

# OCC|FIT

## VEGAN MEAL PLAN

### WEEK 4

**DAY 1:**  
BANANA SMOOTHIE  
6 INGREDIENT MEXICAN QUINOA SALAD  
COCONUT CURRY

**DAY 2:**  
TOFU SCRAMBLE WITH KALE AND SWEET POTATOES  
CHICKPEA SALAD (MAKE NIGHT BEFORE)  
QUICK AND EASY STIR FRY

**DAY 3:**  
5 MINUTE OATMEAL POWER BOWL  
CHOPPED KALE SALAD WITH EDAMAME, CARROTS,  
AND AVOCADO  
BLACK BEAN STUFFED SWEET POTATOES

**DAY 4:**  
OATMEAL SUPERFOOD BREAKFAST BARS  
RAINBOW COLLARD WRAPS  
SWEET POTATO SOUP

**DAY 5:**

**GRAB AND GO BREAKFAST COOKIE**  
**CHICKPEA "TUNA" SALAD**  
**ROASTED VEGGIES AND BAKED TOFU WITH QUINOA**

**DAY 6:**  
LOW FAT APPLE MUFFINS  
MASON JAR SALAD  
BROWN RICE STIR FRY WITH VEGGIES

**DAY 7:**  
OIL FREE GLUTEN FREE PANCAKES  
SUMMER GARDEN SALAD  
ETHIOPIAN LENTIL STEW

**DAY 8:**  
CHIA SEED PUDDING  
HEALTHY HUMMUS WRAP  
PORTABELLA MUSHROOM PIZZAS

**DAY 9:**  
GREEN SMOOTHIE BOWL  
CILANTRO LIME TACOS  
BASIL PESTO PASTA WITH MUSHROOMS AND  
BROCCOLI

## DAY 1- BREAKFAST

### Banana Smoothie

#### Ingredients

- 1 banana
- 1 cup almond milk (or your favourite milk)
- ½ teaspoon cinnamon
- pinch of nutmeg
- 1 tablespoon ground flaxseed
- 2 tablespoons of rolled oats (GLUTEN FREE)
- 1 teaspoon almond or peanut butter with no added sugar
- 2 medjool dates

#### Directions

1. Add ingredients to a blender and blend on high for 2 minutes
2. Pour into a glass, add a sprinkling of cinnamon over the top and drink

## DAY 1- LUNCH

### 6 Ingredient Mexican Quinoa Salad

#### Ingredients

- 1/2 cup dry quinoa, pre-rinsed
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cups salsa, no-sugar added
- 1 cup corn kernels, thawed if frozen
- 1 teaspoon chili powder
- 1 avocado, peeled and small diced



#### Instructions:

1. Add 1 cup water and quinoa to a medium pot and bring to a rolling boil over medium-high heat. Reduce heat to a simmer, cover and cook until most moisture is absorbed, about 12-15 minutes.
2. Turn off heat and leave covered quinoa on burner for 5 minutes.
3. Add to cooked quinoa, black beans, salsa, corn, and chili powder. Add salt and pepper to taste.
4. Toss to combine then add diced avocado and gently toss. Add salad to a serving dish and serve. Salad can also be enjoyed cold.

## DAY 1- DINNER

### Coconut Curry

#### INGREDIENTS

- 1 can coconut milk
- 2 tablespoons red curry paste
- 2 small heads broccoli (and/or other veggies of choice)
- 1 can chickpeas, rinsed and drained
- ½ tablespoon cornstarch dissolved in 2 tablespoons cold water
- optional: minced garlic or onion

#### INSTRUCTIONS

1. Saute broccoli (and onion/garlic if you're using it) in a tablespoon of oil. After a few minutes, add the coconut milk and let simmer for 5-8 minutes. The broccoli should soften but still be tender-crisp.
2. Add the curry paste to the pan and whisk it until it combines with the coconut milk. Add the chickpeas.
3. Bring to a slight boil and add the cornstarch. Boil for about a minute, then reduce heat and let cool slightly. Sauce will thicken as the mixture cools.



## DAY 2- BREAKFAST

### Tofu Scramble with Kale and Sweet Potatoes (makes 2 servings)

#### Ingredients



- 1 small sweet potato, cut into 1/2-inch cubes
- 1 tablespoon olive or coconut oil
- 1/2 small yellow onion, chopped
- 1 14-ounce package extra firm tofu, drained and crumbled
- 1/4 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon turmeric
- 2 cups baby kale
- Salt and pepper to taste

#### Directions

1. Place the sweet potato cubes in a large skillet, and cover with water. Bring to a boil, then reduce the heat to medium and simmer three minutes. Pour out all the water.
2. Add the canola oil and onions. Sauté on medium-high heat for seven minutes. Add the crumbled tofu, garlic powder, cumin, salt, and turmeric. Cook for five or so minutes on medium heat, stirring frequently.
3. Add the kale, top the skillet with a lid, lower the heat to simmer, and allow to steam for a few minutes or until the kale is tender.

