

This week is all about staying warm during the last week of winter and slowly adding fresh salads and raw ingredients to the mix to prepare our bodies for spring. Many of the recipes have vegan alternatives and all are gluten-free, dairy-free and peanut-free. Feel free to mix and match days, meals, or snacks to make the plan last the whole week long. At the end of the three days you'll be left with a bunch of leftovers for the rest of the week as well.

the plan : improve your health, inspire your senses, nourish your body

day one pg. 2	day two pg. 3	day three pg. 4
B: rise and shine muffin , 1 apple, 10 almonds S: 6-8 crackers, 1 tbsp coconut butter, handful dried fruit or 1 piece fresh fruit L: black bean soup S: 2 cups popcorn, 1 tbsp coconut oil, 1 tsp nutritional yeast D: chicken and rutabaga greens stew *V SA	B: caramel apple green smoothie S: 1 apple, 2 tbsp sunflower butter L: mediterranean tuna salad *V SA S: bean salad (4 servings) 1 can mixed beans, ½ red onion chopped, ¼ cup apple cider vinegar, ¼ cup olive oil D: veggie egg scramble	B: strawberry French toast , 1 cup almond milk S: 4 celery sticks, 2 tbsp sunflower butter L: hot and wild roasted veggie salad S: ¼ cup quick oats, 1 tbsp ground flax, ½ tsp ground cinnamon, pinch xylitol, ½ cup hot water D: bean + spinach chicken burritos *V SA

bolded items are accompanied with a recipe on the following pages. All snack and recipe ingredients have been added to the shopping list.



shop : stay organized

dairy + eggs

- ☐ egg white (½ cup)
- ☐ eggs (7)

meat + seafood

- ☐ skinless, boneless breasts (5)
- *SA check recipe for details
- ☐ tuna, cooked or canned (6oz.) *SA check recipe for details

pantry

- ☐ almond milk (1 cup)
- ☐ apple cider vinegar (¼ cup)
- ☐ baking soda (¼ tsp)
- ☐ black beans (16oz. can)
- ☐ cannellini beans (1 cup)
- ☐ coconut butter (1 tbsp)

- ☐ coconut flour (¼ cup)
- ☐ coconut milk (2 tbsp)
- ☐ coconut oil (5 tbsp)
- ☐ corn-free salsa or diced tomatoes (¼ cup)
- ☐ crackers (6-8)
- ☐ dried fruit (¼ cup)
- ☐ edamame (1 cup)
- ☐ extra virgin olive oil (½ cup)
- ☐ rice flour tortilla (4)
- ☐ gluten-free chicken broth (2½ cup)
- ☐ gluten-free mustard (1 tbsp)
- ☐ gluten-free vegetable broth (4 cups)
- ☐ kelp flakes (1 tsp)
- ☐ maple syrup (¼ cup)
- ☐ mixed beans (16oz.)

- ☐ popcorn (2 cups)
- ☐ pumpkin seeds (1 tbsp)
- ☐ pure vanilla extract (1 tsp)
- ☐ quick oats (¼ cup)
- ☐ red wine vinegar (3 tbsp)
- ☐ sunflower butter (6 tbsp)
- ☐ sunflower seeds (5 tbsp)
- ☐ UDI's gluten-free bread (4 slices)
- ☐ unsweetened raisins (2 tbsp)
- ☐ walnuts (2 tbsp)
- ☐ whole flax seed (½ tsp)
- ☐ wild rice (½ cup)
- ☐ xylitol (pinch)

produce

- ☐ apple (3)
- ☐ banana (½)

- ☐ carrots (6)
- ☐ garlic cloves (5)
- ☐ green pepper (1)
- ☐ celery (4 sticks)
- ☐ kale (2 cups)
- ☐ kalmata olives, sliced (8)
- ☐ large rutabaga (1 large)
- ☐ medjool dates (4)
- ☐ mushrooms (½ cup)
- ☐ orange pepper (1)
- ☐ potatoes (2)
- ☐ red onion chopped (½)
- ☐ red peppers (4)
- ☐ spinach (8 cups)
- ☐ strawberries (2 cups)
- ☐ yellow onion (2)
- ☐ yellow pepper (1)

spices + seasonings

- ☐ cayenne (pinch)
- ☐ chili powder (¼ tsp)
- ☐ fresh basil (2 tsp)
- ☐ freshly ground pepper (1 tsp)
- ☐ ground cinnamon (2 tsp)
- ☐ turmeric (¼ tsp)
- ☐ ground cumin (2 tsp)
- ☐ ground flax (1 tbsp)
- ☐ sea salt (1 tsp)
- ☐ oregano (½ tsp)
- ☐ ground ginger (¼ tsp)
- ☐ mustard seeds (½ tsp)
- ☐ nutritional yeast (1 tsp)

