



Top Tips to Remember

- 1** Make salad the main dish at least once a day.
- 2** Slow down and eat mindfully.
- 3** Eat only when truly hungry; stop when 80% full.
- 4** Choose water! Don't drink your calories.
- 5** Increase nutrient density at each meal by eating unprocessed.

*Starchy vegetable examples: corn, root vegetables, winter squashes

Nutrition Plan 1 Sample Meals

| DAY 1 | DAY 2 | DAY 3 | DAY 4 |
|---|---|---|--|
| Green Smoothie, 1 oz Nuts | Oatmeal, 2 Fruits | Scrambled Tofu "Eggs", 2 Fruits | Sweet Breakfast Rice, 1 Fruit |
| Mixed Greens Salad with Chopped Vegetables and 1 cup Cooked Lentils, 2 Fruits | Mexicali Corn Salad with Mixed Greens, Salsa, 2 Fruits | Deluxe 3 Bean Salad with Mixed Greens, 1 Fruit | Tabbouleh with Chickpeas, Hummus with Romaine Leaves, 2 Fruits |
| Quick 3 Bean Chili, 2+ cups Vegetables | Main Dish Haystack | Spiced Vegetables and Whole Wheat Couscous, Strawberries | Vegetable Stir Fry |

Remember, these are just ideas! Mix and match or create your own to meet your preferences or schedule! Adjust portions to your body size, sex, activity level, & desired health outcomes. Some recipes will make leftovers; this is done intentionally to use for future meals.



Green Smoothie

GOOD SOURCE OF:



Non-starchy Vegetables



Fruit



Seeds



In a hurry? This smoothie is ready in minutes to run out the door with you!

Sweet Breakfast Rice

GOOD SOURCE OF:



Whole Grains



Fruit



Seeds



Morning rush? Prepare sweet breakfast rice the night before and reheat in the morning!

Scrambled Tofu “Eggs”

GOOD SOURCE OF:



Non-starchy Vegetables



Beans



Workout in the morning? Here's a filling meal to keep you going!

Oatmeal

GOOD SOURCE OF:



Whole Grains



Fruit



Nuts & Seeds



Morning rush? Prepare oatmeal the night before and reheat in the morning! Make enough for the week and store in single serving containers. Choose various fruits, nuts, or seeds to add variety.

Sweet Breakfast Rice

Serves 2

Ingredients

1 c Brown Rice, cooked
3 Dates
½ c Water
¾ whole Banana
2 Tbsp Flax Seed, ground

Preparation

Heat the rice in the microwave until warm. Stir and set aside. Place the dates and water in a blender and process briefly. Add the banana and process until smooth. Pour over the warmed rice and serve.

Green Smoothie

Serves 2

Ingredients

3 c Greens
2 c Fruit (fresh or frozen)
1–2 c Liquid (water, non-dairy milk)
1–2 Tbsp Flax seed (ground), Chia seed, or Nut butter

Preparation

Add ingredients and enough liquid to the blender to create a smoothie. Try a 50/50 blend of frozen fruit to frozen or fresh spinach. Using greens in your fruit smoothie cuts back on the calories and increases the nutrient ratio.

Oatmeal

Serves 1

Ingredients

¼ c Steel Cut Oats
1 oz Raw Nuts (walnuts, almonds, pecans, pistachios, Brazil nuts)
2 Tbsp Raisins (or other unsweetened dried fruit)
2 Tbsp Flax Seed, ground
Non-dairy Milk, as needed

Preparation

Prepare oats as directed on the package, adding your preferred toppings from above.

Scrambled Tofu “Eggs”

Serves 2

Ingredients

| | |
|-------------------------|------------------------------|
| 1 pkg “lite” Firm Tofu | 3 dashes Turmeric |
| 1 Garlic clove, minced | ½ c Onions, chopped |
| 2 tsp Chicken seasoning | ½ c Mushrooms, sliced |
| ½ tsp Onion powder | ¼ c Red Bell Pepper, chopped |

Preparation

Drain and mash tofu with a fork. Add spices and mix well. In a large skillet, sauté fresh veggies and garlic clove in a small amount of water until soft. Add mashed tofu mixture. Cook over medium heat 5-10 minutes until most of liquid has evaporated or until tofu looks golden brown. For a “spicier” taste, add ½ tsp curry powder and top with salsa.

Deluxe 3 Bean Salad

GOOD SOURCE OF:



Non-starchy Vegetables



Beans



In a hurry? This salad is ready in minutes! Just chop, mix & serve!

Mexicali Corn Salad

GOOD SOURCE OF:



Non-starchy Vegetables



Starchy Vegetables



In a hurry? Use pre-cut vegetables, then just mix & serve!

Hummus

GOOD SOURCE OF:



Beans



Pressed for time? A quick spin in the blender and this dip or spread is ready!

