

#ARBONNE30



WEEK 3 VEGAN MEAL PLAN

MON

LUNCH Creamy Mashed Chickpea and Veggie Sandwich

DINNER Spaghetti with Charred Tomatoes and Shishito Peppers

TUE

LUNCH Spaghetti with Charred Tomatoes and Shishito Peppers

DINNER Easy Vegan Gluten Free Falafel with Tahini Sauce

WED

LUNCH Easy Vegan Gluten Free Falafel with Tahini Sauce

DINNER Four Bean Crock Pot Chili

THU

LUNCH Four Bean Crock Pot Chili

DINNER Stuffed Spaghetti Squash Lasagna Bowl

FRI

LUNCH Stuffed Spaghetti Squash Lasagna Bowl

DINNER Vegan Tortilla Pizza

SAT

LUNCH Vegan Tortilla Pizza

DINNER Your Choice

SUN

LUNCH Leftovers

DINNER Leftovers

GROCERY LIST WEEK 3 **= Use for multiple recipes*

PRODUCE:

- | | |
|--|--|
| <input type="checkbox"/> 1 spaghetti squash | <input type="checkbox"/> 2 carrots |
| <input type="checkbox"/> 2 lemons | <input type="checkbox"/> 1 cucumber |
| <input type="checkbox"/> 8 cups cherry or grape tomatoes | <input type="checkbox"/> 1 bunch fresh dill |
| <input type="checkbox"/> 1 loosely packed cup basil | <input type="checkbox"/> Celery |
| <input type="checkbox"/> 2 onions | <input type="checkbox"/> Avocado |
| <input type="checkbox"/> 1 small winter squash | <input type="checkbox"/> 1 bunch green onions |
| <input type="checkbox"/> 1 spaghetti squash | <input type="checkbox"/> lettuce |
| <input type="checkbox"/> 1 red pepper | <input type="checkbox"/> 3 cups shishito peppers |
| <input type="checkbox"/> baby greens | |
| <input type="checkbox"/> 16 cloves fresh garlic | |

PANTRY:

- | | |
|--|---|
| <input type="checkbox"/> 15 oz. can crushed tomatoes | <input type="checkbox"/> 1/2 cup tahini |
| <input type="checkbox"/> 1 can chickpeas (15 oz.) | <input type="checkbox"/> 16 ounces brown rice spaghetti |
| <input type="checkbox"/> 1/4 cup tomato paste | <input type="checkbox"/> 1 can pinto beans |
| <input type="checkbox"/> 1 1/2 c dried chick peas | <input type="checkbox"/> 1 can kidney beans |
| <input type="checkbox"/> 4 cups organic veggie broth | <input type="checkbox"/> 1 can garbanzo beans |
| <input type="checkbox"/> tapioca starch | <input type="checkbox"/> 1 cup marinara sauce |
| <input type="checkbox"/> nutritional yeast | <input type="checkbox"/> 1 cup raw cashews, soaked |
| <input type="checkbox"/> gluten free bread | <input type="checkbox"/> 1 cup hemp seeds |
| <input type="checkbox"/> 1/2 cup pumpkin seeds | <input type="checkbox"/> organic extra virgin olive |
| <input type="checkbox"/> 1 cup dry lentils | <input type="checkbox"/> grapeseed oil |
| <input type="checkbox"/> 1/2 cup vegan ricotta cheese* | <input type="checkbox"/> 3 tablespoon apple cider vinegar |

SPICES:

- | | |
|---|--|
| <input type="checkbox"/> garlic powder | <input type="checkbox"/> ground coriander |
| <input type="checkbox"/> himalayan pink salt | <input type="checkbox"/> ground cumin |
| <input type="checkbox"/> freshly cracked black pepper | <input type="checkbox"/> garlic powder |
| <input type="checkbox"/> chili powder | <input type="checkbox"/> 1 teaspoon 21 Seasoning Salute (Trader Joes) or |
| <input type="checkbox"/> smoked paprika | <input type="checkbox"/> Kirkland Organic No Salt Seasoning (Costco) |
| <input type="checkbox"/> cayenne pepper | |
| <input type="checkbox"/> cumin | |