## DAY 2- LUNCH

### Chickpea Salad (make night before)

#### Ingredients:

- 1 (15-ounce/425 grams) can chickpeas, drained and rinsed
- 2 stalks celery, finely chopped
- 3 green onions, thinly sliced
- 1/4 cup finely chopped dill pickle
- 1/4 cup finely chopped red bell pepper

- 3 tablespoons store-bought or homemade vegan mayonnaise
- 1 clove garlic, minced
- 1 1/2 teaspoons yellow mustard
- 2 teaspoons minced fresh dill (optional)
- 1 1/2 to 3 teaspoons fresh lemon juice, to taste
- 1/4 teaspoon fine sea salt, or to taste
- Freshly ground black pepper

**Instructions:**

1. In a large bowl, mash the chickpeas with a potato masher until flaked in texture.
2. Stir in the celery, green onions, pickles, bell peppers, mayonnaise, and garlic until combined.
3. Now, stir in the mustard and dill, and season with the lemon juice, salt, and pepper, adjusting the quantities to taste.
4. Serve with toasted bread, on crackers, wraps, or on top of a basic leafy green salad. Or just enjoy it all on its own!

**DAY 2- DINNER**

**Quick and Easy Veggie Stir Fry**

**Ingredients:**

STIR FRY

- 1 lb extra-firm tofu, cubed
- 1 red pepper, cubed
- 1 yellow pepper, cuber
- 1 orange pepper, cubed
- 12 oz fresh broccoli
- 1 tbsp [sesame seeds](#)
- 1 tbs fresh ginger, chopped
- 3 tbsp [sesame oil](#), olive oil will work too

SAUCE

- 2 tbs [red curry paste](#)
- 1/3 cup Braggs Liquid Aminos or [reduced soy sauce](#)
- 3 tbs water
- 1 1/2 tsp [arrowroot powder](#)

**Instructions:**

1. In a small [mixing bowl](#) mix the sauce ingredients and set aside.

2. In a [large non-stick skillet](#) place the oil and tofu and cook for 2-3 minutes or until it begins to brown around the edges. Add the chopped peppers and ginger and cook, stirring in between, until the peppers are tender. About 5 minutes.
3. Add the broccoli and cook further for 2 minutes. Add the sauce and stir making sure it coats the veggies and tofu. Turn the heat off and add the sesame seeds.
4. Serve immediately over brown rice or quinoa.

## DAY 3- BREAKFAST

### 5 minute Oatmeal Power Bowl

#### Ingredients:

- 1 ripe banana, mashed (the riper/spottier the better)
- 2 heaping tablespoons chia seeds
- 1/3 cup rolled oats (use certified gluten-free)
- 1/4 teaspoon cinnamon
- 2/3 cup almond milk
- 1/3 cup water
- 1 tablespoon ground flax (optional, see note)
- *For garnish:* soaked almonds, pepita seeds, hemp hearts, cinnamon, toasted coconut, nut butter, spices (cinnamon, ginger, allspice)



#### Instructions:

1. The night before: Grab a medium bowl and mash the banana until smooth. Now stir in the chia, oats, cinnamon, milk, and water until combined. Cover and refrigerate overnight.
2. In the morning: Scoop the oat mixture into a medium pot. Increase heat to medium-high and bring to a simmer. Reduce heat immediately to medium-low, and stir frequently until heated throughout and thickened. At the end of cooking, stir in flax, if using.
3. Pour oats into bowl. Garnish with your desired toppings. Get cozy!

## DAY 3- LUNCH

### Chopped Kale Salad with Edamame, Carrots, and Avocado (makes 2 servings)

#### Ingredients

##### SALAD

- 1 bunch kale (preferably lacinato/Tuscan/dinosaur kale but regular curly kale works, too)
- fine-grain sea salt
- 1 cup chopped snow peas (slice off tough ends first)
- 1 large carrot, peeled and ribboned with a vegetable peeler

- 1 small red bell pepper, deseeded and chopped
- 1 heaping cup organic edamame (if using frozen edamame, defrost by tossing into a pot of boiling water for 3 to 4 minutes)
- 1 avocado, pitted and sliced into small chunks
- 1 large shallot, finely sliced
- handful cilantro, chopped
- handful Thai basil (or regular basil), chopped