Tabbouleh with Chickpeas

GOOD SOURCE OF:



Non-starchy Vegetables



Beans



Mix it up! Trade out the bulgur in this recipe for quinoa, amaranth, or millet. **Need more options?** Change up the beans! Try lentils, or edamame.

Mexicali Corn Salad

Serves 6

Ingredients

| | |
|-------------------------------|--------------------------|
| 2 c Corn | 2 Tbsp Lemon Juice |
| ½ c Red Pepper, chopped | 2 Tbsp Rice Vinegar |
| ½ c Yellow Pepper, chopped | 1 Tbsp Soy Sauce |
| ½ c Green Onion, chopped | ½ tsp Cumin |
| ¼ c Cilantro, roughly chopped | Cayenne pepper, to taste |
| 4-5 Green Olives, sliced | |

Preparation

In a small bowl, combine all ingredients. Toss and serve.

Deluxe 3 Bean Salad

Serves 8

Ingredients

| | |
|---|-------------------------------|
| 15 oz can Chickpeas | 4 Green Onions, chopped |
| 15 oz can Cannellini beans | ¼ c Parsley, chopped |
| 2 c Green beans, cut to bite size | ⅓ c Fat-free Italian dressing |
| ¼ c Sun-dried Tomatoes, chopped | Pepper to taste |
| ½ c Marinated Artichoke Hearts, chopped | |

Preparation

Mix all ingredients. Chill and serve.

Tabbouleh with Chickpeas

Serves 4

Ingredients

| | |
|------------------------------|-------------------------|
| ½ c Bulgur | 1½ c Parsley |
| 1 bunch Green Onion, chopped | 1 large Tomato, diced |
| 2 Tbsp Mint, chopped | 15 oz can Chickpeas |
| 3 Tbsp Cumin | 1 Romaine Lettuce Heart |
| Lemon juice | Pepper to taste |

Preparation

Put the bulgur in a small bowl, cover with cold water and let stand for 10 minutes, then drain. Place the bulgur in a clean kitchen towel or a double thickness of cheesecloth and squeeze dry. Transfer to a bowl, use a fork to separate into individual grains. Stir in parsley, green onions, tomato, mint, chickpeas, lemon juice and cumin. Season with pepper. Taste and add more lemon juice, if needed. Cover and refrigerate for at least 2 hours. Bring to room temperature before serving. Served with romaine hearts for scooping.

Hummus

Serves 6

Ingredients

15 oz can Garbanzo beans
1 Tbsp Tahini
¼ c Lemon juice
1 Garlic clove, chopped
1 dash Soy Sauce
2 Tbsp Parsley, chopped

Preparation

Drain and rinse garbanzo beans. Place in a food processor or VitaMix, along with remaining ingredients. Process until smooth, adding water as necessary for ease in processing. Spread on a platter, sprinkle with parsley (fresh is best).

Main Dish Haystack

GOOD SOURCE OF:



Non-starchy Vegetables



Whole Grains



Beans



In a hurry? Speed things up by using any vegetables or beans already prepped.

Quick 3 Bean Chili

GOOD SOURCE OF:



Beans



Save money! Use dry beans and cook them yourself.

Vegetable Stir Fry

GOOD SOURCE OF:



Non-starchy Vegetables



Legumes



Pressed for time? Speed things up by using frozen stir fry vegetables. (just make sure there aren't any added sauces or seasonings).

Spiced Vegetables & Whole Wheat Couscous

GOOD SOURCE OF:



Non-starchy Vegetables



Whole Grains



Beans



Mix it up! Add variety by trying different grains or beans such as quinoa & kidney beans, or millet & great northern beans.

Quick 3 Bean Chili

Serves 4

Ingredients

| | |
|--|--------------------------|
| 1 can Vegetarian Chili | 2 Tbsp Dry Minced Onions |
| 1 can Red Kidney beans, drained & rinsed | 1 tsp Beef Seasoning |
| 1 can Black beans, drained & rinsed | 1 tsp Cumin |
| 1 can Diced Tomatoes (no salt) | |
| ⅔ c Vegan Burger Crumbles or rehydrated TVP (Textured Vegetable Protein) | |

Preparation

Drain some of the sauce from the chili and pour into a saucepan. Add in kidney beans, black beans and tomatoes. Stir in burger crumbles or TVP and seasonings. Cover and simmer 5 to 10 minutes, adding water or broth as needed for desired consistency. Serve hot.

Main Dish Haystack

Serves 1

Ingredients

| | |
|--------------------------|-------------------------------|
| Baked Corn Tortilla | Seasoned Brown Rice |
| Pinto Beans | Vegan cheese, grated |
| Shredded Romaine lettuce | Tomatoes, diced |
| Onions, chopped | Sliced Olives |
| Salsa | Guacamole |
| Vegan Sour Cream | Fat free Ranch-style dressing |

Preparation

Stack the above ingredients in the order given. For example, place tortilla and/or rice on the plate first. For an even healthier Haystack, use chopped romaine as the bottom layer. Spoon beans on the top next. Sprinkle cheese over beans. Add the rest of the ingredients to the top. Enjoy.

