup snow peas or snap peas
3 stalks of celery

METHOD

- **For the dip:**
- Soak cashews in filtered water overnight.
- Rinse and drain cashews.
- Place all ingredients, starting with the vegetables, in a high-speed blender, and blend until completely smooth.
- Enjoy dip with veggies. If you have too many veggies, no problem – just eat them plain ;)



QUINOA, BUTTERNUT SQUASH SALAD

DAY 6 DINNER

INGREDIENTS

3 cups kale
10 cherry tomatoes, halved
3 cups butternut squash, cubed (about 1/3 of a large squash)
Vegan feta
Balsamic-mustard dressing
Quinoa

For the vegan feta:

¼ cup Brazil nuts, soaked overnight in filtered water and drained
1 cup roughly chopped cauliflower (about ¼ of a very small cauliflower)
1 tablespoon nutritional yeast
¼ teaspoon Himalayan pink salt
For the dressing:
4 teaspoons balsamic vinegar
2 teaspoon Dijon mustard

For the quinoa:

¼ cup quinoa, dry (soaked overnight, rinsed and drained)
½ cup filtered water

METHOD

- **For the butternut squash:**
- Preheat the oven to 350F.
- Peel and cube the butternut squash using a sharp knife and lots (and I mean lots) of patience! You can also use a pre-peeled and cubed butternut, which I highly recommend for saving time.
- Place the cubed butternut squash on a silicone-lined tray, and bake for about 40 minutes, or until completely soft.
- **For the quinoa:**
- Soak quinoa overnight in filtered water; rinse and drain.
- Bring 1/2 cup of filtered water to a boil, add quinoa, and reduce to a simmer. Cook until all water is gone from the pot – about 20 mins.
- Watch it carefully to make sure it doesn't burn. Soaked quinoa cooks very quickly.
- **For the vegan feta:**
- Soak Brazil nuts overnight in filtered water; rinse and drain.
- Place roughly chopped cauliflower in the food processor, and process a couple of times, until it is broken down into a rice-like consistency.
- Add soaked, rinsed and drained brazil nuts, and process a few more times until they break down.
- Add nooch and salt, and process a couple more times.
- **For the dressing:**
- Whisk together the two ingredients in the same bowl you are going to enjoy the meal in.
- Mix vigorously until all mustard blends into the vinegar, using your measuring spoon.
- **For the veg:**
- De-stem the kale, and chop thinly. You may massage it with your hands if you prefer softer kale.
- Halve the cherry tomatoes.
- **Assembly:**
- Add veg to the bowl where you made the dressing, along with the quinoa, the butternut squash, and top with feta.





FRUIT MONO MEAL

DAY 7 LUNCH

Suggestion: 5 cups whole cherries

PEACH-PINEAPPLE DIVINE SMOOTHIE BOWL

DAY 7 LUNCH

INGREDIENTS

3 medium, very ripe fresh bananas
3 cups sliced peaches, fresh or frozen
2 tablespoons hemp seeds
2 cups fresh chard, destemmed
2 cups chopped pineapple, fresh or frozen
¼ cup filtered water or coconut water
Toppings:
3 tablespoons coconut flakes, unsweetened
3 tablespoons goji berries

METHOD

- Blend all ingredients in a high speed blender, aside from toppings, until smooth. Place the fresh (unfrozen fruit) at the bottom of the blender, and the frozen on the top for easiest blending. Pre-grind hemp seeds in a coffee grinder or small blender if not using a high speed blender.
- Place in a bowl, and top with toppings.



VEGAN EGG QUINOA FRIED RICE FRIED

DAY 7 DINNER

INGREDIENTS

For the eggs:

4 tablespoons sprouted chickpea flour
½ cup filtered water
2 tablespoons nutritional yeast
1 teaspoon black salt
¼ teaspoon ground turmeric
A pinch of black pepper

For the “rice”:

½ cup quinoa
1 cup filtered water
½ cup frozen corn
½ cup frozen peas
1 cup shredded carrots
1 green onion

METHOD

- **For the quinoa:**
- Soak quinoa overnight in filtered water.
- Rinse and drain.
- Bring 1 cup of filtered water to a boil, add quinoa, frozen corn, frozen peas, and shredded carrots, and reduce to a simmer. Cook until all water is gone from the pot – about 20 minutes.
- Watch it carefully to make sure it doesn’t burn. Soaked quinoa cooks very quickly.
-
- **For the “eggs”:**
- Add all ingredients to a small bowl or cup, and whisk vigorously with a fork or whisk.
- Be sure to whisk until all clumps are gone (the flour tends to clump a bit).
- Bring a small non-stick skillet to high heat. Test that it is hot enough by throwing a drop of water on it – it should sizzle.
- Pour “egg” mixture on the skillet, and let it cook, untouched, until the top hardens (about 5-7 minutes).
- Once the top hardens, use a wooden spoon or spatula to break up the mixture into small pieces, like the eggs you often see in fried rice.
- Allow to cook for another few minutes, until the “egg” bits are slightly hardened.
- For the final assembly:
- Add the quinoa mixture into the egg skillet, and allow to cook for 1-2 minutes.
- Top with fresh green onion, and devour!