#### TAMARI-GINGER DRESSING

- ¼ cup olive oil
- 1 tablespoon finely grated ginger
- 1 tablespoon low-sodium tamari (or other low-sodium soy sauce\*)
- 2 teaspoons lime juice
- 3 garlic cloves, pressed or minced

#### Instructions

1. Use a chef's knife to remove the tough ribs from the kale, then discard them. Chop the kale leaves into small, bite-sized pieces and transfer them to a mixing bowl. Sprinkle the kale with a dash of sea salt and use your hands to massage the kale by scrunching up the leaves in your hands and releasing until the kale is a darker green and fragrant. Toss the remaining salad dressing ingredients with the kale.
2. To make the vinaigrette, whisk together all the ingredients until emulsified. Toss the dressing with the salad and serve.

## DAY 3- DINNER

### Black Bean Stuffed Sweet Potatoes (makes 4 potatoes)

#### Ingredients

- 4 medium- large sweet potatoes
- 1 teaspoon of lime juice
- 1/2 teaspoon of ground black pepper
- 1/2 of a medium red onion, finely diced (about 1 cup diced)
- 1 1/2 tablespoons of oil (I used olive oil)
- 1/4 teaspoon of garlic powder
- 1/4 teaspoon of onion powder
- 1/4 teaspoon of cumin
- 1/4 teaspoon of chili powder
- 1/2 teaspoon of sea salt
- 1 15oz can of black beans, drained and rinsed



- 1/2 an avocado, chopped (topping)
- handful of cilantro, chopped (topping)

### **Instructions**

1. Pre-heat oven to 350 degrees F.
2. Place the sweet potatoes on a lightly greased baking tray and bake for 55-65 minutes or until a fork can easily be inserted into the flesh of the potatoes.
3. Prepare the cream sauce by whisking together the cashew cream sauce, lime juice, and black pepper. Set aside.
4. When the sweet potatoes have about 10 minutes left, heat the oil in a skillet over medium heat and then add in onion. Saute for 5 minutes until the onions begins to become translucent. Add in the spices stir and cook for an additional 3 minutes.
5. Add the black beans to the skillet and toss to combine. Continue to cook, stirring frequently, until the black beans are fully heated through. About 5 minutes. Take off of heat and set aside.
6. Once the sweet potatoes are done baking, let cool slightly. Once cool, cut the sweet potatoes open and shred the flesh from the skin so that the inside is mashed and easy to scoop out.
7. Evenly spread the black bean mixture, avocado, and cilantro on top of the 4 sweet potatoes.
8. Serve immediately and ENJOY!!

## DAY 4- BREAKFAST

### Oatmeal Superfood Breakfast Bars

#### Ingredients

##### BASE:

- 2 cups old fashioned oats
- 1 cup slivered almonds
- 4 tablespoons maple syrup
- 1 tablespoon coconut oil
- 1 teaspoon kosher salt
- 1 1/2 teaspoon cinnamon
- 2 bananas
- 1 1/2 teaspoons vanilla
- 1 scoop Vegan Protein (Vanilla)

##### TOPPING:

- 1/2 cup old fashioned oats
- 1/4 cup slivered almonds
- 1/4 cup pumpkin seeds
- 1 cup fresh organic blueberries
- 1/4 cup of coconut-almond milk (or plain coconut or plain almond milk)
- 1/4 teaspoon cinnamon



#### Instructions

##### BASE:

1. Preheat oven to 350°.
2. Line 9 x 9 baking pan with parchment paper, lightly grease with coconut oil
3. Add all ingredients in to food processor until completely combined and wet, this may take several minutes.
4. Pour into prepared pan and smooth out with off set spatula until evenly spread.
5. Bake for 8-10 minutes.

##### TOPPING:

6. Combine ingredients in medium bowl and stir to combine.
7. Removing pan from oven, spread topping evenly over and lightly press down into base.
8. Bake an additional 15 minutes

## DAY 4- LUNCH

## Rainbow Collard Wraps (makes 2 wraps)

### Ingredients:

- 2 collard leaves
- ½ cup basil pesto hummus (or any kind you prefer)
- 10 asparagus spears, roasted or raw
- ½ cup cucumber, peeled and sliced into short thin strips
- 1-2 carrots, peeled and sliced into short thin strips
- ½ cup zucchini, sliced into short thin strips
- ½ cup radish, sliced into short thin strips
- ½ cup purple cabbage, sliced thin
- micro greens, sprouts or baby greens



### Instructions:

1. Wash and dry collard leaves and then use a paring knife to shave down the stems. This will make them much easier to fold.
2. Place collard leaves on a flat surface, spread ¼ cup of hummus near the top/middle of each leaf, fill each leaf with the remaining veggies, splitting each amount between the two wraps. Wrap the leaves as you would a burrito. Cut each wrap in half and enjoy.

