

#ARBONNE30



WEEK 2 VEGAN MEAL PLAN

MON

LUNCH Leftovers

DINNER Tortilla Soup

TUE

LUNCH Tortilla Soup

DINNER Cozy Butternut, Sweet Potato, and Red Lentil Stew

WED

LUNCH Cozy Butternut, Sweet Potato, and Red Lentil Stew

DINNER Quick and Delicious 10-Minute Pasta

THU

LUNCH Quick and Delicious 10-Minute Pasta

DINNER My Favourite Vegan Chili

FRI

LUNCH My Favourite Vegan Chili

DINNER Roasted Cauliflower & Sweet Potato Curry Soup

SAT

LUNCH Roasted Cauliflower & Sweet Potato Curry Soup

DINNER Quinoa Burgers and Sweet Potato Fries

SUN

LUNCH Leftovers

DINNER Leftovers

GROCERY LIST WEEK 2 **= Use for multiple recipes*

PRODUCE:

- ☐ 2 Avocado
- ☐ 1 Bunch or Bag of Carrots*
- ☐ 1 Bunch Green Onions*
- ☐ Celery (about 2 large stalks)
- ☐ Fresh Cilantro*
- ☐ Butternut Squash (400 g)
- ☐ 2 Bunch Spinach
- ☐ 1 Sweet Onion (medium/large)
- ☐ 4 to 5 Medium Onion
- ☐ Frozen Peas or another Veggie
- ☐ Fresh Ginger
- ☐ 1 Fresh Red Chile Pepper
- ☐ 2 Medium Jalapeños
- ☐ 1 to 2 Limes
- ☐ 5 to 6 Sweet Potatoes*
- ☐ 1 Large Cauliflower*
- ☐ 3 to 4 large Garlic Cloves*
- ☐ 1 large Red Bell Pepper

Pantry Goods

- ☐ 1 box (340 g/12 ounces) Brown Rice Rotini or Fusilli pasta
- ☐ 1/4 cup (35 g) Hemp Hearts
- ☐ 1 Package Quinoa*
- ☐ 3 Can Black Beans (15-oz/398 mL) *
- ☐ 1 Can Kidney Beans (15-oz/398 mL)
- ☐ Cooked Lentils or Beans
- ☐ 3 Cans Pinto Beans (15-oz/398 mL)
- ☐ Brown Rice*
- ☐ Brown rice Flour or Coconut Flour
- ☐ 3 to 4 (750 mL) Low Salt Vegetable* Broth
- ☐ Flax Seed
- ☐ Sea Salt
- ☐ 2 cups (500 mL) Marinara Sauce
- ☐ 24 oz. Picante or Salsa
- ☐ 3 (14-ounce/398 mL) can Diced Tomatoes*
- ☐ 2 Cans Stewed Tomatoes
- ☐ 1 (14 ounce) can no-salt Tomato Sauce
- ☐ 3 cans Tomato Paste (45 mL) *
- ☐ 1 (14 ounce) can Coconut Milk
- ☐ Apple Cider Vinegar
- ☐ Extra-Virgin Olive Oil*
- ☐ Coconut Sugar
- ☐ GF Hamburger Buns or Lettuce Leaves
- ☐ Chili Paste or Hot Sauce
- ☐ 1/3 to 1/2 cup (80 mL to 125 mL) Hummus

Dairy

- ☐ DF cream cheese (Daiya)
- ☐ 1 'Flax eggs'
- ☐ Cashew Sour Cream

Spices

- ☐ 1 (14-ounce/398 mL) Light Coconut Milk
- ☐ 1/2 C. Shredded DF Cheese (Daiya)
- ☐ Ground Cumin
- ☐ Dried Oregano
- ☐ Cayenne Pepper
- ☐ Ground Turmeric
- ☐ Crushed Red Pepper Flakes
- ☐ Freshly Ground Black Pepper
- ☐ Onion Powder
- ☐ Chili Powder
- ☐ Curry Powder
- ☐ Garlic Powder
- ☐ Cinnamon
- ☐ 8 Large Cloves
- ☐ Coriander

VEGAN RECIPES WEEK 2

Tortilla Soup

Serves 8-12

Ingredients:

- 2 cans vegetable broth (low sodium, organic)
- 2 cans stewed tomatoes
- 2 cans pinto beans, drained
- 2 cans black beans, drained
- 24 oz. picante or salsa
- 1 sm-med onion, diced
- 2 Tbs. homemade taco seasoning (see below)
- Optional toppings: Rice chips, cheddar "cheese" shreds, avocado slices, green onions, Cilantro, Lime

Directions:

Drain/rinse beans. Add all ingredients to large pot. Warm through & serve with chosen toppings.

