

WEEK 1

TIME SAVERS

Depending on what recipes you choose to make, here are some time savers for prep or while shopping.

- Prepare Hummus recipe ahead of time
- Shred cabbage and carrots for Asian Salad recipe or buy bag of coleslaw mix
- Buy canned refried beans or use regular can of beans (pinto or black) and heat over stove, mashing and seasoning with cumin and chili powder (1/2 tsp each).
- Wash greens and store in airtight container with paper towel.
- Cook beets in oven at 400°F for an hour until tender, skin and dice. Or buy cooked, packaged beets.
- Bake as many sweet potatoes, russet potatoes and red potatoes you plan to eat. Store in refrigerator for the week.
- Prepare Nacho Cheese sauce ahead of time
- Prepare 3-2-1 Dressing ahead of time
- Roast chickpeas in oven (350°F) with veggie broth or water, season with cumin and chili powder until crispy
- Prepare a batch of brown rice and quinoa
- Cook red lentils (see recipe for BBQ Lentil Loaf)
- Batch cook the mung-quinoa-dal mixture for the Dal recipe
- Cut up mango and split between Sweet Potato Bowl and Mango Fried Rice

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Breakfast Recipes

Tofu Breakfast Scramble

by Brooke Ali

Getting my greens in with breakfast is effortless. This is a tofu scramble with mushrooms, onion and lots of spinach.

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Ingredients

Tofu, extra firm, organic

onion 1/4

garlic 1 clove

1/2 cup sliced mushrooms

2 handfuls of fresh spinach

2 tsp turmeric

1 tsp black salt (gives sulfur egg taste)

sprinkle of tamari (optional)

pepper to taste

1 TBS nutritional yeast

Directions

- Sauté onion, garlic & mushrooms dry until onions are light golden brown in large frying pan. No need to add water or oil.
- Break tofu block apart with your hands into small bits and add to pan.
- Add seasoning. Add more turmeric if needed for color.
- Stir until incorporated.
- Add spinach, cover and let steam until wilted.
- Stir and serve. Enjoy! ✨

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Breakfast Recipes

Three Ingredient Pancakes

from T. Colin Campbell Center for Nutrition Studies (CNS)
by Jill Edwards, MS, CEP

Ingredients

3 ripe bananas

2 cups rolled oats

1 cup hemp milk (or other plant-based milk)

Directions

- Heat a non-stick pan on medium/low
- Place all ingredients in a blender and blend to a "batter" consistency
- Pour 1/3 cup of batter onto the pan, using a measuring cup to ensure equal pancake size and cooking times.
- Allow the pancake to cook until bubbles appear around the edges, then flip and cook until golden. These pancakes cook fast, 1-2 minutes each side!

Tips

- Quantities may need tweaking based on type of milk used.
- Place blueberries into the mixed batter to make blueberry pancakes.
- Serve with fresh berries and/or applesauce.

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Breakfast Recipes

Pesto Potatoes with White Beans

by Lindsay Nixon

Ingredients

4 Russet potatoes, diced

15-oz can cannellini beans

1-2 cups fresh basil

1 tsp onion powder

1 garlic clove, minced or 1 tsp garlic granules

6 TBS vegetable broth

1/4-1/2 cup plant-based milk

Directions

- Preheat oven to 400°F and line a baking sheet with parchment paper.
- Rinse potatoes and blot lightly with paper towel leaving them damp.
- Bake for 10-15 minutes, tossing after 5-6 minutes, until fork-tender and golden around the edges.
- Pulse remaining ingredients, except milk, in food processor until well mixed.
- Add milk to result in a thinner, creamier consistency. Not too thick.
- Mix the cooked potatoes with the sauce until thoroughly mixed. Serve with a side of greens.

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Breakfast Recipes

Avocado Toast

by Dr. T

Ingredients

two slices of whole-grain bread toasted

one avocado smashed with fork – add 1 tsp lemon juice

thinly sliced tomatoes

sprouts – broccoli, handful

Directions

Top toasted bread with avocado, tomato slices, and sprouts. Enjoy.