day one :

rise and shine muffins

VG, SF, CF, YF, NF

6 servings | prep time: 15 minutes | cook time: 20 minutes

ingredients

- 3 eggs at room temperature
- 2 tbsp coconut oil, melted
- 2 tbsp coconut milk
- 3 tbsp maple syrup
- ¼ tsp pure vanilla extract
- ¼ cup coconut flour, sifted
- 1 tsp ground cinnamon
- ¼ tsp ground ginger
- ¼ tsp baking soda
- ½ cup shredded carrots, drained
- ½ banana, chopped into rough chunks
- 2 tbsp unsweetened raisins or dried currants
- 2 medjool dates, pitted and finely chopped
- 1 tbsp sunflower seeds
- 1 tbsp pumpkin seeds, chopped
- ½ tsp whole flax seed

directions

1. preheat oven to 400F and line 6 muffin cups with paper liners. Set aside
2. combine first 5 ingredients in a medium sized bowl.
3. combine following 4 ingredients in a small bowl. Add dry to wet and stir until incorporated.
4. add in shredded carrots, banana, raisins, and dates. Stir until just mixed.

5. drop mixture into prepared muffin liners and top with the mixture of seeds. bake for 15-20 minutes or until toothpick inserted comes out clean. Mine took exactly 17 minutes.

black bean soup

V, VG, SF, CF, YF, NF

2 servings | prep time: 5 minutes | cook time: 15 minutes

ingredients

- 4 cups gluten-free vegetable broth
- 16oz. black beans, drained and rinsed
- 2 red peppers, diced small
- ¼ cup corn-free salsa or diced tomatoes

directions

1. combine all ingredients in a medium sized sauce pan.
2. bring to a boil, reduce heat to low and simmer, covered for 10 minutes.

chicken and rutabaga greens stew

V(SA), VG(SA), SF, CF, YF, NF

4 servings | prep time: 10 minutes | cook time: 4-5 hours (slow-cooker)

ingredients

- 4 skinless, boneless chicken breasts, cut into 2-inch pieces
- 2 cups rutabaga, cut into 1-inch pieces (approx. 1 large rutabaga)
- 2 large carrots, sliced
- 2 cups kale, chopped (approx. 1 bunch)
- 1 small yellow onion, peeled and sliced
- 1 orange pepper, chopped

whole food eats

from healthful pursuit

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- 2 cloves garlic, minced
- 2 cups gluten-free chicken broth
- 2 tsp ground cumin
- 1 tsp kelp flakes
- ½ tsp mustard seeds
- ½ tsp oregano
- ½ tsp sea salt
- ¼ tsp turmeric
- ¼ tsp chili powder
- ¼ teaspoon freshly ground pepper

directions

1. combine first 7 ingredients in the bottom of your slow cooker.
2. in a separate large bowl, combine remaining ingredients. Stir to mix and then pour over top of the ingredients in the slow cooker.
3. do not stir. Cover. Cook on low for 9 to 10 hours or on high for 4 to 5 hours.

SA: to make vegan/vegetarian, replace chicken with 2 cups cooked chickpeas and chicken broth with vegetable broth.

healthful hints :

: prepare muffins on the weekend and freeze individually in reusable bags for quick access

: if you don't have time to cook the soup, portion ingredients and store in individual glass containers. Heat in the microwave for 5 minutes before eating

V, VG, SF, CF, YF, NF

2 servings | prep time: 5 minutes

ingredients

- 1 cup almond milk
- 1 frozen apple
- 2 tbsp sunflower butter
- 2 cups spinach
- 2 medjool dates, pitted
- ¼ tsp pure vanilla extract
- 1/8 tsp ground cinnamon
- pinch salt
- 2 ice cubes

directions

1. place in your blender in the order of the ingredients listed, then blend for 30 seconds or until smooth.

healthful hints :

: prepare the mediterranean tuna salad ahead of time and hold the spinach to avoid it from becoming wilted and soggy. Pack along in your lunch and enjoy fresh.

: for added energy, serve a portion of egg scramble with a sprinkle of daiya cheese

mediteranian tuna salad

V(SA), VG(SA), SF, CF, YF, NF

2 servings | prep time: 5 minutes

ingredients

- 6 oz. tuna, cooked or canned
- 2 potatoes, steamed and diced
- 2 red bell peppers, diced
- 1 cup edamame, peas, or green beans
- 4 cups spinach, chopped
- 8 kalmata olives, sliced
- 3 tbsp red wine vinegar
- 2 tsp extra virgin olive oil

directions

1. combine and serve.