VEGAN RECIPES WEEK 3

Creamy Mashed Chickpea and Veggie Sandwich

Ingredients

- 1 can chickpeas (15 oz)
- 1/4 cup plus 2 tablespoons chickpea brine (juice from can of chickpeas)
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- ½ cup chopped carrots
- ½ cup chopped celery
- ½ cup pumpkin seeds
- 1 tablespoon chopped fresh dill
- 1 teaspoon garlic powder
- Himalayan pink salt and ground black pepper to taste
- Gluten free bread

Toppings (optional):

- Sliced cucumber
- Lettuce
- Tomato

Instructions

1. Drain the can of chickpeas, reserving the juice. Chop carrots, celery and dill into chunky pieces with a food processor and put into a large bowl .
2. Next add the chickpeas into the food processor and pulse until chunky. Take out all but 1/4 cup and add to the bowl with the veggies and dill. Puree the leftover chickpeas into a paste and set aside.
3. Add the reserved chickpea brine (you can store the rest for future use), along with the vinegar and lemon juice into a bowl and beat with a stand mixer (with whisk attachment) or beater until it begins to get thick and creamy. Add the chickpea paste and continue to beat until it turns into a thick creamy mixture.
4. Add the creamy mixture to the bowl with the chickpeas and veggies. Add pumpkin seeds, garlic powder, salt and pepper and mix until just combined. Serve on bread with cucumbers, tomatoes and lettuce!

Notes

For the creamy chickpea brine whip you can use a beater or a stand mixer. Hand whipping isn't recommended as it will take a really long time and not get to the creamy state you need. If you want a really fast version and don't want to mess with whipping the brine, then simply add 1/2 cup chickpeas instead of 1/4 when pureeing to a paste, then mix with the chopped chickpeas and veggies. Feel free to adjust seasonings to meet your taste needs.

Tips to prep ahead: Chop veggies and beans beforehand so all you need to do the day you make it is put it all together.



Spaghetti with Charred Tomatoes and Shishito Peppers

Ingredients

- 8 cups cherry or grape tomatoes
- 3 cups shishito peppers
- 10 cloves fresh garlic
- 1 loosely packed cup basil
- 1 teaspoon Himalayan pink salt
- dash of ground black pepper
- drizzle of organic veggie broth or your favorite roasting oil if you use oil
- 16 ounces brown rice spaghetti
- Hemp Almond Parmesan (optional for topping)

Instructions

1. Preheat oven to 375. Wash tomatoes, peppers and basil.
2. Place in a large bowl with garlic and add salt, pepper and broth or oil. Mix well to coat.
3. Place on a parchment lined cookie sheet and bake for about 45 minutes or until they begin to char. Start checking at 35 minutes as oven temps can vary.
4. While the veggies are roasting, cook spaghetti according to package directions. Make Hemp Almond Parmesan if using.
5. When veggies are done, mix in with spaghetti and top with Hemp Almond Parmesan. Devour

Tips to prep ahead: Wash tomatoes, peppers and basil. Make Hemp Almond Parmesan.



Easy Vegan Gluten Free Falafel with Tahini Sauce

Yields 4 Servings

It's quick, it's full of protein, low fat and can be used in so many ways! This easy vegan falafel is your new weekly staple. Simple yet so flavorful! 🍴

Ingredients

Falafel

- 1 1/2 cups dried chickpeas , soaked in water for at least 6 hours
- 3 cloves garlic, peeled
- 1 small onion, coarsely chopped
- 1/4 cup chopped flat-leaf parsley
- 1 tablespoon tapioca starch
- 2 teaspoons ground cumin
- 1 1/2 teaspoons sea salt
- 1 teaspoon ground coriander
- Freshly cracked black pepper
- 1/2 cup grapeseed oil or neutral oil of your choice