Week 4 Meal Plan

EASY HIGH-RAW MEALS

DAY 1

BREAKFAST

Cherry Acai Bowl

LUNCH

Fruit Mono Meal

DINNER

Raw Ranch Salad
with Coconut
Bacon

DAY 2

Raspberry Mint
Green Smoothie
Bowl

Amazing Almond-
Chili Dip with
Veggies

Ranch Cauliflower
Buffalo Wing Bowl

DAY 3

Peach-Mango
Green Smoothie
Bowl

Pineapple-
Strawberry Salsa

Raw Vegan Salmon
Sushi

DAY 4

Gingery Kiwi
Smoothie Bowl

Almond-Chili Salad

Green and Lean,
Nutrient-Packed
Buddha Bowl

DAY 5

Chocolate Almond
Butter Breakfast
Bowl

Fruit Mono Meal

Vegan Middle
Eastern Shakshuka



Week 4 Meal Plan

EASY HIGH-RAW MEALS

DAY 6

BREAKFAST

Chocolaty
Blueberry
Overnight Oats

LUNCH

Mint Chocolate
Energy Bars

DINNER

Coconut Bacon
Buddha Bowl

DAY 7

Ginger-Pineapple
Chia Pudding

Fruit Mono Meal

Nachos with Lentil
Meat and Nacho
Cheese





Week 4 Meal Plan

EASY HIGH-RAW MEALS

Batch Cooking Guide

PRE - COOK FOR THE WEEK

The day before batch cooking:

Soak the following in water, in separate containers (each bullet point in a separate dish/container), overnight:

- ½ cup raw sunflower seeds
- ½ cup raw amaranth
- ½ cup Brazil nuts
- ¼ cup lentils

Batch Cooking Day:

Prep the following:

1. **Soak 2-4 Brazil nuts** in water for 8 hours/overnight. Rinse and drain, and place in the fridge for weekly snacking – to get your daily selenium in.
2. **Freeze 8 bananas.** Make sure they are completely ripe (have black cheetah spots on them), peel, and cut into 3 pieces, then freeze.
3. **Soak ¼ cup pumpkin seeds** in water for 8 hours/overnight. Rinse and drain, and place in the fridge for later in the week.

4. **Ranch Dressing for dinner day 1 and 2 (keeps 2-3 days in the fridge; place in the freezer in two equal sized portions – as we will use this twice - and remove 1-2 hours before use if you plan to use it later)**

Ingredients:

- 1 tablespoon apple cider vinegar
- ½ cup soaked raw sunflower seeds, soaked 6-8 hours in filtered water, rinsed and drained
- 4 tablespoons hemp seeds
- ¼ tablespoons dried dill
- ½ tablespoon garlic powder
- ½ tablespoon onion powder
- 4 tablespoons chia seeds
- ½ teaspoon capers in salt, soaked in water for 10 minutes, rinsed and drained
- 2 tablespoons dried parsley
- 3 cups zucchini, chopped (or 2 large zucchinis)
- ½ cup filtered water

Method:

1. Soak sunflower seeds in filtered water overnight.
2. Rinse and drain in a colander over the sink very well.
3. Place capers in water, and let soak for a few minutes to get rid of too much salt.
4. Drain and rinse the capers.
5. Place all ingredients in a blender, starting with the water and zucchini, and blend until smooth.

5. **Almond-Chili Dip for day 2 and 4 lunch (keeps 2-3 days in the fridge; place in the freezer in two equal portions – as we will use this recipe twice - and remove 1-2 hours before use if you plan to use it later)**

Ingredients:

- 4 tablespoons raw, unroasted almond butter
- 2 cups zucchini, roughly chopped (about 2 small zucchinis)
- 4 teaspoons chili powder
- 2 tablespoons lime juice (about ½ of a lime)
- 1 teaspoon mustard
- 6 tablespoons shallot, roughly chopped (about 1 shallot)
- 2 tablespoons tamari
- ½ cup water

Method:

1. Blend all dip ingredients until very smooth.

Batch Cooking Guide

PRE-COOK FOR THE WEEK

6. Buffalo Cauliflower Wings for dinner day 2 (store in airtight container in the fridge, keeps 2-3 days)

Ingredients:

- ¼ cup sprouted chickpea flour
- 3 tablespoons filtered water
- 1 cup cornflakes (organic, plain, with no additives; check grocery list for specific brand)
- ¼ head cauliflower, cut into 2-inch florets

For the buffalo sauce:

- 1 tablespoons tamari
- 1 Medjoul date, pitted
- 1.5 cups chopped tomatoes
- ½ tablespoons apple cider vinegar
- ¼ teaspoon chipotle powder, or smoked paprika for a less spicy version
- ¼ teaspoon mustard
- ¼ teaspoon cumin
- ¼ teaspoon turmeric
- a pinch of black pepper

Method:

1. Pre-heat your oven to 400F.
2. Prepare two bowls. In one, whisk together the chickpea flour and water. I used a fork to do this, and it mixed pretty easily. In the second bowl, you will place crushed cornflakes. To crush, place them in a zip-lock bag, and bang with your measuring cup. Angry at anyone today, or feeling intense love for plants? Show those cornflakes exactly how you feel!
3. Now, slice your cauliflower into 2-inch florets. The easiest way to do this is to slice them off of the main stem, and then rip them by hand into smaller pieces. Don't get rid of the little floret stem – it will help you dip the florets more easily.
4. Dip each floret into the chickpea batter, covering well, then into the cornflakes, covering all chickpea batter area, and place on a silicone-lined baking tray.
5. Bake at 400F for 15 minutes.
6. Meanwhile, blend all buffalo sauce ingredients. Remove the sauce from the blender and place in a bowl.
7. Take the cauliflower out of the oven, and allow to cool for 1-2 minutes. Then, grab each piece and dip it into the buffalo sauce.
8. Bake again for another 20 minutes at 400F.

7. Amaranth for dinner day 2 and 4 (place in the freezer after preparing in 2 equal portions as we will use it twice; remove 1-2 hours before use to defrost)

Ingredients:

- ½ cup amaranth, dry
- 1 cup filtered water

Method:

1. Soak amaranth overnight in filtered water.
2. Place amaranth in a nut-milk bag, stockings, or any other material that will have small enough holes (amaranth is the tiniest grain!). Tip: turn the stockings or nut milk bag inside out, so that the seams are on the outside. This will make it easier to take the amaranth out of the bag.
3. Wash well, and get rid of the water.
4. Spill amaranth out into a pot, and add 1 cup water.
5. Bring to a boil, then simmer for about 10-15 minutes, or until all water is gone. It will be thick and creamy.