## DAY 4- DINNER

### Sweet Potato Curry Soup

### Ingredients

- 2 tbsp extra virgin olive oil
- 4 cloves of garlic
- ½ onion
- 1 14-ounce coconut milk can
- 2 cups vegetable broth
- 1 tbsp maple syrup
- ½ tsp ground ginger
- 2 tbsp curry powder
- ½ tsp ground turmeric

- 1 cup diced sweet potato
- Salt to taste
- Toppings: tofu, red cabbage, broccoli and red bell pepper

### **Instructions**

1. Heat the oil in a large pot over medium heat. Add the garlic and the onion (diced) and cook until golden brown.
2. Add the rest of the ingredients and simmer until the sweet potatoes are soft.
3. Transfer the soup to a blender and blend until smooth and creamy.
4. Serve with your favorite toppings. I used raw veggies (red cabbage, broccoli and red bell pepper) and tofu (I cook it according to our vegan Caesar salad recipe, but you can also bake, sauté or fry the tofu).

## DAY 5- BREAKFAST

### Grab & Go Breakfast Cookies (make in advance; makes 8 cookies)

#### Ingredients:

- 2 medium, very ripe bananas (approximately 6 1/2 oz)
- 1 cup rolled oats (GLUTEN FREE)
- 1/4 cup pumpkin seeds
- 1/4 cup shredded coconut
- 1/4 cup currants or raisins
- 1 Tablespoon chia seeds
- ½ teaspoon cinnamon
- Pinch salt

#### Instructions:

1. Preheat the oven to 345F (310F fan forced).
2. Line a baking tray with paper and set aside.
3. In a small bowl, mash the banana until smooth. Set aside.
4. Combine the remainder of the ingredients in a large bowl.
5. Add the mashed banana to the dry ingredients.
6. Mix well to ensure all of the dry ingredients are coated with the banana.
7. Let the mixture stand for five minutes to absorb the moisture from the banana. (very important!)
8. Take a scant ¼ cup of the mixture and press it together to form a solid round cookie. If the mixture does not hold together, wait a few minutes and try again.
9. Place the cookie on the lined tray and pat gently until it is about 2 ¾ inches wide and ½ inch high. These cookies will not spread in the oven, so the shape on the tray is the shape of the finished cookie.
10. Repeat with the remainder of the mixture.
11. Bake for 15 – 20 minutes, or until the cookies are golden.
12. Remove from the oven, then transfer to a rack to cool completely.
13. Keep for up to two days in an airtight container, or freeze until required.

## DAY 5- LUNCH

### Chickpea “Tuna” Salad

#### Ingredients:

- 15 oz. can chickpeas, rinsed and drained
- 3 stalks celery with leaves, finely chopped
- 2 tsps. kelp or dulse or seaweed flakes (optional)
- 1 tsp. Spike seasoning (to taste)
- 2 TBS vegan mayonnaise
- 2 slices Gluten Free Bread
- Optional additions: sliced avocado, alfalfa sprouts, tomatoes, romaine lettuce.

#### Instructions:

1. Mash the chickpeas so that hardly any whole ones remain. Add all ingredients and mix well.
2. Serve the chickpea “tuna” on the bed with whatever toppings or additions you would like. This is also a great addition to any salad.

## DAY 5- DINNER

### Roasted Veggies and Baked Tofu with Quinoa

#### Ingredients:

##### FOR THE ROASTED VEGGIES:

- 5 oz Brussels sprouts (150 g), cut in halves
- 5 oz raw pumpkin (150 g), diced
- 5 oz firm tofu (150 g), diced
- 4 tbsp pinenuts
- Pomegranate seeds to taste

##### FOR THE DRESSING:

- 1 tbsp maple syrup
- 1 tbsp fresh lemon juice
- 1 tbsp extra virgin olive oil
- 1 tbsp tamari or soy sauce
- 1 tsp cornstarch

##### FOR THE QUINOA:

- ½ cup quinoa (85 g)

- 1 cup water (250 ml)
- 1 tbsp tamari or soy sauce

**Instructions:**

1. Preheat the oven to 355°F or 180°C.
2. Place the Brussels sprouts, the pumpkin and the tofu in a baking dish.
3. Mix the dressing ingredients in a small bowl or a jar and pour it over the veggies, stir and bake for 45 minutes. Stir every 15 minutes and add the pinenuts in the last 15 minutes.
4. Cook the quinoa, we showed you how [on this post](#). Set aside.
5. When the veggies are cooked, add the quinoa, the pomegranate seeds and stir. You can also add some extra virgin olive oil or some lemon juice.