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Breakfast Recipes

Overnight Chocolatey Oats

by Dr. T

Ingredients

1/4 cup rolled oats

1 TBS ground flax seed

1 rounded tsp cacao powder

1/2 tsp ground cinnamon

9 raisins

2 walnut halves, crushed

dash of cardamon

1/2 cup plant-based milk (less or more) depending on your texture preference

Fruit of choice: bananas, blueberries, raspberries, strawberries, blackberries, etc.

Directions

- Place oats and remaining ingredients, except milk and fruit, in glass container with lid (mason jars work best)
- Mix thoroughly. Fill glass with plant-based milk to about 2-3 inches above oatmeal mixture and shake well.
- Place sealed container in refrigerator for several hours or overnight works best.
- Take out, mix well and top with blueberries, strawberries, bananas or your favorite fresh fruit. You can also use frozen fruit if desired.

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Breakfast Recipes

Sweet Potato and Hummus

Ingredients

1 medium sweet potato with skin

2 TBS hummus (see recipe in sauce section)

Directions

- Steam (microwave wrapped in damp paper towel for 5 minutes or until tender) or bake sweet potato (bake at 375F for about 50 minutes or until fork tender) leaving skin intact
- After cooking split down middle and scoop hummus on top
- Add salt and pepper to taste

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Lunch Recipes

Chickpea Omelet

They're so inexpensive and easy to make! Add whatever you would like for a filling or go with what we have suggested here.

Ingredients

1/4 cup chickpea flour

1/3 cup water

nutritional yeast (nooch)

kala namak

1/2 onion

handful diced peppers, sliced mushrooms, and spinach

guacamole: 1 avocado, 1 tomato, 1/4 onion, 1/2 lime

Directions

- Sauté onion, peppers, mushrooms, and spinach. Set aside.
- Make guacamole or buy store made. To make: smash avocado and mix with diced onion, diced tomato and lime juice.
- For omelet: Whisk together 1/4 cup chickpea flour with 1/3 cup water and add to a hot skillet. Sprinkle some nooch and kala namak on top after flipping it once.
- Fill omelet with sautéed onion, peppers, mushroom, and spinach and top with guacamole.
- Serve with a side of refried black beans (aka smashed black beans)

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Lunch Recipes

Asian salad

Ingredients

9 raw almonds sliced

1/2 head shredded cabbage

1/2 cup shredded carrots

1 Asian pear peeled and cubed

1/2 avocado cubed

sliced artichoke-hearts (no oil)

greens of choice

salad dressing - oil free (see recipe below)

broccoli sprouts

Directions

Combine ingredients in large bowl, mix in dressing. Place on a bed of your favorite greens & top with broccoli sprouts.

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Lunch Recipes

Chickpea & Cucumber Salad

Ingredients

pickles - handful diced
chickpeas – 1 can, rinsed & drained
1 cucumber diced
olives – handful, sliced
fresh mint
fresh basil
beets, cubed
balsamic glaze
Eden shake

Directions

- Combine ingredients in large bowl, drizzle with balsamic glaze and sprinkle on Eden shake.
- Serve on a bed of your favorite greens. Enjoy!

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Lunch Recipes

Tomato, Corn, and Fresh Basil Soup

From *The China Study Quick and Easy Cookbook*, by Del Sroufe

makes 4 servings

Ingredients

1 medium yellow onion, diced
4 cloves garlic, minced
1 large ripe tomato, diced
2 1/2 cups vegetable stock
3 cups frozen corn
2 tsp fresh thyme leaves
1 cup fresh basil leaves, chopped
sea salt and black pepper to taste

Directions

- Sauté the onion in a large saucepan over medium heat for 8 minutes.
- Add water 1–2 tablespoons at a time as needed to keep the onions from sticking.
- Add the garlic and cook for another minute.
- Add the tomato, vegetable stock, frozen corn, and thyme, and cook covered for 12 minutes.
- Add the basil and season with sea salt and black pepper. Remove from the heat.
- Serve with a baked russet or sweet potato and a side salad or steamed greens.

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Lunch Recipes

Greek Wrap

Ingredients

hummus – see recipe below

cucumber – diced

tomatoes – diced

broccoli sprouts

chickpeas – rinsed & drained (save liquid for later) (or bean of choice)

olives – calamata or black, sliced

basil & oregano, dried – to taste

tortillas – flour, corn, or gluten-free

Directions

- Heat tortillas in skillet or steam until soft
- Spread hummus evenly on top
- Top with cucumber, tomatoes, chickpeas, olives, and seasoning
- Fold over tortilla and enjoy.