8. Raw Vegan Salmon Pate for dinner day 3 (keeps 2-3 days in the fridge; place in the freezer and remove 1-2 hours before use if you plan to use it later)

Ingredients:

- 2 cups chopped carrots
- 2 green onions, roughly chopped
- 1 tablespoon ume plum vinegar
- 1 tablespoon apple cider vinegar
- 2 tablespoons smoked paprika
- ½ cup Brazil nuts, soaked overnight, rinsed and drained
- 2 cups bell pepper, roughly chopped

Method:

1. Soak Brazil nuts overnight in filtered water
2. Rinse and drain in a colander over the sink
3. Place nuts in the food processor, and pulse a few times until they are crumbly.
4. Add the carrots and roughly chopped green onions, and pulse again.
5. Add the rest of the ingredients, and keep pulsing until all the ingredients are well combined and still crumbly.
6. Use a spatula to make sure all of the ingredients are processed, and to pat down the mixture so that it does not stay on the walls of your food processor.

Batch Cooking Guide

PRE - COOK FOR THE WEEK

9. Tofu for dinner day 4 and 6 (keeps 3-5 days in the fridge; I don't recommend freezing it, as it will absorb too much water and it will interfere with the flavor)

Ingredients:

16 ounces extra firm tofu (a block)
4 tablespoons Tamari
2 tablespoons water
2 garlic cloves (optional)
2-inch piece of ginger
a pinch of cayenne pepper
¼ teaspoon mustard
2 Medjoul dates, pitted

Method:

1. Pre-heat your oven to 300F.
2. Place all ingredients (besides tofu) in a small blender (such as a magic bullet), and blend until very smooth. If small chunks remain, do not stress! It's ok!
3. Take tofu out of the package, and cut into equal-sized cubes.
4. Place tofu in a bowl with the marinade for about 10 minutes.
5. Place the marinated tofu, with the marinade, on a silicone-lined baking sheet.
6. Bake for about 30 minutes, or until it is slightly firm on the outside and soft on the inside.
7. Set aside.

10. Miso-Tahini Sauce for dinner day 4 (keeps 2-3 days in the fridge; place in the freezer and remove 1-2 hours before use if you plan to use it later)

Ingredients:

2 tablespoons raw unroasted tahini
2 tablespoons coconut aminos
½ tablespoons chia seeds
2 teaspoons chickpea miso
2 garlic cloves
2 teaspoons coconut vinegar
1 tablespoon lemon juice, freshly squeezed
1/4 cup filtered water

Method:

1. Place all ingredients in a blender, and blend until smooth.

11. Chocolatey Blueberry Overnight Oats for breakfast day 6 (keeps up to 5 days in the fridge, and they will continue to soften as they sit)

Ingredients:

1 cup rolled oats
1/4 cup water
1 tablespoon flax seeds
2 Medjoul dates, pitted and chopped
½ teaspoon cinnamon
2 bananas, ripe and soft
1 cup blueberries, fresh or frozen
2 tablespoons cacao nibs

Method:

1. Place oats in a bowl, and mash with the bananas really well. Add water and mix.
2. Grind flax seeds in a small blender or coffee grinder, and add to oats.
3. Chop and pit dates, and add to oats, along with cinnamon.
4. Top with cacao nibs and blueberries.

Batch Cooking Guide

PRE - COOK FOR THE WEEK

12. Mint Chocolate Energy Bars for lunch day 6 (keep for up to 5 days in the fridge; you can place them in the freezer after you divide into two power bars, and defrost 1-2 hours before eating)

Base Ingredients:

¼ cup dried white mulberries
20 small dates (like Deglet Nour), pitted

Flavoring Ingredients:

1 tablespoon carob powder (go for the unroasted kind)
1-3 drops pure peppermint essential oil (it's very strong, so start with 1 drop and add more if you wish)
Pinch of cinnamon
Pinch of sea salt
1 tablespoon cacao nibs

Method:

2. Place mulberries in the food processor, and pulse a few times until they break down a bit.
3. Add the dates, and turn the food processor on for about 15-20 seconds.
4. Place the flavoring ingredients in the food processor, and pulse a few more times until incorporated.
5. Form it into 2 bars. Place in the freezer for a couple of hours to firm up, or enjoy as is.

13. Ginger-Pineapple Chia Pudding for breakfast day 7 (keeps up to 5 days in the fridge; place in the freezer and remove 1-2 hours before use if you plan to use later)

Ingredients:

For the milk:

1 tablespoon raw, unroasted almond butter
1.5 cups water
1 medjoul dates, pitted
1 cup mango, chopped, fresh or frozen
1 cup pineapple, chopped, fresh or frozen
1/4 teaspoon turmeric powder + a pinch of black pepper

For the pudding:

1/3 cup chia seeds

Top with: 1 tablespoons coconut flakes, unsweetened + 10 strawberries, chopped

Method:

1. Blend all ingredients, except chia seeds, until smooth.
2. Place in a bowl, and stir in the chia seeds.
3. Place in the fridge overnight to thicken for best results, but you can also eat after about 1 hour.
4. Add topping before actual use, do not freeze with toppings.

14. Lentil Taco Meat for dinner day 7 (keeps 3-5 days in the fridge; place in the freezer and remove 1-2 hours before use if you plan to use later)

Ingredients:

¼ cup lentils, soaked overnight, rinsed and drained
½ large cauliflower chopped very well or processed in a food processor (about 7 cups, chopped)
3 cups cherry tomatoes chopped in half
1 sweet onion chopped
3 tablespoons apple cider vinegar
2 tablespoons onion powder
1 tablespoon chipotle powder or smoked paprika if you don't like spicy
2 tablespoons chilli powder
1 tablespoon cumin powder

Method:

For the lentil taco meat:

1. Chop onions, and add them to a very hot non-stick skillet. Cook for 10 minutes until they start to brown.
2. Add finely chopped or processed cauliflower, halved cherry tomatoes, lentils, apple cider vinegar, and all spices.
3. Lower heat to simmer, and let cook for 30-40 minutes, or until the cauliflower is very soft and easily pierced with a fork.