Taco Seasoning:

- 1 Tbs. chili powder
- 1 Tbs. ground cumin
- 1 Tbs. garlic powder
- 1 Tbs. onion powder
- ¼ Tbs. crushed red pepper

Mix all the spices together and store in an airtight container.



Cozy Butternut, Sweet Potato, and Red Lentil Stew

Vegan, gluten-free, nut-free, refined sugar-free, soy-free

Butternut squash, red lentils, and sweet potato are wrapped in a lightly sweet and creamy coconut and tomato broth accented with spicy notes of turmeric, cumin, chili powder, cayenne, and garlic. Apple cider vinegar provides a tangy brightness to bring everything together. This stew tastes better the next day once the flavours have had a chance to mingle; if you can make it the day before serving, I'd highly recommend it! Website Credit: www.ohsheglow.com *Yields 11 Cups*

Ingredients:

For the stew:

- 2 tablespoons (30 mL) extra-virgin olive oil
- 1 medium onion, diced (about 2 cups/280 g)
- 3 to 4 large garlic cloves, minced
- 3 cups (400 g) peeled, seeded, and diced butternut squash*
- 1 large sweet potato (450 g), peeled and diced (2 1/2 cups)*
- 3 cups (750 mL) low-sodium vegetable broth
- 1 (14-ounce/398 mL) can diced tomatoes
- 1 (14-ounce/398 mL) can light coconut milk
- 1/2 cup (100 g) dried red lentils, rinsed**
- 3 tablespoons (45 mL) tomato paste
- 1 1/2 teaspoons ground turmeric
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon chili powder
- 1/4 teaspoon cayenne pepper, or more if you like heat
- Fine sea salt, to taste (I use 1 1/2 teaspoons pink salt)
- Freshly ground black pepper, to taste
- 3 teaspoons (15 mL) apple cider vinegar, or to taste
- 1 bunch chard, stemmed and finely chopped***

Optional accompaniments:

- Fresh cilantro or parsley, minced
- Cooked brown rice
- Garlic powder and chili powder

Directions:

1. To a large pot, add the oil, onion, and garlic. Stir to combine. Increase the heat to medium and sauté for 3 to 5 minutes, until the onion is softened.
2. Add the squash and sweet potato and stir to combine. Add a pinch of salt and continue sautéing for a few minutes longer.
3. Add the broth, diced tomatoes (with juices), coconut milk, lentils, tomato paste, turmeric, cumin, chili powder, cayenne, salt, and pepper. (If you are spice-shy, feel free to add half the amount to start and increase from there after cooking, to taste.) Stir well to combine.
4. Increase heat and bring to a boil. Reduce the heat to medium, stir again, and simmer uncovered for about 30 minutes, stirring occasionally, until the squash and potato are fork-tender. Reduce the heat if necessary.
5. Add the apple cider vinegar to taste. Adjust the other seasonings if desired.
6. Optional step: Using a handheld immersion blender, blend the stew for only 2 to 3 seconds (any more and you'll blend too much of the veggies). This thickens the broth.
7. Stir in the chard, and cook for another couple minute until the greens are wilted.
8. Scoop some cooked rice onto the bottom of a bowl and then ladle the stew overtop. Garnish with minced cilantro or parsley and a good dusting of garlic and chili powder, if desired.
9. Leftovers will keep in the fridge for up to 5 days, and they freeze beautifully too.

Tips:

* Make sure to dice the squash and potato very small (about the size of almonds), as this will expedite cooking. Also, if you are short on time, you can skip peeling the butternut squash as the skin is edible. (I don't recommend skipping peeling the potato, though.)

** You can swap the red lentils for 1 (14-ounce/398 mL) can chickpeas (drained and rinsed).

*** I recommend chopping the greens into small bite-size pieces for easier eating.



Quick and Delicious 10-Minute Pasta

Vegan, nut-free, refined sugar-free, soy-free

I've made this pasta countless times for our family; it's hard to beat how fast and nutritious it is, and it can be changed up so many ways. It packs in around 20 grams of protein and 11 grams of fibre per (adult-size) serving (depending on which kind of pasta you use, of course—see my notes), not to mention healthy fats from the hemp hearts. My advice if you're in a rush is to start heating up the water first, before you gather any other ingredients, as it can take some time for the water to come to a boil.