Tahini Sauce

- 1/2 cup tahini
- 3 cloves garlic, crushed
- 1/2 teaspoon fine sea salt
- 2 tablespoons extra-virgin olive oil
- juice of 1/2 lemon
- 1 teaspoon finely chopped fresh flat-leaf parsley (optional)

Instructions

1. Drain the chickpeas and place in a food processor . Add the garlic, onion, parsley, tapioca, cumin, salt, coriander, and pepper to taste. Process on high speed until everything is well blended. Halfway through, turn off the processor and scrape down the sides to incorporate all the ingredients.
2. Remove the blade from the processor bowl. Scoop a spoonful of mixture into your hand and shape into a ball or egg. Continue with all the mixture.
3. Heat a frying pan over medium heat and add oil. To test the oil, simply drop in a tiny piece of the chickpea mixture; if the oil gently bubbles around it, you're good to go. If it just sits there, give it more time to heat up. If it makes cracking noises and bubbles strongly, it is too hot. Adjust your heat accordingly.
4. Drop the falafel balls in gently; do not throw them, as that could cause splattering and you might get burned. Put in as many as can fit without crowding. You should be able to move them around and flip them and they should not overlap. Cook for about 3 minutes on the first side. Look for a golden yellow color. Gently flip with a long fork or tongs and cook on the other side, about 2 minutes. Remove with a slotted spatula or spoon and drain on a paper towel-lined plate. Serve with the tahini sauce.
5. To make sauce: in a food processor or a small bowl , combine all of the ingredients. If mixing in a bowl, be sure your garlic is minced very finely. If the sauce is too thick, add a teaspoon warm water and blend until the sauce is a little thinner. The sauce will keep in an airtight container in the refrigerator for up to 5 days.

Notes

You can probably also bake them as well. I was able to get 20 falafel balls with this recipe.

Tips to prep ahead: soak the chickpeas, make the sauce.



#ARBONNE



Four Bean Crockpot Chili

Servings: Makes a full crockpot

This chili is easy to make, tastes great, full of veggies and freezer friendly.

Ingredients:

- 1 cup dry lentils (any color)
- 1 sweet onion
- 1 cup any type of winter squash
- 1 cup carrots
- 4 cups veggie broth (organic)
- 15-18 ounces crushed tomatoes
- ¼ cup tomato paste
- 2 tablespoons apple cider vinegar
- 1 tablespoon crushed garlic
- 1 tablespoon cumin
- ½ teaspoon cayenne pepper
- 2 tablespoons smoked paprika
- 2 tablespoons chili powder
- Himalayan pink salt and ground black pepper to taste
- Sprinkle of organic extra virgin olive
- can garbanzo beans
- 1 can kidney beans
- 1 can pinto beans

Toppings (or any others you love):

- diced avocado
- sliced green onions
- Roasted Red Pepper Sauce (see recipe below)

Instructions:

Rinse lentils and add them to the crock pot. Wash and chop onions, squash/zucchini and carrots and add them to the crock pot (I use a small electric chopper for quick and easy chopping and to get really fine pieces). Add the rest of the ingredients, except the 3 cans of beans, to the crock pot and mix until well combined. Taste and add more salt and pepper as needed. Turn crockpot on low and cook for 6-7 hours. About 3 hours in, add the remaining beans, 3 cans. Cover and continue cooking, tasting for lentil consistency as you go. I like mine on the al dente side.

Once done cooking, top with your favorite toppings and enjoy!

Roasted Red Pepper Sauce

Servings: 2 cups

Ingredients:

- 1 cup raw cashews, soaked
- ¼ – ½ cup water
- ½ cup roasted red pepper
- 1 tablespoon lemon juice
- 1 teaspoon 21 Seasoning Salute*(Trader Joes)
- Himalayan pink salt to taste

Instructions:

Soak the cashews for at least two hours in a bowl of water, make sure the water covers them completely since they puff up while soaking.

Place everything in a food processor, blender or high speed blender and blend until smooth and creamy.

Start with ¼ cup water and add more to reach desired sauce consistency. Taste and adjust seasonings for personal taste.