Kitchen Tools

VEGAN KITCHEN ESSENTIALS

These are the kitchen tools you will need for the recipes in this ebook, and frankly, they are a must for a great vegan kitchen. Each kitchen tool is linked to where you can purchase it:

1. [Blender](#) - this blender will last you a lifetime, and it also has a really great warranty attached. This is my #1 kitchen tool - I literally use it every single day, and often several times a day.
2. [Skinny silicone spatula](#) - tired of trying to get everything out of Vitamix? This tool will definitely change your life. It makes removing the contents of the Vitamix super easy.
3. [Pot/dutch oven](#) - this is my favorite pot to cook in, the healthiest and makes vegetables taste like heaven even without seasonings and oil!
4. [Silicone mat](#) - I refer to this in many recipes because it's a great tool for roasting veggies without oil and without having to buy parchment paper constantly.
5. [Food Processor](#) - an amazing tool for chopping quickly and for making many of the pates in this ebook.
6. [Baking tray](#) - to place under the silicone mat for roasting veg.
7. [Coconut bowls](#) - my favorite way to eat smoothie bowls. They are made of natural materials, they're beautiful, and they make your food taste better (at least I think so...)
8. [Mandolin](#) - for slicing veggies into thin ribbons, and great for creating raw lasagna - a recipe in this ebook.
9. [Glass containers](#) - I soak all my legumes and grains in glass containers and store my meal prep items in them too.
10. [Berkey water filter](#) - produces really great quality filtered water for both drinking and cooking/soaking.
11. [Magic bullet grinder](#) - for grinding flax seeds and other seeds, and making smoothies quickly on the go.
12. [Glass jars](#) - great for storing chia pudding and overnight oats, and drinking out of.
13. [Borner slicer](#) - for creating julienne shapes from vegetables and fruits.
14. [Ceramic knife set](#) - sharp knives that don't ruin the quality of your fruits and veggies.
15. [Dehydrator](#) - while this item is not a must, and I don't use it in this recipe ebook since most people don't own one, I highly recommend having one because it's so fun to make your own kale chips, crackers, and flavored nuts and seeds!

Grocery List

SHOP FOR THE WEEK

Vegetables

- 1 cauliflower
- 1 avocado
- 20 mushrooms
- 1 red onion
- 2 green onions
- 3 white sweet onions
- 1 shallot
- 1 large tomato
- 5 roma tomatoes
- 6 pints cherry tomatoes (12 cups)
- 5 red bell peppers
- 1 jalapeno (optional)
- 2 cups broccoli
- 6 carrots
- 4 zucchinis
- 1/6 pound broccoli (2 cups broccoli florets)
- 2 large cucumbers
- 1 very small red cabbage
- 2 limes
- 1 lemon
- 10 spears of asparagus
- 1 medium Yukon gold potato
- 1 small sweet potato
- 3 garlic cloves (optional)
- 5 radishes

Greens and Herbs

- 4 cups baby arugula (about 4 ounces, or 1 small bunch)
- 4 cups of kale (about 1 large bunch)
- 6 cups baby spinach (1,350g or about 38 ounces)
- 1 bunch chard
- 1 bunch mint
- 1 bunch cilantro
- 2 heads of romaine
- 4 cups spring mix (about 4 ounces)

Fruits

- [1 container Medjoul dates](#)
- 20 small dates (like Deglet Nour)
- 27 strawberries (usually, 2 small baskets)
- 9 bananas, as ripe as possible (with black spots; they will ripen with time)
- 2 cups frozen sweet cherries
- 100g frozen acai (1 acai packet, preservative-free)
- 1 cup blueberries, fresh or frozen
- 2 kiwis
- 2 pineapples, or a bag of frozen pineapple chunks with no sugar
- 2 medium peaches, fresh or frozen (about 2-3 cups, chopped)
- 2 fresh mangoes + 1 mango, fresh or frozen
- 1 cup raspberries, fresh or frozen + 3 cups fresh raspberries
- 1 bottle of pure coconut water (optional)
- 3 more types of fruit for mono meal lunches:
 - 1. 500 calories worth; example: 5 cups grapes
 - 2. 300 calories worth; example: 3 cups grapes
 - 3. 400 - 500 calories worth; example: 7 oranges

Grocery List

SHOP FOR THE WEEK

Spices:

Dry:

[Cinnamon](#)
[Black pepper](#)
[Turmeric](#)
[Himalayan salt](#)
[Cumin](#)
[Smoked paprika](#)
[Onion powder](#)
[Garlic powder](#)
[Nutritional yeast](#)
[Black salt](#)
[Cloves](#)
[Chipotle powder \(or smoked paprika\)](#)
[Chili powder](#)
[Cumin powder](#)
[Coriander powder](#)
[Cayenne pepper](#)
[Dried dill](#)
[Dried parsley](#)

Fresh:

Ginger

Nuts and seeds, and nut and seed butters:

A few handfuls/a container of raw and unroasted:

[Sunflower seeds](#)
[Whole flax seeds \(I prefer and recommend golden\)](#)
[Hemp seeds](#)
[Chia seeds](#)
[Pumpkin seeds](#)
[Brazil nuts](#)
[Tahini](#)
[Almond butter](#)

Grains and Beans:

[½ cup amaranth](#)
[¼ cup lentils](#)
[Sprouted chickpea flour](#)
[1 cup cornflakes \(organic, plain, with no additives\)](#)
16 ounces tofu (1 block), extra firm
2 corn tortillas, non-GMO, no oil added

Other Pantry Items:

[2 cups rolled oats](#)
[Mustard](#)
[3 nori sheets](#)
[Ume plum vinegar](#)
[Nutritional yeast](#)
[Coconut aminos](#)
[Raw, unroasted carob powder](#)
[Peppermint drops](#)
[Blackstrap molasses](#)
[Cacao nibs](#)
[Raw cacao powder](#)
[1 bottle of capers, in salt, oil free](#)
[Tamari](#)
[Apple cider vinegar](#)
[Goji berries](#)
[Coconut flakes, unsweetened, raw](#)
[Dried white mulberries](#)
[Coconut vinegar](#)
Chickpea miso