## DAY 6- BREAKFAST

### Low Fat Apple Muffins (make the night before; makes 14)

#### Ingredients:

- 1 cup rolled oats (GLUTEN FREE)
- 2 cups buckwheat flour
- 2 ¼ tsp baking powder
- 1 tsp baking soda
- ½ tsp cinnamon powder
- ½ cup coconut or brown sugar (100 g)
- 1 14-ounce can coconut milk (400 ml)
- 1 banana
- 1 cup applesauce (280 g)
- Coconut or brown sugar to taste for the crunchy topping

#### Instructions:

1. Preheat the oven to 355°F or 180°C.
2. Blend the rolled oats in a blender or food processor until you get a flour consistency.
3. Place the oats in a large mixing bowl and add the rest of the dry ingredients (buckwheat flour, baking powder, baking soda, cinnamon and sugar). Stir with a spoon.
4. Place the coconut milk and the banana in a blender and blend until smooth. Then add the mixture to the mixing bowl.
5. Add the applesauce and mix until well combined.
6. Scoop the batter into the muffin pan (I use an ice cream scooper to scoop the batter in perfectly, but it's not necessary).
7. Bake for about 20 minutes or until a toothpick inserted into the center comes out clean. Remove from the oven and allow the muffins to cool for at least 5 minutes before removing them from the muffin pan. Then place on a wire rack to cool completely.

## DAY 6- LUNCH

### Mason Jar Salad

#### Ingredients:

#### FOR THE SALAD:

- 3.5 ounces buckwheat pasta (100 g)
- 1 cup chopped cucumber (100 g)
- 10 chopped cherry tomatoes
- ½ cup chopped black olives (65 g)



- ½ cup greens of your choice, we used lamb's lettuce (15 g)
- 2 chopped walnuts for garnish (optional)

#### PESTO SAUCE:

- 2 cups spinach (60 g)
- ¼ cup walnuts (30 g) (optional)
- 1 clove of garlic
- 4 tbsp nutritional yeast
- 4 tbsp extra virgin olive oil
- 2 tbsp lemon juice
- 2 tbsp water
- ½ tsp sea salt
- Black pepper to taste

#### Instructions

1. Cook the pasta according to package directions. Drain the pasta, wash it and let it cool down.
2. To make the pesto just blend all the ingredients in a food processor. You can also make it in a blender, but don't over blend.
3. Pour the pesto sauce in the bottom of the jar. Next, add the pasta, cucumbers, tomatoes, olives, greens and walnuts.
4. Screw the lid on the jar and refrigerate.

## DAY 6- DINNER

### Brown Rice Stir Fry with Veggies

#### Ingredients:

- ½ cup brown rice
- 1 cup red cabbage
- ½ head of broccoli
- ½ red bell pepper
- ½ zucchini
- 2 tbsp extra virgin olive oil
- 4 cloves of garlic
- 1 handful fresh parsley
- 1 red chili pepper
- 2 tbsp tamari or soy sauce
- Sesame seeds for garnish (optional)

#### Instructions:

1. Cook the brown rice according to package directions.
2. Boil water in a wok and add the veggies (chopped). Cook for 1 or 2 minutes. Drain the veggies and set aside.
3. Heat the oil in the wok and add the garlic, chili pepper and parsley (finely chopped). Cook over high heat for 1 or 2 minutes stirring occasionally.
4. Add the vegetables, the rice and the tamari. Cook for about 1 or 2 minutes.
5. Add some sesame seeds for garnish (optional).

## **DAY 7- BREAKFAST**

### **Oil Free Gluten Free Pancakes**

#### **Ingredients**

- ½ cup oat flour (gluten/wheat free)
- ½ cup buckwheat flour (it is gluten free)
- 1 tsp baking powder
- ½ tsp ground cinnamon
- ¾ cup plant milk
- 1 banana
- 1 tbsp almond butter
- 1 tbsp maple syrup
- Toppings: blueberry jam and fresh figs

#### **Instructions**

1. Mix dry ingredients in a bowl (oat flour, buckwheat flour, baking powder and cinnamon).
2. Place the rest of the ingredients in a blender and blend until smooth.
3. Combine dry and wet ingredients in a bowl and stir with a spoon.
4. Place ¼ cup of batter in a non-stick skillet (or a lightly greased skillet) and cook for about two minutes for each side.
5. Serve with your favorite toppings.