Note: Use saved liquid, aquafaba for Hummus recipe in sauce section.

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Lunch Recipes

Sweet Potato, Mango & Quinoa Bowl

by Dr. T

Ingredients

1 large sweet potato, with skin – steamed or baked, sliced, warmed

1/2 cup cooked quinoa, warmed

1/2 cup black beans, rinsed and drained, heated

1/4 cup diced red peppers

2 TBS diced red onion

1/2 avocado, diced

1/2 mango, diced

1 TBS pepitas – lightly toasted

nacho cheese sauce (see recipe below), warmed or your favorite salsa

Directions

- Place sweet potato, quinoa, black beans, red peppers, red onion side by side in a large bowl so it forms a circle with avocado and mango in the center.
- Top with nacho cheese sauce or salsa if you prefer.

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Lunch Recipes

Smokey Black-eyed Peas w/ Greens

By David Sholkoff

Ingredients

1.5 cups unsoaked black-eyed peas (BEP)

3 cups water

1/2 cup minced onion

1 tsp minced garlic

1/4 tsp smoked paprika

1/4 tsp liquid smoke

2 TBS nutritional yeast

1 cup of broccoli, steamed

S&P to taste

Directions

- Water saute the onion until transparent. Add garlic, smoked paprika and liquid smoke and combine. Add BEPs and water. - OR -Cook in Instant Pot at HP for 25 minutes. NPR. Stir in nutritional yeast, S&P to taste.
- Add side of steamed broccoli.
- If cooking on stove top follow same instructions but soak peas overnight and then cook until BEPs are tender ~1 hour.

Note: You can use canned black-eyed peas for shortcut. Add them at the end until heated thoroughly.

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Dinner Recipes

Mango Fried Rice

By Tiffany Wilkerson

Ingredients

- 1/2 cup roasted peanuts or cashews
- 1-2 cloves of chopped garlic
- 1 red bell pepper (cubed)
- 1 teaspoon of fresh ginger (minced)
- 1 teaspoon of coconut aminos
- 1 mango (cubed)
- 3 cups brown rice
- 2 tablespoons of rice vinegar
- 1 cup of frozen peas--defrosted
- 1 teaspoon of red chili pepper

Directions

- Add rice wine vinegar to a skillet on medium heat. Once warm, sauté the garlic, ginger, and red pepper chili flakes for about 20-30 seconds.
- Then, add the bell pepper and cook until softened.
- Once softened, add the rice and coconut aminos and mix well.
- Combine the mangoes, peas, and roasted peanuts/cashews to the rest of the ingredients in skillet.
- Cook until heated through and enjoy!

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Dinner Recipes

Hearty Black Lentil & Potato Stew

Adapted from Rip Esselstyn's PlantStrong

Ingredients

7-8 medium red potatoes cut into bite-sized pieces

1/4 cup green lentils

3/4 cup black or beluga lentils

1, 15 oz can fire-roasted tomatoes

1/2 cup diced red pepper or jalapeno (for spiciness)

1 medium onion diced

4 cups low sodium veggie broth

2 cups water

1/2 cup nutritional yeast

1 tsp cumin

1 tsp chili powder

1 tsp garlic powder

2 tsp smoked paprika

1 tsp low sodium soy sauce

1 TBS thyme

1 large bunch rainbow Swiss chard, hard stems removed, and chopped medium - add after cooking!

Salt and pepper to taste

Directions

- Add all (except Swiss chard) ingredients to a pressure cooker and set on high for 11 minutes. NPR.
- Stir in Swiss chard and add S&P if desired. Let sit covered for ~5 minutes.

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Dinner Recipes

Southwest Taco Stuffed Bell Pepper

By Tiffany Wilkerson

Ingredients

- 2 cups cooked quinoa
- 2 1/2 cups salsa
- 1 cup roasted corn kernels
- 1 (15 oz) can black beans, drained and rinsed
- 2 tsp cumin
- 1 tsp chili powder
- 1 tsp smoked paprika
- 1 tsp garlic seasoning
- 1 tsp onion powder
- 4 large bell peppers, de-seeded

Directions

- In a large bowl, mix together all ingredients well.
- Fill each pepper with the quinoa mixture.
- Cover with foil and bake @ 350°F for 30 minutes until peppers are soft.