CHERRY ACAI BOWL

DAY 1 BREAKFAST

INGREDIENTS

2 cups frozen sweet cherries
2 ripe fresh bananas
100g frozen acai (1 acai packet, preservative-free)
1 Medjoul date, pitted
1 tablespoon flax seeds
2 cups spinach
A pinch of cloves
1 teaspoon cinnamon
1 teaspoon cinnamon powder
¼ teaspoon turmeric powder
A pinch of black pepper
¾ cup filtered water or coconut water

Topping: 1 tablespoon cacao nibs

METHOD

- Place all ingredients (except for the cacao nibs) in a high-speed blender, starting with the fresh bananas, flax, then the rest of the ingredients.
- If not using a high-speed blender, be sure to pre-grind the flax seeds in a coffee grinder or small blender.
- Top with cacao nibs and enjoy with a spoon.

FRUIT MONO MEAL

DAY 1 LUNCH

Suggestion: 5 cups grapes



RAW RANCH SALAD WITH COCONUT BACON

DAY 1 DINNER

INGREDIENTS

+1 Brazil nut, soaked overnight in filtered water (for your daily selenium)

Ranch dressing

Coconut bacon

1 head romaine lettuce, shredded

½ red onion, chopped thinly

1 pint cherry tomatoes (about 30 cherry tomatoes), cut in half

For the ranch dressing:

½ tablespoon apple cider vinegar
¼ cup soaked raw sunflower seeds, soaked 6-8 hours in filtered water, rinsed and drained

2 tablespoons hemp seeds

1/8 tablespoons dried dill

¼ tablespoon garlic powder

¼ tablespoon onion powder

2 tablespoons chia seeds

¼ teaspoon capers in salt, soaked in water for 10 minutes, rinsed and drained

1 tablespoon dried parsley

1.25 cups zucchini, chopped (or 1 large zucchini)

¼ cup filtered water

For the coconut bacon:

¼ cup coconut large unsweetened flakes

½ tablespoon tamari

1/8 teaspoon smoked paprika

1 Medjool date, pitted

METHOD

• **For the coconut bacon:**

• Pit a date, and mash with tamari and smoked paprika with a fork in a bowl. If you are using a very dry date, soak it in tamari overnight before use.

• Add coconut flakes, and stir well to combine.

• Let marinate about 10 minutes.

• **For the dressing:**

• Soak sunflower seeds in filtered water overnight.

• Rinse and drain in a colander over the sink very well.

• Place capers in water, and let soak for a few minutes to get rid of too much salt.

• Drain and rinse the capers.

• Place all ingredients in a blender, starting with the water and zucchini, and blend until smooth.

• **To assemble:**

• Shred lettuce, chop tomato and onion.

• Place lettuce, tomato, onion, coconut bacon and ranch dressing in a bowl and enjoy.



RASPBERRY MINT GREEN SMOOTHIE BOWL

DAY 2 BREAKFAST

INGREDIENTS

2 cup raspberries
3 ripe, frozen bananas
2 Medjoul dates, pitted
¼ cup fresh mint, whole leaves and stems
2 cups baby spinach
¼ cup filtered water, or coconut water
1 tablespoon flax seeds
¼ teaspoon turmeric
A pinch of black pepper
Toppings: 1.5 cup dried mulberries, and 2 tablespoons dried goji berries

METHOD

- Peel and freeze very ripe spotty bananas until hard.
- Place all ingredients (besides toppings) in a high-speed blender, and blend until very smooth. Pre-grind flax seeds in a small coffee grinder or blender if you are not using a high-speed blender.
- Top with mulberries and goji berries, and chew!

AMAZING ALMOND-CHILI DIP WITH VEGGIES

DAY 2 BREAKFAST

INGREDIENTS

Almond-Chili Dip
2 cups broccoli florets
2 carrots, peeled
2 large cucumbers

For the dip:

2 tablespoons raw, unroasted almond butter
1 cup zucchini, roughly chopped (about 1 small zucchini)
2 teaspoon chili powder
1 tablespoon lime juice (about ¼ of a lime)
½ teaspoon mustard
3 tablespoons shallot, roughly chopped (about ½ of a shallot)
1 tablespoon tamari
¼ cup water

METHOD

- Blend all dip ingredients until very smooth.
- Enjoy by dipping in veggies. If you have leftover veggies, just eat them!



RANCH CAULIFLOWER BUFFALO WING BOWL

DAY 2 DINNER

INGREDIENTS

Buffalo cauliflower wings
Ranch dressing
1 head of romaine, shredded
¼ cup amaranth + ½ cup water

For the ranch dressing:

½ tablespoon apple cider vinegar
¼ cup soaked sunflower seeds, soaked 6-8 hours in filtered water, rinsed and drained
2 tablespoons hemp seeds
1/8 tablespoons dried dill
¼ tablespoon garlic powder
¼ tablespoon onion powder
2 tablespoons chia seeds
¼ teaspoon capers in salt, soaked in water for 10 minutes, rinsed and drained
1 tablespoon dried parsley
1.25 cups zucchini, chopped (or 1 large zucchini)
¼ cup filtered water

For the buffalo cauliflower wings:

¼ cup sprouted chickpea flour
3 tablespoons filtered water
1 cup cornflakes (organic, plain, with no additives; check grocery list for specific brand)
¼ head cauliflower, cut into 2-inch florets

For the buffalo sauce:

1 tablespoons tamari
1 Medjoul date, pitted
1.5 cups chopped tomatoes
½ tablespoons apple cider vinegar
¼ teaspoon chipotle powder, or smoked paprika for a less spicy version
¼ teaspoon mustard
¼ teaspoon cumin
¼ teaspoon turmeric
a pinch of black pepper