Website Credit: www.ohsheglow.com

Yield 4 (adult-size) servings, prep time 2 Minutes, cook time 8 minutes

Ingredients:

For the pasta:

- 1 box (340 g/12 ounces) brown rice rotini or fusilli pasta*
- 2 C. (500 mL) marinara sauce
- 1/3 to ½ C. (80 mL to 125 mL) hummus
- ¼ C. (35 g) hemp hearts

Optional add-ins:

- Fine sea salt, to taste
- Garlic powder, to taste
- Frozen peas or other veggies**
- Cooked lentils or beans
- Fresh spinach or basil, minced in food processor
- Puréed cooked carrots or cauliflower



Directions:

1. Add water into a large pot and bring to a boil over high heat. While you are waiting for it to boil, gather the rest of the ingredients. Once boiling, reduce the heat to medium, add the pasta, and stir with a wooden spoon. Cook the pasta according to the package directions, stirring every now and then to prevent the pasta sticking.
2. Drain the cooked pasta well and place it back into the pot. Stir in the marinara, hummus, and hemp hearts until combined. Taste and add a bit of salt or other mix-ins if desired.
3. Heat over low until warmed throughout. If serving this pasta to a little one, spread a scoop of pasta out on a plate to gently cool it before serving.
4. Leftovers can be stored in an airtight container in the fridge for a couple days. To reheat, add the pasta into a pot along with a bit of extra marinara sauce (this adds moisture back) and stir to combine. Heat over medium-low heat until warmed throughout.

Tips:

* Add Arbonne's protein boost to the pasta sauce to boost the protein content.

** To quickly thaw frozen peas, add them to the pot during the last minute or two of cooking the pasta.

My Favourite Vegan Chili

Vegan, gluten-free, grain-free, refined sugar-free, soy-free

Hearty, satisfying, and veggie-packed, this vegan chili will leave you feeling full for hours. I recommend pairing it with a big scoop of Cashew Sour Cream for the ultimate chili experience.

Website Credit: www.ohsheglow.com

Yield 4 bowls, Prep Time 30 Minutes, Cook time 30 Minutes

Ingredients:

- 1 1/2 tablespoons extra-virgin olive oil
- 2 cups (280 g) diced sweet onion (about 1 medium/large)
- 2 tablespoons minced garlic (about 4 large cloves)
- 2 medium jalapeños (80 g), seeded (if desired) and finely chopped
- 1 cup (115 g) finely chopped celery (about 2 large stalks)*
- 1 large red bell pepper, seeded and diced**
- 1 (28-oz/796 mL) can diced tomatoes, with juices
- 1 cup (250 mL) low-sodium vegetable broth
- 6 tablespoons (90 mL) tomato paste
- 1 (15-oz/398 mL) can kidney beans, drained and rinsed
- 1 (15-oz/398 mL) can pinto or navy beans, drained and rinsed
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/2 to 3/4 teaspoon fine grain sea salt, to taste
- 1/4 teaspoon ground cayenne pepper (optional)
- 1 teaspoon hot sauce (optional)

Toppings:

- Cashew Sour Cream
- Chopped green onions
- Fresh cilantro, chopped

Directions:

1. In a large pot, sauté the onion and the garlic in the oil over medium heat until soft and translucent, about 5 minutes. Season with a pinch of salt and stir.
2. Add the jalapeños, celery, and bell pepper and sauté for another 5 to 7 minutes or so, until softened.
3. Now add the can of diced tomatoes (with the juice), broth, and tomato paste. Stir to combine. Increase heat to medium-high.
4. Add the drained and rinsed beans, along with the chili powder, cumin, oregano, and salt. Simmer the mixture, uncovered, until thickened, about 10 to 15 minutes.
5. Add the cayenne and hot sauce to taste, if using. Taste and season with additional salt if desired.
6. Serve with Cashew Sour Cream, chopped green onion, and cilantro leaves, if desired.

Tips:

* I recommend finely chopping the celery, so it cooks faster.

** Try swapping the raw red pepper for jarred roasted red pepper. It makes the flavour simply out of this world!

A few of my go-to jarred or canned bean and tomato products are as follows: For canned beans I buy Eden Organics, for canned diced tomatoes I buy Ontario Natural Food Co-op, and for tomato paste I try to buy it in a glass jar whenever possible (Bioitalia is one brand I use). I try to buy glass jars for tomato sauces and purees too.