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Dinner Recipes

BBQ Lentil Loaf

From My Beef With Meat by Rip Esselstyn

Ingredients

- 1 1/2 cups red lentils uncooked, rinsed, and drained
- 2 1/2 cups water used to cook lentils
- 1 large onion, chopped, or use 1 bag of frozen
- 1 8 oz sliced mushrooms washed and chopped
- 2 cloves garlic, chopped
- 4 cups fresh spinach washed and chopped
- 1 15 oz can diced tomatoes with juices
- 1 tsp dried sage
- 1 tsp garlic powder
- 1 tsp Mrs. Dash
- 1/4 tsp dried marjoram
- 1/2 cup fresh cilantro washed and chopped
- 2 1/4 cups rolled oats old fashioned - not quick cook oats
- 1 1/2 cups BBQ sauce – check ingredients to make sure there is no oil added to sauce

Directions

- Preheat oven to 375°F
- Bring lentils and water to boil in medium-sized pot over medium heat
- Once boiling reduce heat to simmer and cover
- Cook until most of the water is absorbed and lentils are tender ~15 minutes

Directions Con't...

- Remove from heat and mash gently with potato masher or back of fork or spoon - set aside
- Using a large skillet, add onions and cook until tender
- Add the mushrooms and garlic to the cooked onion and cook until mushrooms are tender
- Add a bit of water or veggie broth if sticking becomes an issue
- Add spinach and cover pot until spinach begins to wilt
- Add the mashed lentils to the veggie mixture and mix thoroughly
- Stir in the tomatoes, spices, and cilantro
- Turn off heat and add the oats and combine completely
- Line the bottom of two 9x5 inch loaf pans with 1/2 of the BBQ sauce
- Evenly divide the veggie mixture between the two pans smoothing down the tops and spread
- the remaining sauce on top
- Pop loaf pans into heated oven and cook for about 50 minutes or until the BBQ sauce gets crispy around the edges
- Remove from oven and cool on wire racks for about 15 minutes before slicing. You can store both pans in the refrigerator or wrap them up and freeze for a later meal. Serve with yummy mashed potatoes and your favorite steamed veggies.

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Dinner Recipes

Mediterranean Buddha Bowl

By Tiffany Wilkerson

Ingredients

roasted chickpeas—1/2 cup

black olives—2 chopped

grape tomatoes—1/2 cup

yellow bell pepper— 1/2 cup

cucumber— 1/2 cup

salad greens (your choice of greens and amount)

Directions

- Use your greens as your base and place each ingredient beside each other arranging a circular pattern.
- Feel free to use hummus as a light dressing to drizzle on top. Add steamed red potatoes for extra bulk.

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Dinner Recipes

Tofu Spinach Subzi

by Anita Amit

Ingredients

1 box of firm tofu, drained, cubed

2 bunches of fresh spinach

dash of rice vinegar

1/2 tsp red chili powder for the tofu, 1/2 a teaspoon for the spinach sauce.

dash of turmeric

dash of black pepper

salt (optional to taste)

Directions

- Preheat the oven to 400°F on bake or air fryer setting.
- In a bowl, toss the cubed tofu with a drizzle of the vinegar, followed by the red chili powder and a dash of turmeric powder and black pepper powder.
- Transfer it to a baking sheet or an air frying tray (the air fry tray makes it crisper, but if you don't have that, baking will do just fine, you may need to toss it and put it back in the oven for a bit).
- Place the tray in the oven for about 15-20 minutes, tossing to evenly bake.
- In a large pot, add your washed spinach (add a little water in case the spinach is all dry, but typically from washing it there is enough water) and cook on medium heat till it changes color.

Directions Con't...

- Usually about 5 to 7 minutes.
- With a hand blender or a traditional blender, blend the spinach to a smooth paste.
- Transfer to a bowl and add 1/2 teaspoon of red chili powder and salt (optional).
- Add your baked tofu into it, stir and serve hot with cooked whole grains or whole grain rotis/breads/tortillas!

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Dinner Recipes

Mung-Quinoa Dal/Soup

by Anita Amit

The portions given below for the legumes is a bulk batch. Cook a large batch and freeze 3 portions and then make one portion into the dal/ soup. The remaining ingredients are measures for one portion.