METHOD

- **For the cauliflower wings:**
- Pre-heat your oven to 400F.
- Prepare two bowls. In one, whisk together the chickpea flour and water. I used a fork to do this, and it mixed pretty easily. In the second bowl, you will place crushed cornflakes. To crush, place them in a zip-lock bag, and bang with your measuring cup. Angry at anyone today, or feeling intense love for plants? Show those cornflakes exactly how you feel!
- Now, slice your cauliflower into 2-inch florets. The easiest way to do this is to slice them off of the main stem, and then rip them by hand into smaller pieces. Don't get rid of the little floret stem – it will help you dip the florets more easily.
- Dip each floret into the chickpea batter, covering well, then into the cornflakes, covering all chickpea batter area, and place on a silicone-lined baking tray.
- Bake at 400F for 15 minutes.
- Meanwhile, blend all buffalo sauce ingredients. Remove the sauce from the blender and place in a bowl.
- Take the cauli out of the oven, and allow to cool for 1-2 minutes. Then, grab each piece and dip it into the buffalo sauce.
- Bake again for another 20 minutes at 400F.



RANCH CAULIFLOWER BUFFALO WING BOWL

DAY 2 DINNER

METHOD, CONTINUED

- **For the dressing:**
- Soak sunflower seeds in filtered water overnight.
- Rinse and drain in a colander over the sink very well.
- Place capers in water, and let soak for a few minutes to get rid of too much salt.
- Drain and rinse the capers.
- Place all ingredients in a blender, starting with the water and zucchini, and blend until smooth.
- **For the amaranth:**
- Soak amaranth overnight in filtered water.
- Place amaranth in a nut-milk bag, stockings, or any other material that will have small enough holes (amaranth is the tiniest grain!). Tip: turn the stockings or nut milk bag inside out, so that the seams are on the outside. This will make it easier to take the amaranth out of the bag.
- Wash well, and get rid of the water.
- Spill amaranth out into a pot, and add ½ cup water.
- Bring to a boil, then simmer for about 10-15 minutes, or until all water is gone. It will be thick and creamy.
- **To assemble:**
- Shred lettuce, and place in a bowl. Top with amaranth, buffalo cauliflower wings, and ranch.





PEACH-MANGO GREEN SMOOTHIE BOWL

DAY 3 BREAKFAST

INGREDIENTS

2 medium peaches, pitted, fresh or frozen (about 2-3 cups, chopped)
2 fresh mangoes, peeled and chopped
1 cup raspberries, fresh or frozen
1 tablespoon flax seeds
2 cups kale, destemmed and roughly chopped
¼ cup water or coconut water
¼ teaspoon turmeric
A pinch of black pepper
Toppings: 7 strawberries, chopped, and ½ cup dried mulberries

METHOD

- Add all ingredients to the blender (aside from toppings), and blend until smooth. Pre-grind flax seeds in a small coffee grinder or blender if you are not using a high-speed blender.
- Top with sliced strawberries and mulberries.

PINEAPPLE-STRAWBERRY SALSA

DAY 3 LUNCH

INGREDIENTS

5 cups pineapple, cubed
Juice of 1 lime
¼ cup cilantro or mint leaves
10 medium strawberries, halved
¼ cup hemp seeds

METHOD

- Cut pineapple into chunks, tossing the core.
- Add pineapple to a bowl, along with halved strawberries, mint or cilantro leaves, and top with lime juice and hemp seeds.



RAW VEGAN SALMON SUSHI

DAY 3 DINNER

INGREDIENTS

1 cup spring mix
Salmon pate
Tamari, for dipping
3 nori sheets

For the salmon pate:

2 cups chopped carrots
2 green onions, roughly chopped
1 tablespoon ume plum vinegar
1 tablespoon apple cider vinegar
2 tablespoons smoked paprika
½ cup Brazil nuts, soaked overnight, rinsed and drained
2 cups bell pepper, roughly chopped

METHOD

- **For the salmon pate:**
- Soak Brazil nuts overnight in filtered water
- Rinse and drain in a colander over the sink
- Place nuts in the food processor, and pulse a few times until they are crumbly.
- Add the carrots and roughly chopped green onions, and pulse again.
- Add the rest of the ingredients, and keep pulsing until all the ingredients are well combined and still crumbly.
- Use a spatula to make sure all of the ingredients are processed, and to pat down the mixture so that it does not stay on the walls of your food processor.
- **Assembly:**
- Place nori sheet shiny side down on a cutting board or wooden bamboo mat.
- Place a small handful of spring mix a few inches from you on the nori sheet, along the wide side.
- Scoop a bit more than 1 cup of the salmon pate on each nori sheet, on top of the spring mix.
- Tuck and roll the nori to fold it up.
- If you're not the best at making the rolls (hey, I'm not!) just make a salad out of them by ripping up the nori with scissors or by hand, adding spring mix, salmon pate and dash of tamari.





GINGERY KIWI SMOOTHIE BOWL

DAY 4 BREAKFAST

INGREDIENTS

2 kiwis, peeled
2 medium bananas, ripe and frozen
1 Medjoul date, pitted
2 cups chard, chopped, stems removed
1 tablespoon flax seeds
1 inch slice of ginger root
¼ teaspoon turmeric
A pinch of black pepper
Toppings: 1 cup raspberries and 2 tablespoons dried coconut flakes, unsweetened

METHOD

- Peel and freeze very ripe bananas until hard (usually 6-8 hours).
- Add all ingredients to the blender (aside from toppings), and blend until smooth. Pre-grind flax seeds in a small coffee grinder or blender if you are not using a high-speed blender.
- Top with fresh or frozen raspberries and coconut.

