

SUNDAY

tomato soup

- 1 whole yellow onion, chopped (about 2 cups)
- 2 medium carrots, chopped (about 1 cup)
- 2 stalks celery, chopped (about 2 cups)
- 3 sprigs fresh thyme
- 4-5 large yellow tomatoes
- 6 cups vegetable stock
- fresh basil for serving



MONDAY

mexican kale salad

- 4 cups chopped kale
- 1/2 cups black beans
- 1/2 cup corn kernels
- 1/3 cup shredded or crumbled cheese
- 1/3 cup diced tomato
- 2 tablespoons guacamole, or avocado
- 1 tablespoon pumpkin seeds
- 1/3 cup olive oil
- Juice of two limes, 1/4 cup
- 1/2 teaspoon cumin
- 1 clove garlic, minced or grated
- 1/2 teaspoon pure maple syrup
- 1/2 teaspoon Dijon mustard

TUESDAY

orange tempeh

- 7 large carrots, ends removed
- 1 head of broccoli, chopped into florets
- 1 1/2 tbsp coconut oil, melted
- 1 tsp dried thyme
- 1/2 tsp garlic powder
- 2-8oz blocks tempeh
- 3/4 cup orange juice
- 1 tbsp coconut oil, melted
- 3 tbsp pure maple syrup
- 2 tbsp reduced-sodium soy sauce (sub tamari for GF)
- 1 1/2 tsp dried thyme
- 1 tbsp cornstarch or tapioca flour
- 2-3 cups cooked brown rice, for serving

DESSERT

pretzel bars

- 2/3 cup crushed pretzels (about 1 cup whole pretzels)
- 1/2 cup creamy peanut butter
- 1/3 cup almond flour
- 2 tablespoons brown sugar
- 1/3 cup chocolate chips
- 2 teaspoons coconut oil

WEDNESDAY

black beans & rice

- 1 medium red or yellow bell pepper, diced
- 4 cloves garlic, minced
- 1 red onion, diced
- 2 teaspoons cumin
- 1 1/2 teaspoons dried oregano
- 1 tablespoon red wine vinegar
- 3 cups vegetable broth
- 1/2 cup dry white cooking wine
- 1 cup dried black beans, rinsed
- 3/4 cup long grain brown rice
- 2 teaspoons lime juice
- 1 avocado, cubed
- 1 Roma tomato, diced

THURSDAY

palak paneer

- 3 tbsp canola oil
- 1 lb paneer,
- salt, to taste
- 2 medium onions, minced
- 1-inch piece of ginger, peeled and grated
- 5 garlic cloves, minced
- 1/2 jalapeno, seeded and minced
- 14 oz cherry tomatoes, halved
- 1 tbsp tomato paste
- 1 1/2 tsp ground coriander
- 1 1/2 tsp ground cumin
- 1/2 tsp ground turmeric
- 1/2 tsp Kashmiri chili powder
- 1 lb baby spinach

FRIDAY

turmeric soup

- 4 cups vegetable broth
- 1/3 cup white rice
- 3 large carrots
- 1 large crown broccoli
- 1 medium zucchini
- 1 cup full-fat canned coconut milk
- 2-inch nub fresh ginger
- 1 tsp ground turmeric
- 2 Tbsp fresh lime juice
- 2 Tbsp coconut aminos or soy sauce