## **DAY 7- LUNCH**

### **Summer Garden Salad (serves 2)**

#### **Ingredients:**

- 2 cucumbers, chopped
- 1 lbs cherry tomatoes, chopped
- 1 cloves garlic, minced
- ½ yellow bell pepper, chopped
- 5 oz radishes, sliced thin
- ½ red onion, diced very small
- 1 romaine lettuce hearts, chopped coarse
- 2 teaspoons fresh lemon juice
- 2 tablespoons cup extra virgin olive oil
- ¼ cup chopped fresh parsley
- sea salt & pepper to taste

#### **Instructions:**

1. Whisk vinegar, oil, garlic, salt, pepper, and parsley.
2. Very gently toss all chopped vegetables in a bowl with vinegar mixture.
3. Let sit 10 minutes, and serve

## **DAY 7 - DINNER**

### **Ethiopian Lentil Stew (serves 6- cut in half)**

#### **Ingredients:**

- 2 tbsp. olive oil
- 1 medium onion, diced
- 3 garlic cloves, minced
- 1½ tsp. freshly grated ginger
- 1-2 tbsp. berbere spice blend (to taste, I went with 2 tablespoons but I like lots of spice)
- ½-1 tsp. cayenne pepper (or to taste, optional)
- 4 cups vegetable broth
- 1½ cups red lentils
- 1-14 oz. can diced tomatoes
- 3 medium red potatoes (about ¾ lb. total), diced
- 3 cups fresh spinach leaves, sliced and lightly packed
- salt and pepper to taste

#### **Instructions:**

1. Coat the bottom of a large pot with oil and place over medium heat. Add onion and sauté until soft, about 5 minutes. Add garlic, ginger, berbere spice and cayenne and sauté 1 minute more.
2. Add broth, lentils, tomatoes and potatoes. Stir a few times, raise heat and bring to a simmer. Lower heat and allow to cook until lentils are very soft and potatoes are tender, about 30 minutes. Stir in spinach and continue to cook just until wilted, about 2 minutes.
3. Remove from heat and season with salt and pepper to taste. You can also add a bit more berbere and cayenne, if desired.
4. Serve.

## DAY 8- BREAKFAST

### Chia Seed Breakfast Pudding (Make the night before)

#### Ingredients:

##### FOR THE CHIA PUDDING:

- 3 cups unsweetened almond milk
- 1/2 cup chia seeds
- 1-3 tablespoons of pure maple syrup, to taste

##### SUGGESTED TOPPINGS:

- Granola
- Fresh fruit like peaches, berries, etc.
- Coconut flakes
- Pure maple syrup
- Cinnamon
- Nuts and seeds

#### Directions:

1. Whisk the almond milk, chia seeds, and sweetener together in a large bowl. Let sit for 5-10 minutes and then whisk again (this just helps prevent clumping).
2. Cover and chill in the fridge for 2.5-3 hours, or overnight. It helps to stir the mixture every so often during this time, but don't worry if you can't.
3. Stir well before serving. Portion into bowl(s) and add your desired toppings. Leftovers will keep in an air-tight container in the fridge for 3-5 days.

## DAY 8- LUNCH

### Healthy Hummus Wrap (makes 2)

#### Ingredients:

- 2 Tortillas
- 1 cup of spinach
- 4 Tablespoons of Roasted Red Pepper Hummus, or your favorite hummus
- 1 (15 oz) can of black beans, rinsed and drained (you are only going to use about 1/2 the can)
- 1/2 Avocado, diced

#### Instructions:

1. Lay out your two tortillas and spread 2 Tablespoons of Hummus on each one.
2. Next spread you spinach on top of your hummus.
3. Add some black beans (about 1/4 of a can) on top of your spinach.
4. Then put your avocado on the very top. Fold the edges and roll the tortilla up.