ALMOND-CHILI SALAD

DAY 4 LUNCH

INGREDIENTS

Almond-Chili Sauce
3 cups spring mix
2 carrots, grated
20 cherry tomatoes, halved
¼ of a white sweet onion, chopped
2 cups red cabbage, chopped
0.25 cups pumpkin seeds, soaked overnight, rinsed and drained

For the sauce:

2 tablespoons raw, unroasted almond butter
1 cup zucchini, roughly chopped (about 1 small zucchini)
2 teaspoon chili powder
1 tablespoon lime juice (about ¼ of a lime)
½ teaspoon mustard
3 tablespoons shallot, roughly chopped (about ½ of a shallot)
¼ cup water
1 tablespoon tamari

METHOD

- Blend all sauce ingredients until very smooth.
- Soak pumpkin seeds overnight, rinse and drain in a colander over the sink.
- Grate carrots, and chop cabbage, onion, and halve tomatoes.
- Place spring mix, carrots, tomatoes, onion, and cabbage in a bowl. Top with the sauce and pumpkin seeds.



GREEN AND LEAN, NUTRIENT-PACKED BUDDHA BOWL

DAY 4 DINNER

INGREDIENTS

Miso-tahini sauce

¼ cup amaranth + ½ cup water

2 cups broccoli

2 cups arugula

10 spears of asparagus

Extra firm tofu

5 radishes, chopped

For the tofu:

8 ounces extra firm tofu (half a block)

2 tablespoons Tamari

1 tablespoon water

1 garlic clove (optional)

1 inch piece of ginger

a pinch of cayenne pepper

½ teaspoon mustard

1 Medjoul date, pitted

For the Miso-Tahini Sauce:

2 tablespoons raw unroasted tahini

2 tablespoons coconut aminos

½ tablespoons chia seeds

2 teaspoons chickpea miso

2 garlic cloves

2 teaspoons coconut vinegar

1 tablespoon lemon juice, freshly squeezed

1/4 cup filtered water

METHOD

- **For the Tofu:**
- Pre-heat your oven to 300F.
- Place all ingredients (besides tofu) in a small blender (such as a magic bullet), and blend until very smooth. If small chunks remain, do not stress! It's ok!
- Take tofu out of the package, and cut into equal-sized cubes.
- Place tofu in a bowl with the marinade for about 10 minutes.
- Place the marinated tofu, with the marinade, on a silicone-lined baking sheet.
- Bake for about 30 minutes, or until it is slightly firm on the outside and soft on the inside.
- Set aside.
- **For the vegetables:**
- Slice broccoli into florets, and cut off the bottom of the asparagus (the white, woody part).
- Place in a steamer basket, and steam for about 10 minutes, or until soft but green.
- **For the amaranth:**
- Soak amaranth overnight in filtered water.
- Place amaranth in a nut-milk bag, stockings, or any other material that will have small enough holes (amaranth is the tiniest grain!). Tip: turn the stockings or nut milk bag inside out, so that the seams are on the outside. This will make it easier to take the amaranth out of the bag.
- Wash well, and get rid of the water.
- Spill amaranth out into a pot, and add ½ cup water.
- Bring to a boil, then simmer for about 10-15 minutes, or until all water is gone. It will be thick and creamy.
- **For the miso-tahini sauce:**
- Place all ingredients in a blender, and blend until smooth.
- To assemble:
- Place arugula in a bowl. Add chopped radishes.
- Add the amaranth, tofu, vegetables and sauce.





CHOCOLATE ALMOND BUTTER BREAKFAST BOWL

DAY 5 BREAKFAST

INGREDIENTS

2 tablespoons raw cacao powder
2 tablespoons raw unroasted almond butter
3 ripe, frozen bananas
1 Medjoul date, pitted
2 cups spinach
1 tablespoon flax seeds
1 tablespoon blackstrap molasses
¼ cup water or coconut water
¼ teaspoon turmeric
A pinch of black pepper
Top with: 1 cup rolled oats

METHOD

- Peel and freeze very ripe bananas until hard (usually 6-8 hours).
- Add all ingredients to the blender (aside from toppings), and blend until smooth. Pre-grind flax seeds in a small coffee grinder or blender if you are not using a high-speed blender.
- Top with oats, and enjoy.

FRUIT MONO MEAL

DAY 5 LUNCH

Suggestion: 3 cups grapes



VEGAN MIDDLE EASTERN SHAKSHUKA

DAY 5 DINNER

INGREDIENTS

5 roma tomatoes, chopped
 2 red bell peppers, chopped
 1 jalapeno, de-seeded and chopped (optional)
 1 sweet onion, chopped
 2 tablespoons capers, soaked in water
 ½ teaspoon cumin
 ½ teaspoon coriander
 ½ teaspoon smoked paprika
 2 tablespoons tahini
 ¼ cup cilantro (or parsley), chopped
 "Eggs"

For the "eggs":

½ cup chickpea flour
 ½ cup water
 ½ teaspoon black salt
 ¼ teaspoon turmeric
 A pinch of black pepper
 2 tablespoons nutritional yeast

METHOD

- Heat a non-stick skillet on high heat
- Add chopped sweet onion, and cook for 10 minutes on an empty skillet, until it starts to brown.
- Add tomatoes, bell pepper, jalapeno (optional), capers, cumin, coriander, and smoked paprika, and turn down to simmer. Cook for 20 minutes.
- Whisk together all "egg" ingredients in a cup.
- Pour into skillet, as if you were pouring eggs, in 5 different spots.
- Cook for 10 minutes.
- Once slightly cooled and off the heat, top with tahini drizzle, and cilantro or parsley right in the skillet (for a more authentic look, you know?).



CHOCOLATY BLUEBERRY OVERNIGHT OATS

DAY 6 BREAKFAST

INGREDIENTS

1 cup rolled oats
1/4 cup water
1 tablespoon flax seeds
2 Medjoul dates, pitted and chopped
½ teaspoon cinnamon
2 bananas, ripe and soft
1 cup blueberries, fresh or frozen
2 tablespoons cacao nibs

METHOD

- Place oats in a bowl, and mash with the bananas really well. Add water and mix.
- Grind flax seeds in a small blender or coffee grinder, and add to oats.
- Chop and pit dates, and add to oats, along with cinnamon.
- Top with cacao nibs and blueberries.

