

SUNDAY

kale salad

- 2 to 4 large eggs
- 2 heads lacinato kale
- 1 large sweet potato
- 1 large avocado
- 1/3 cup walnuts
- 1/4 cup pumpkin seeds
- 1/3 cup feta cheese
- 1/3 cup avocado
- 1/4 cup lemon juice
- 2 tsp pure maple syrup
- 1/4 cup fresh parsley
- 1/4 cup fresh mint

MONDAY

lentil sandwiches

- 1/4 cup dried french green lentils
- 1/2 cup vegetable stock
- 1/4 cup ricotta cheese
- 1 Tbsp chopped fresh dill
- 1 Tbsp chopped fresh chives
- 1/8 cup chopped walnuts
- 4 slices bread
- 1 small avocado
- 12 slices cucumber
- 2 small handfuls of lettuce

TUESDAY

farro salad

- 1/4 cup golden raisins
- 1/4 cup carrot juice
- 2 tsp ground coriander
- 1 head cauliflower
- 2 garlic cloves, minced
- 3 pinches of red pepper flakes
- 1/4 cup + 5 tsp olive oil
- 2 tsp Maldon sea salt
- 1 red onion, halved and thinly sliced
- 2 cups cooked farro
- 1/4 cup unsalted pistachios
- 1/4 cup pomegranate seeds
- 2 tsp lemon juice
- handful mint leaves, minced
- handful of parsley, minced



WEDNESDAY

immunity boosting soup

- 1 yellow onion, diced
- 6 cloves garlic, minced
- 1/2 teaspoon freshly grated ginger
- 1 teaspoon turmeric
- 1/2 teaspoon paprika
- 1 tablespoon lemon juice
- 1 large sweet potato
- 1 15oz can chickpeas
- 1 cup red lentils
- 5 cups vegetable broth
- 1/2 cup kale,

THURSDAY

peanut noodles

- 8 oz whole wheat spaghetti
- 1 lb broccoli florets
- 3-4 medium carrots
- 1/2 cup green onion
- 1/2 cup cilantro, chopped
- 1/2 cup creamy peanut butter*
- 1/4 cup non-dairy milk
- 1/4 cup reduced sodium soy sauce
- 2 tbsp apple cider vinegar
- 2 tbsp maple syrup
- juice of 1 lime (1 tbsp)
- 1 tbsp sriracha

FRIDAY

vegan chili

- 1/2 yellow onion, diced
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 cup diced tomato
- 3 (15 oz) cans beans
- 1/2 cup refried beans
- 2 tablespoons tomato paste
- 2 teaspoons ground cumin
- 1 teaspoon paprika
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon Italian seasoning
- 2-3 cups vegetable broth

DESSERT

apple bread

- 1/3 cup brown sugar
- 1 tsp cinnamon
- 1/2 cup chopped pecans
- 2 cups flour
- 1 tsp baking powder
- 1/2 tsp fine sea salt
- 2/3 cup organic cane sugar
- 1 cup milk of choice
- 1 large egg
- 1/2 cup unsweetened applesauce
- 2 tsp avocado oil or melted coconut oil
- 1 1/2 tsp vanilla extract
- 1 cup Honeycrisp apple, diced