5. Cut in half and serve.

## DAY 8- DINNER

### Portabella Mushroom Pizzas

#### Ingredients:

- 3 large portobello mushrooms, wiped clean, stems removed
- Olive oil
- 1/4 tsp garlic powder
- 1/4 tsp dried basil
- 1/4 tsp dried oregano
- 1 cup pizza or pasta sauce
- 1/2 cup mixed veggies (onion, mushroom, tomato, green pepper, etc.)
- Vegan Parmesan Cheese (optional)

#### Instructions:

1. Preheat oven to 400 degrees F.
2. Place cleaned mushrooms on a baking sheet and lightly drizzle both sides with a little olive oil. Sprinkle with garlic powder, basil and oregano, then bake for 5 minutes.
3. In the meantime, prep veggies and prepare pizza sauce if you haven't done so already.
4. Once par-baked, pull mushrooms out of the oven and top with desired amount of pizza sauce, veggies and a sprinkle of vegan parmesan.
5. Bake for 15-20 minutes, or until the veggies are mostly cooked.
6. Serve with fresh basil, red pepper flake and extra vegan parmesan



## DAY 9- BREAKFAST

### Green Smoothie Bowl

#### Ingredients:

##### SMOOTHIE:

- 3 frozen bananas
- 1/2 cup coconut water
- Large handful of spinach

##### TOPPING:

- 2 mangoes
- Chia Seeds
- Granola
- Coconut Shreds
- Goji Berries

#### Instructions:

Blend together smoothie bowl ingredients. Pour into bowl and top with mangoes, chia seeds, granola, coconut shreds, goji berries, and anything else that you'd like!

## DAY 9- LUNCH

### Cilantro Lime Tacos (serves 4)

#### Ingredients

- 2 cloves of garlic, minced
- ½ cup of chopped scallions
- 1 can of black beans, drained and rinsed
- 1 4 oz can of diced green chiles
- 1½ cups of corn
- 3 tablespoons of lime juice
- ½ cup of chopped cilantro
- Sea salt & pepper
- Olive oil
- 1 avocado, sliced
- ¼ cup of classic hummus
- Soft tortillas (brown rice or corn for gluten free)

#### Instructions

1. In a large pan, add a drizzle of olive oil over medium heat.

2. Add the scallions and garlic and sauté for 3-4 minutes.
3. Add the black beans, green chiles, corn, lime juice, and a dash of sea salt and pepper, and mix through.
4. Sauté for about 5 minutes, and then mix in the cilantro and sauté for a few more minutes until everything is fully heated.
5. Warm your tortillas in a separate pan, or in the oven.
6. Spread each tortilla with hummus.
7. Place the cilantro black bean mixture onto the center of each tortilla or on top of brown rice.
8. Garnish with sliced avocado

## **DAY 9- DINNER**

### **Basil Pesto Pasta with Broccoli and Mushrooms (GF)**

#### **Ingredients:**

- 8 ounces dry gluten free pasta (quinoa or buckwheat preferred)
- 3 tablespoons olive oil
- 2 cups broccoli florets (about 1 head of broccoli, chopped)
- 8 ounces baby bella mushrooms
- 1/2 cup Easy Basil Pesto (or store-bought pesto-make sure it's gluten/wheat/dairy free)
- Salt and pepper, to taste

#### **Instructions:**

1. Cook pasta until al dente, according to package directions. Drain and set aside.
2. While pasta is cooking, add olive oil to a large skillet. Add broccoli and sauté until just starts to become tender, about 4-5 minutes.
3. Add mushrooms to same skillet and sauté until tender, about 5-6 minutes. Add more olive oil, if needed. Season with salt and pepper.
4. Once broccoli and mushrooms are tender, add noodles and pesto to skillet. Stir to combine.
5. Serve immediately.
6. Enjoy!