MINT CHOCOLATE ENERGY BARS

DAY 6 LUNCH

INGREDIENTS

Base Ingredients:

¾ cup dried white mulberries
20 small dates (like Deglet Nour), pitted

Flavoring Ingredients:

1 tablespoon carob powder (go for the unroasted kind)
1-3 drops pure peppermint essential oil (it's very strong, so start with 1 drop and add more if you wish)
Pinch of cinnamon
Pinch of sea salt
1 tablespoon cacao nibs

METHOD

- Place mulberries in the food processor, and pulse a few times until they break down a bit.
- Add the dates, and turn the food processor on for about 15-20 seconds.
- Place the flavoring ingredients in the food processor, and pulse a few more times until incorporated.
- Form it into 2 bars. Place in the freezer for a couple of hours to firm up, or enjoy as is.





COCONUT BACON BUDDHA BOWL

DAY 6 DINNER

INGREDIENTS

Coconut bacon
 2 cups of kale, destemmed and chopped
 20 mushrooms, chopped
 ½ small onion, chopped
 ½ ripe avocado, cubed
 8 ounce tofu, extra firm
 1 bell pepper, chopped
 20 cherry tomatoes, halved

For the tofu:

8 ounces extra firm tofu (half a block)
 2 tablespoons Tamari
 1 tablespoon water
 1 garlic clove (optional)
 1 inch piece of ginger
 a pinch of cayenne pepper
 ½ teaspoon mustard
 1 Medjoul date, pitted

For the coconut bacon:

¼ cup coconut large unsweetened flakes
 ½ tablespoon Tamari
 1/8 teaspoon smoked paprika
 1 Medjool date, pitted

METHOD

- **For the Tofu:**
- Pre-heat your oven to 300F.
- Place all ingredients (besides tofu) in a small blender (such as a magic bullet), and blend until very smooth. If small chunks remain, do not stress! It's ok!
- Take tofu out of the package, and cut into equal-sized cubes.
- Place tofu in a bowl with the marinade for about 10 minutes.
- Place the marinated tofu, pouring the marinade on top, on a silicone-lined baking sheet.
- Bake for about 30 minutes, or until it is slightly firm on the outside and soft on the inside.
- Set aside.
- **For the coconut bacon:**
- Pit a date, and mash with tamari and smoked paprika with a fork in a bowl. If you are using a very dry date, soak it in tamari overnight before use.
- Add coconut, and stir well to combine.
- Let marinate about 10 minutes.
- **For the onion and mushroom mix:**
- Heat a non-stick skillet over high heat.
- Chop onion, and add it to the skillet.
- Cook for 10 minutes on a dry skillet, or until the onion turns golden brown (no need for oil!)
- Add chopped mushrooms, and cook for another 10 minutes (yes, no need for any liquids, the mushrooms release a ton of liquids).
- **Assembly:**
- Place destemmed, chopped kale in a bowl. Chop the bell pepper, cherry tomatoes, and avocado and add to the bowl.
- Top with tofu, vegetables, and bacon.



GINGER-PINEAPPLE CHIA PUDDING

DAY 7 LUNCH

INGREDIENTS

For the milk:

1 tablespoon raw, unroasted
almond butter

1.5 cups water

1 Medjoul dates, pitted

1 cup mango, chopped, fresh or
frozen

1 cup pineapple, chopped, fresh or
frozen

1/4 teaspoon turmeric powder + a
pinch of black pepper

For the pudding:

1/3 cup chia seeds

Top with: 1 tablespoons coconut
flakes, unsweetened + 10
strawberries, chopped

METHOD

- Blend all ingredients, except chia seeds, until smooth.
- Place in a bowl, and stir in the chia seeds.
- Place in the fridge overnight to thicken for best results, but you can also eat after about 1 hour.
- Top with coconut flakes and strawberries.

FRUIT MONO MEAL

DAY 7 LUNCH

Suggestion: 7 oranges, cut into pieces



NACHOS WITH LENTIL MEAT AND NACHO CHEESE

DAY 7 DINNER

INGREDIENTS

Lentil taco meat
Nacho cheese
¼ ripe avocado
2 cups baby arugula
2 corn tortillas/nachos

For the lentil taco meat:

¼ cup lentils, soaked overnight, rinsed and drained
½ large cauliflower chopped very well or processed in a food processor (about 7 cups, chopped)
3 cups cherry tomatoes chopped in half
1 sweet onion chopped
3 tablespoons apple cider vinegar
2 tablespoons onion powder
1 tablespoon chipotle powder or smoked paprika if you don't like spicy
2 tablespoons chilli powder
1 tablespoon cumin powder

For the nacho cheese:

1 cup cubed Yukon gold potatoes (about 1 medium potato, unpeeled)
1/3 cup cubed sweet potatoes (about 1/3 small sweet potato, unpeeled)
½ tablespoon and ½ teaspoon lemon juice, freshly squeezed
1/3 teaspoon Himalayan pink salt
½ tablespoon nutritional yeast

METHOD

- **For the lentil taco meat:**
- Chop onions, and add them to a very hot non-stick skillet. Cook for 10 minutes until they start to brown.
- Add finely chopped or processed cauliflower, halved cherry tomatoes, lentils, apple cider vinegar, and all spices.
- Lower heat to simmer, and let cook for 30-40 minutes, or until the cauliflower is very soft and easily pierced with a fork.
- **For the nacho cheese:**
- Start by steaming the potatoes and sweet potatoes until they are completely soft (about 20 minutes)
- When they are ready, place all cheese ingredients in a blender and blend until smooth.
- **For the corn tortillas/nachos:**
- Pre-heat the oven to 400F. Cut up your tortillas into chip shapes, and place on a silicone-lined baking tray.
- Bake for 10 minutes, then broil on high for another 3 minutes, watching the chips closely to make sure they don't burn.
- They should turn out perfectly crispy and golden brown.
- **Assembly:**
- Place arugula, taco meat, and nacho cheese in a bowl. Top with avo.
- Enjoy as a salad, with tortilla chips. So yum!