*21 Seasoning Salute Substitute with “Kirklands Organic No Salt Seasoning” available at Costco’s in Canada

Stuffed Spaghetti Squash Lasagna Bowls

Nutrition Facts

Serving Size	½ squash w/o hemp parm
Amount Per Serving	As Served
Calories 318	
<i>% Daily Value</i>	
Total Fat 20g	31%
Carbohydrate 27g	9%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 12g	



Ingredients

- 1 spaghetti squash
- 1 cup marinara sauce
- 1/2 cup vegan ricotta cheese*
- 1/2 cup baby greens (spinach or arugula work great)
- crumbled vegan ricotta cheese, for topping
- hemp parmesan, for topping

Instructions

1. Heat oven to 350°. Chop spaghetti squash in half length wise, scoop out seeds with a spoon. Coat the inside of each half with a little olive oil, salt and pepper. Place on a baking sheet, cut side down and bake for about 40-50 minutes or until you can easily pierce a fork through the squash. Let stand for 10 minutes, scrape the inside of the squash with a fork to remove the spaghetti-like strands.
2. Combine spaghetti squash strands, marinara sauce, ricotta cheese and baby greens in a bowl.
3. Increase oven to temperature to broil.
4. Spoon spaghetti squash mixture into the bottom of each squash half. Top with a little crumbled ricotta cheese and broil for about 5-7 minutes or until ricotta gets a little golden.
5. Remove from oven, sprinkle with a little hemp parmesan and enjoy!

Vegan Parmesan Cheese

*use for Vegan Pizza as well

Ingredients:

- 1 cup hemp seeds
- 1/4 cup nutritional yeast
- 1 teaspoon sea salt
- 1/2 teaspoon garlic powder

Instructions:

1. Add all ingredients to a food processor or blender and pulse a couple times until everything is combined. If you don't have a processor or blender, simply place all ingredients bowl and stir to combine.
2. Place mixture in a sealed container and store in the fridge.

Vegan Tortilla Pizza

Nutrition Facts

Serving Size	1 pizza
Amount Per Serving	As Served
Calories 259	
% Daily Value	
Total Fat 15g	
Saturated Fat 6g	
Carbohydrate 21g	
Dietary Fiber 5g	
Sugars 3g	
Protein 11g	

Serves 4 pizzas



Ingredients

- 2/3 cup Sabra roasted red pepper hummus
- 1/4 cup tomato sauce
- 1/2 teaspoon onion powder
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon olive or avocado oil
- 1 red bell pepper, sliced
- 1/4 cup red onion, sliced
- 1/2 cup mushrooms, sliced
- 1 cup vegan shredded mozzarella cheese
- 4 Gluten Free tortillas*
- 1/4 cup microgreens or baby arugula
- crushed red pepper flakes
- 1 Tablespoon hemp parmesan (optional)

Instructions

1. Preheat oven to 425°.
2. Add 1/2 teaspoon of oil to a small skillet over medium-high heat. Once hot add veggies (bell pepper, onion and mushrooms) and sauté until just softened, about 5 minutes. Set aside.
3. Mix all ingredients for pizza sauce (hummus, tomato sauce, onion powder, basil and oregano) together in a small bowl. Spread sauce onto four tortillas -- using about a quarter of it on each. Top tortillas with cooked veggies and shredded cheese.
4. Bake tortilla pizzas in a cast-iron skillet, on a pizza stone or directly on the oven rack (with a cookie sheet below to catch any melted cheese drips) for 10-12 minutes or until the tortillas are browned and the cheese has melted. Watch carefully near the end so that the tortillas don't burn. Sprinkle microgreens/arugula over each pizza and let cool before slicing. Sprinkle on red pepper flakes and hemp parmesan before serving.

*I recommend Rudi's Plain GF Tortillas can be found in the frozen section of the Health Food Section of your Grocery Store. In addition, you may want to try your hand at making your own GF Tortillas, many recipes online.

Recipe Credit: Brittany Mullins

<https://www.eatingbirdfood.com>