Roasted Cauliflower & Sweet Potato Curry Soup

Recipe credit: Danielle Centoni. In this healthy cauliflower soup recipe, roasting the cauliflower first adds depth and prevents the florets from turning to mush. A little tomato sauce and coconut milk give the broth a rich, silky texture. Website credit <http://www.eatingwell.com>

Serves 8

Ingredients:

- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1½ teaspoons ground cinnamon
- 1½ teaspoons ground turmeric
- 1¼ teaspoons salt
- ¾ teaspoon ground pepper
- ⅛ teaspoon cayenne pepper
- 1 small head cauliflower, cut into small florets (about 6 cups)
- 2 tablespoons extra-virgin olive oil, divided
- 1 large onion, chopped
- 1 cup diced carrot
- 3 large cloves garlic, minced
- 1½ teaspoons grated fresh ginger
- 1 fresh red Chile pepper, such as serrano or jalapeño, minced, plus more for garnish
- 1 (14 ounce) can no-salt-added tomato sauce
- 4 cups low-sodium vegetable broth
- 6 cups diced peeled sweet potatoes (½-inch)
- 1 (14 ounce) can coconut milk
- 2 teaspoons lime zest
- 2 tablespoons lime juice

Directions:

1. Preheat oven to 450°F.
2. Combine coriander, cumin, cinnamon, turmeric, salt, pepper and cayenne in a small bowl. Toss cauliflower with 1 tablespoon oil in a large bowl, sprinkle with 1 tablespoon of the spice mixture and toss again. Spread in a single layer on a rimmed baking sheet. Roast the cauliflower until the edges are browned, 15 to 20 minutes. Set aside.
3. Meanwhile, heat the remaining 1 tablespoon oil in a large pot over medium-high heat. Add onion and carrot and cook, stirring often, until starting to brown, 3 to 4 minutes. Reduce heat to medium and continue cooking, stirring often, until the onion is soft, 3 to 4 minutes. Add garlic, ginger, chile and the remaining spice mixture. Cook, stirring, for 1 minute more.
4. Stir in tomato sauce, scraping up any browned bits, and simmer for 1 minute. Add broth, potatoes, sweet potatoes, lime zest and juice. Cover and bring to a boil over high heat. Reduce heat to maintain a gentle simmer and cook, partially covered and stirring occasionally, until the vegetables are tender, 35 to 40 minutes.
5. Stir in coconut milk and the roasted cauliflower. Return to a simmer to heat through. Serve garnished with cilantro and chiles, if desired.

*To make ahead: Refrigerate for up to 5 days.



Quinoa Burgers and Sweet Potato Fries

Serves 4

Ingredients:

- 1 ¼ C. cooked quinoa
- ¼ C. of kidney or black beans
- ½ C. shredded DF cheese of choice (Daiya)
- ½ Tbs DF cream cheese (Daiya)
- 1 'Flax eggs'
- 1 Green onions
- 1 Tbs. white onion, chopped
- ¼ C. carrot, shredded
- 1 Cloves garlic
- ½ Tsp. chili paste or hot sauce
- 1 Tbs. GF flour (I use brown rice or coconut flour)
- ½ Tbs. flax seed
- ½ Tbs. coconut sugar
- ¼ Tsp. salt
- ¼ Tsp. curry powder
- GF Hamburger buns or lettuce leaves (optional)

Directions:

1. Make flax eggs.
2. Cook quinoa according to box instructions. Let rest for 5 minutes, then remove lid and cool.
3. Next grate your cheese, chop your onions, mince your garlic, grate you carrot, and slice your green onions. Set aside.
4. Using you beans of choice (I chose dark red kidney) and a fork, mash into a chunky paste. This really helps glue your burgers together.
5. In a large bowl add chopped vegetables, beans, flax eggs, cream cheese, shredded cheese, flour, sugar, flax seed, hot sauce, and all spices. Stir to combine.
6. Next add your cooled quinoa. Must be cooled or the cheese will melt now, instead of in the pan. Stir mixture until completely uniform.
7. In a large pan, heat 2 tablespoons of olive oil. Using hand, form 1/2 cup portions of quinoa mixture into patties and place into hot pan. Cook for 3-4 minutes on each side, or until golden brown.



Sweet Potato Fries Serves 3-5

Ingredients:

- Olive Oil, for tossing
- 2-4 sweet potatoes, peeled and sliced into 1/4-inch long slices, then 1/4-wide inch strips
- 2 Tsp salt
- ½ Tsp pepper
- ½ Tsp garlic powder
- ½ Tsp paprika

Directions:

- Preheat oven to 450 degrees F. Line a sheet tray with parchment.
1. In a large bowl, toss sweet potatoes with just enough oil to coat.
 2. Sprinkle with House Seasoning and paprika.
 3. Spread sweet potatoes in single layer on prepared baking sheet, being sure not to overcrowd.
 4. Bake until sweet potatoes are tender and golden brown, turning occasionally, about 20 minutes. Let cool 5 to 10 minutes before serving.