Spiced Vegetables & Whole Wheat Couscous

Serves 4

Ingredients

| | | |
|--------------------------|--------------------------|--------------------------|
| 1 small Cabbage, wedged | 2 medium Potatoes, diced | 1½ c Water |
| 4 large Carrots, sliced | 1 15oz can Chickpeas | 1 c Whole Wheat Couscous |
| 2 medium Zucchini, diced | 5 c Vegetable Broth | ¼ tsp Cumin |
| 2 medium Onions, chopped | ½ tsp Garlic powder | ⅓ tsp Cinnamon |

Preparation

Place cabbage wedges in a large soup pot. Add carrots, zucchini, onions, potatoes and chickpeas on top. Pour broth on top, and add garlic powder, salt and pepper to taste. Bring to a boil. Reduce heat, cover, and simmer for 30 minutes or until vegetables are tender. When vegetables are almost ready, cook couscous with cinnamon and cumin as directed on couscous package. Place a mound of couscous in the center of each soup bowl. Carefully remove the core of the cabbage wedges while arranging the vegetables and chickpeas around couscous. Add some broth. Sprinkle with fresh ground black pepper if desired.

Vegetable Stir Fry

Serves 1

Ingredients

| | |
|-----------------------------|-------------------------------------|
| 1 c Broccoli | 1 c Cauliflower |
| ½ c Snow Peas | 1 large Carrot |
| 1 cube Vegetable Bouillon | 2-3 cloves Garlic |
| Dash Pepper or Onion Powder | Cornstarch (just enough to thicken) |
| Water | |

Preparation

Wash and cut all vegetables into bite sized pieces. In a wok or pot, sauté garlic in water. Add 6 tablespoons of water to softened garlic along with the bouillon. Once the bouillon is dissolved start adding the veggies in the order of time needed to cook each (i.e. cauliflower, carrots, broccoli, snow peas). Stir constantly. If at any time your veggies still need to be cooked (remember, you're cooking to your preferences), you can add a few tablespoons of water to the pot. If you have leftover water, you can either discard it, or thicken the water with cornstarch. When everything is cooked, sprinkle with pepper or onion powder and give it one last stir. Note: You may add any type of vegetable combination you like.

Vegetables

| | |
|---------------------------------|----------------------------|
| ½ c Artichoke Hearts, marinated | 2 c Parsley |
| 1 c Broccoli | 2 Potatoes |
| 1 Cabbage, small | 1 Red Bell Pepper |
| 5 Carrots, large | 2 Romaine Hearts |
| 1 c Cauliflower | ½ c Snow Peas |
| ¼ c Cilantro | ¼ c Sun-dried Tomatoes |
| 2 c Corn, fresh or frozen | 2 Tomatoes, large |
| 5 Garlic cloves | 4 c Vegetables, frozen mix |
| 2 c Green Beans | 1 Yellow Pepper |
| 2 bunches Green Onions | 2 Zucchini |
| 6 c Greens (spinach/kale/mixed) | |
| 2 Tbsp Mint | |
| ½ c Mushrooms | |
| 3 Onions | |

Fruits

1 Banana
3 Dates
2 c Fruit, frozen
12 Fruits (choose a variety to have with meals)
Lemon Juice
Strawberries (fresh or frozen)

Pantry/Dry Goods

| | | |
|---------------------------|---------------------------------|-----------------------------------|
| 1 tsp Beef seasoning | Rice Vinegar | 1 can Vegetarian Chili |
| Black Pepper | Soy Sauce | 1 can Diced Tomatoes (no salt) |
| Cayenne | Steel Cut Oats | 1 Vegetable Bouillon cube |
| 2 tsp Chicken seasoning | Turmeric | 5 c Vegetable Broth |
| Cinnamon | 2 c Brown Rice, cooked | |
| Cornstarch | ½ c Bulgur | |
| Cumin | 1 c Whole Wheat Couscous | |
| Flax/chia seed | 1 c Lentils, cooked | |
| Garlic powder | 1 15 oz can Black beans | |
| Green Olives | 1 15 oz can Cannellini beans | |
| Nuts, unsalted | 4 15 oz cans Chickpeas | |
| Onion powder | 1 15 oz can Pinto beans | |
| 2 Tbsp Dry Onions, minced | 1 15 oz can Red Kidney beans | |
| Raisins | | |

Miscellaneous

Baked Corn Tortilla
Fat-free Italian Dressing
Fat-free Ranch style dressing
Non-Dairy Milk
Salsa
1 package Firm Tofu
Tahini
⅔ c Vegan Burger Crumbles or Texturized Vegetable Protein (TVP)
Vegan Cheese, grated
Vegan Sour Cream

This shopping list is for the 4 days of sample meals. You can double a few recipes and add extra fruit to your list to make this last a full week.