SA: to make vegan/vegetarian, replace tuna with 1/2 cup hemp hearts and 2 diced tomatoes.

veggie egg scramble

VG, SF, CF, YF, NF

2 servings | prep time: 5 minutes | cook time: 15 minutes

ingredients

- 1/2 cup egg white
- 2 eggs
- ¼ cup chicken broth
- ¼ tsp sea salt
- 1/8 tsp pepper
- ½ cup diced green pepper
- ½ cup diced onion
- ½ cup sliced fresh mushrooms
- 1 clove garlic, minced
- 1 tsp extra virgin olive oil
- 2 tsp minced fresh basil

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- 2 rice flour tortillas

directions

1. in a medium sized bowl, whisk together egg white, eggs, broth, salt, and pepper; set aside.
2. in a large nonstick skillet, sauté the green pepper, onion, mushrooms and garlic in olive oil for 3 minutes or until crisp-tender.
3. reduce heat to medium. Stir in the egg mixture; cook and stir until eggs are completely set. Sprinkle basil over top and serve in a gluten-free rice tortilla.

whole : spin·ach | *spiniCH*/

: rich in vitamins and minerals, spinach is concentrated in health-promoting phytonutrients such as carotenoids and flavonoids to provide you with powerful antioxidant protection, great for support during a spring cleanse!

: enjoy in salads, smoothies, sandwiches and dips

day three :

strawberry French toast

VG, SF, CF, YF

2 servings | prep time: 5 minutes | cook time: 5 minutes

ingredients

- 4 slices UDI's gluten-free bread
- 2 egg, beaten
- ½ tsp ground cinnamon
- ½ tsp pure vanilla extract
- 2 tsp coconut oil
- 2 cups strawberries
- 2 tbsp crushed walnuts

directions

1. combine egg, cinnamon and vanilla in a small bowl.
2. dip bread in the egg mixture and grill on medium-low heat in a skillet until browned on both sides, about 2 minutes per side. Top with strawberries and walnuts.

healthful hints :

: reduce oils by baking the French toast in 350F oven on parchment paper baking sheet for 10min

: Make a couple of batches of French toast on the weekend, freeze, and drop in the toaster before enjoying.

hot and wild roasted veggie salad

V, VG, SF, CF, YF, NF

4 servings | prep time: 15 minutes | cook time: 40 minutes

ingredients

- 1.5 cups water
- ½ cup wild rice, rinsed and uncooked
- ¼ tsp sea salt
- 1 yellow pepper, diced small
- 2 carrots, diced small
- 10 asparagus spears, diced small
- 1 tbsp coconut oil, melted
- ¼ tsp ground cinnamon
- pinch cayenne
- 1 tbsp extra virgin olive oil
- 1 tbsp maple syrup
- 1 tbsp unpasteurized apple vinegar
- 1 tbsp gluten-free mustard
- ¼ tsp sea salt
- dash freshly ground pepper
- ¼ cup sunflower seeds

directions

1. combine water, rice, and salt in a medium sized saucepan and bring to a boil. Reduce heat and cover. Simmer until rice is tender and has absorbed the water, about 30-45 minutes. The rice should be tender but not rolled back or mushy. Once complete, drain and place in a medium sized bowl to cool.
2. meanwhile, preheat oven to 400F.
3. place pepper, carrot, and asparagus in a cast iron pan and stir to coat with coconut oil. Sprinkle with cinnamon and

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cayenne. Place in the oven for 20 minutes, or until veggies are tender.

4. remove veggies from oven and place in the bowl with rice.
5. in a small dish combine olive oil, maple syrup, vinegar and mustard, salt and pepper. Pour over salad, stir, and top with sunflower seeds.

bean and spinach chicken burritos

V(SA), VG(SA), SF, CF, YF, NF

2 servings | prep time: 10 minutes | cook time: 15 minutes

ingredients

- 1 tbsp extra virgin olive oil
- 2 clove garlic, minced
- 6 oz. cooked chicken
- 1 cup cannellini beans
- 4 cups spinach
- 2 rice flour tortillas

directions

1. heat olive oil and garlic in a frying pan for 2 minutes until browned. Add chicken and beans. Cook until heated through.
2. add spinach and cook another 1 minute.
3. remove from heat and serve wrapped up in tortillas

SA: replace chicken with 1 cup diced fresh veggies