Ingredients

To bulk cook together in the Instant Pot:

3 cups yellow mung

1.25 cups quinoa

1 cup split dad (or urad)

To make 1 portion of the dal soup (for 1/4th of the above cooked batch)

1.5 tsp of cumin

6 cloves of garlic

1/2 inch piece ginger

1 inch piece of whole turmeric, finely minced together

4 Thai green chilies slit (use less or more green chilies if you prefer!)

1/2 to 1 tsp red chili powder (or to taste)

1/8 tsp turmeric powder

pinch (less than 1/8th tsp) of asafetida

chopped cilantro and lime (2 TBS or to taste) for garnishing.

Directions

- Add washed and drained mung, quinoa and udad into your pressure cooker.
- Add 9 cups of water and cook.
- In an electric pressure cooker like the Instant Pot, 7 minutes with natural pressure release gives it a consistency that is ideal for dal. If you like it more homogenous and soup-like then you could cook it a little longer.
- Once cooked, divide the grain-legume mixture into 4 portions. Label and freeze 3 for another day :)

For the one remaining portion :

- Heat up a pan until hot, add cumin and let it roast for a bit until aromatic.
- Add a dash of water and into that, add the asafetida, red chili powder, and turmeric powder.
- Toss for a couple of seconds, not letting it burn (add water if you think it might!).
- Add the minced ginger-garlic-turmeric. Give that a toss and add your slit green chilies and a small amount of the chopped cilantro and stir for about a minute.
- Add cooked dal.
- If your dal has cooled down, or when you thaw it, it tends to lump up. Smash the lumps down with a ladle before you add water to your desired consistency and bring to a boil. Garnish with lime juice and cilantro. Serve with your favorite whole grain like brown rice, groats, or just by itself as a soup!

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Dressings, Sauces & Desserts

Hummus

By Tiffany Wilkerson

Ingredients

1 can rinsed/drained chickpeas – save the juice in a separate bowl!

Seasonings (1.5 tsp of each spice or to your liking):

smoked paprika, chili powder, onion powder, garlic powder, cumin

tahini—2 TBS

squeeze of 1 lemon

aquafaba (1 to 2 cups – use reserved from this recipe and Greek Wrap recipe)

garlic (2 cloves)

Directions

Blend all ingredients together to desired consistency

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Dressings, Sauces & Desserts

Nacho Cheese Sauce

By Nature's Plate

Ingredients

1/2 cup cashews (see note about soaking below)

3/4 cups water

1/2 cup nutritional yeast

1/3 cup diced red bell pepper

2 tsp lemon juice

3/4 tsp salt

3/8 tsp cumin

3/8 tsp chili powder

3/8 tsp onion powder

1/4 tsp garlic powder

slices hot pickled jalapenos

1/4 can green chilis – optional or use more to taste

Directions

- Add all ingredients EXCEPT GREEN CHILIS to high-speed blender. If not using high-speed blender, soak cashews in water for at least 6 hours, and then drain before using.
- Blend well until completely smooth (test between fingers) and not grainy. Stir in green chilis.
- Transfer to a small saucepan and cook over medium heat. Stir frequently using a rubber spatula to ensure bottom does not burn. Cook until sauce begins to bubble and is noticeably thickened and smooth.

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Dressings, Sauces & Desserts

3-2-1 Dressing

By Ann & Jane Esselstyn

Ingredients

3 TBS balsamic vinegar

2 TBS favorite mustard

1 TBS pure maple syrup

1 TBS lemon juice

chopped fresh dill (optional)

Directions

Blend all ingredients together and serve over salads, stir fry or potatoes.

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Dressings, Sauces & Desserts

DREAMY SWEET CREAMY CHERRY Y NICE CREAM

By Dr. T

Ingredients

- 1 cup frozen, pitted cherries
- 4-5 medium frozen bananas
- 1/4 tsp vanilla
- 2-4 tsp plant-based milk (optional)

Directions

- Place cherries, bananas, and vanilla into food processor and process until completely smooth.
- Add milk if a thinner consistency is desired.
- Eat immediately or place in an air-tight container and store in freezer. Serve with cacao nibs, nuts, or granola on top.