## WEEK 4 GROCERY LIST

VEGETABLES	FRUITS	SPICES
<input type="checkbox"/> 4 avocados <input type="checkbox"/> 5 heads of Broccoli <input type="checkbox"/> 2 to 6 sweet potatoes <input type="checkbox"/> 3 red potatoes <input type="checkbox"/> Fresh Parsley <input type="checkbox"/> Red chili Pepper <input type="checkbox"/> Bag of Baby Kale (at least 2 cups) <input type="checkbox"/> Snow peas (at least 1 cup) <input type="checkbox"/> Bag of regular Kale <input type="checkbox"/> Celery <input type="checkbox"/> Green onions/Scallions <input type="checkbox"/> Romaine lettuce hearts (at least 1) <input type="checkbox"/> 3 red bell peppers <input type="checkbox"/> 2 yellow peppers <input type="checkbox"/> 1 orange pepper <input type="checkbox"/> Fresh Ginger <input type="checkbox"/> 3 yellow onions <input type="checkbox"/> 1 head of garlic <input type="checkbox"/> Carrots <input type="checkbox"/> 1 shallot <input type="checkbox"/> Fresh Basil <input type="checkbox"/> Red Onion <input type="checkbox"/> Fresh Cilantro <input type="checkbox"/> Collard Leaves <input type="checkbox"/> Asparagus Spears <input type="checkbox"/> 4 Cucumbers <input type="checkbox"/> 1 zucchini <input type="checkbox"/> 1 bunch radishes <input type="checkbox"/> 1 purple cabbage <input type="checkbox"/> 1 red cabbage <input type="checkbox"/> Sprouts <input type="checkbox"/> Brussel sprouts (at least 1 cup) <input type="checkbox"/> Raw pumpkin <input type="checkbox"/> 2 boxes Cherry Tomatoes <input type="checkbox"/> 1 bag of Spinach (at least 4 cups) <input type="checkbox"/> 3 portobello mushrooms <input type="checkbox"/> 8 oz. baby bella mushrooms <input type="checkbox"/> Extra veggies for pizza toppings (ie. Onions, tomatoes, peppers, etc)	<input type="checkbox"/> Bananas (at least 6) <input type="checkbox"/> Medjool Dates <input type="checkbox"/> 2 lemons <input type="checkbox"/> 2 limes <input type="checkbox"/> Blueberries <input type="checkbox"/> Pomegranate Seeds <input type="checkbox"/> Extra Fresh fruit for toppings on granola and oats (ie. Berries, peaches, etc) <input type="checkbox"/> Mangoes	<input type="checkbox"/> Black pepper <input type="checkbox"/> Sea Salt <input type="checkbox"/> Cinnamon <input type="checkbox"/> Nutmeg <input type="checkbox"/> Chili Powder <input type="checkbox"/> Garlic Powder <input type="checkbox"/> Onion Powder <input type="checkbox"/> Cumin <input type="checkbox"/> Turmeric <input type="checkbox"/> Spike Seasoning <input type="checkbox"/> Berbere Spice Blend (Ethiopian blend) <input type="checkbox"/> Cayenne Pepper <input type="checkbox"/> Dried Basil <input type="checkbox"/> Dried Oregano

**BAKING SUPPLIES**

**BREAD & BAKED GOODS**

**MILK & DAIRY**

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Extra Virgin Olive Oil             | <input type="checkbox"/> Gluten Free Bread               | <input type="checkbox"/> 1 carton favorite unsweetened plant milk (almond, coconut, etc) |
| <input type="checkbox"/> Extra Virgin unrefined Coconut oil | <input type="checkbox"/> Tortillas (corn or gluten free) | <input type="checkbox"/> 3 packages extra firm tofu                                      |
| <input type="checkbox"/> Red Curry Paste                    |  | <input type="checkbox"/> Vegan Parmesan (optional)                                       |
| <input type="checkbox"/> Cornstarch/Arrowroot powder        |  |  |
| <input type="checkbox"/> Braggs Liquid Aminos or soy sauce  |  |  |
| <input type="checkbox"/> Maple Syrup                        |  |  |
| <input type="checkbox"/> Vegetable Broth                    |  |  |
| <input type="checkbox"/> Shredded Coconut                   |  |  |
| <input type="checkbox"/> Baking Powder                      |  |  |
| <input type="checkbox"/> Baking Soda                        |  |  |
| <input type="checkbox"/> Coconut sugar                      |  |  |
| <input type="checkbox"/> Nutritional Yeast                  |  |  |

### NUTS, SEEDS, ETC.

- Ground Flaxseed
- Peanut or almond butter
- Sesame seeds
- Chia Seeds
- Slivered almonds
- Pumpkin seeds
- Pinenuts
- Shredded Coconut

### CANNED GOODS

- 3 cans black beans
- 2 cans coconut milk
- 3 cans chickpeas
- Dill Pickles/Dill pickle relish
- 1 can black beans
- Black Olives
- Apple Sauce (no sugar added)
- 1 can diced tomatoes
- Pasta or pizza sauce
- 1 can diced green chiles (4 oz)
- Vegan Pesto (make sure it's gluten/wheat/dairy free)

### DRY/ PACKAGED GOODS

- Rolled Oats/Old Fashioned Oats
- 1 lb. Quinoa
- Buckwheat Flour (at least 2 cups)
- Buckwheat or whole wheat pasta (2 bags)
- Brown Rice
- Oat Flour (gluten free)
- Red lentils (at least 1.5 cups)

### CONDIMENTS/SAUCE

- Favorite Salsa
- Vegan Mayonnaise
- Yellow Mustard
- Favorite Hummus (I prefer basil pesto)

### FROZEN

- 1 bag corn kernals (fresh is also an option)
- Edamame (just the pods)

### Extras

- Fresh Dill (optional)
- Vegan Protein (vanilla)
- Seaweed flakes (optional)
- Walnuts (optional)
- Coconut water
- Goji Berries

**ENJOY!**

**~OC FIT~**