

#ARBONNE30



WEEK 1 MEAL PLAN VEGAN

MON

LUNCH

Zucchini noodles with pistachio pesto

DINNER

Quick Chana Masala

TUE

LUNCH

Spring veggies tacos with avocado cream

DINNER

No Noodle Pad Thai

WED

LUNCH

Creamy Butternut Squash Linguine with
Fried Sage

DINNER

Quick Chana Masala

THU

LUNCH

Spring veggies tacos with avocado cream

DINNER

Curried Coconut Quinoa and Greens with
Roasted Cauliflower

FRI

LUNCH

Mediterranean Spaghetti Squash Bowls

DINNER

Quick Chana Masala

SAT

LUNCH

Creamy (vegan!) Butternut Squash Linguine with
Fried Sage

DINNER

Spring veggies tacos with avocado cream

SUN

LUNCH

Mediterranean Zucchini Noodles

DINNER

Spaghetti with Pistachio Squash Pesto Bowls

GROCERY LIST WEEK 1 (2 servings) *= Use for multiple recipes

Pantry:

☐ sea salt or pink himalayan ☐ 1 cup walnuts ☐ 4 cans chickpeas ☐ 1 can light coconut milk ☐ 2 tbsp coconut aminos ☐ 1/2 cup almond butter no sugar added ☐ 2 cups vegetable broth ☐ optional daiya cheese ☐ 1 can (28oz.) Whole peeled tomatoes

Vegetables:

☐ 3 1/2 cups fresh parsley ☐ 4 lemon ☐ 11 clove garlic ☐ 2 1/2 cup fresh cilantro ☐ 2 small red onion ☐ 2 large red bell pepper ☐ 1 large green bell pepper ☐ 1 large yellow bell pepper ☐ 1 head cauliflower ☐ 3 yellow onion ☐ 4 cups greens (kale, spinach arugula etc) ☐ 8 tbsp. Olive Oil ☐ 1 cup pistachios ☐ 8 tbsp coconut oil ☐ 1 cup quinoa ☐ 4 tbsp. Sesame seeds ☐ 2 tbsp brown rice syrup ☐ 12 ounces' gluten free pasta ☐ 1 cup cooked brown rice or basmati rice ☐ 5-6 zucchini + 1/2 pound ☐ 1 large sweet potato ☐ 3/4 pound Daikon radish ☐ 4 medium carrots ☐ 1/2 pound bean sprouts ☐ 4 green onion ☐ 2 limes ☐ 1 ginger root ☐ 1 tbsp. Fresh sage ☐ 2 pounds butternut or kabocha squash ☐ 1 green serrano pepper ☐ 1/4 cup kalamata olives ☐ 1/4 cup pepitas (hulled pumpkin seeds)

Spices:

☐ 1 Tbsp. chili powder ☐ 1/4 tsp. onion powder ☐ 1/2 tsp. oregano ☐ 1 tsp cayenne pepper ☐ 1 1/2 tsp ground tumeric ☐ 1/2tsp cardamom ☐ 1 tsp. garam masala Recipes: ☐ 2 spaghetti squash ☐ 1/4 cup fresh basil plus fresh basil for garnish ☐ 2 tsp. cumin ☐ 1/2 tsp garlic powder ☐ 1 tsp. red pepper flakes ☐ 1/2 tsp. paprika ☐ black pepper ☐ 1 tsp ground ginger ☐ 1/2 tsp curry powder ☐ 1 1/2 tsp. cumin seeds ☐ 1 1/2 tsp. ground coriander

RECIPES WEEK 1

Zucchini Noodles with Pistachio Pesto (Serves 2)

Ingredients

- 5-6 zucchini, peeled and very thinly sliced
- 1 clove garlic 1/2 cup + 3 Tbsp.
- shelled pistachios 1–2 Tbsp.
- lemon juice Zest of 1 lemon 1/4 tsp.
- salt
- 2 cups parsley or 1 cup cilantro and 1 cup parsley
- 1/2 cup olive oil



Preparation

1. Place the zucchini in a large bowl.
2. Combine the garlic, 1/2 cup of pistachios, lemon juice, lemon zest, salt, and parsley in a food processor and pulse 5 times, or until everything is integrated.
3. Add the olive oil with the food processor running and process until well combined.
4. Mix the pistachio pesto with the zucchini.
5. To serve, chop the remaining pistachios and sprinkle over the top.

Note: You can also top with a little lemon zest, a drizzle of olive oil, and a pinch of sea salt.

Spring Veggie Tacos with Avocado Cream (Serves 2)

Filling

- 1 cup walnuts, coarsely chopped
- 1 cup chickpeas (can use canned, well rinsed)
- 1 large sweet potato, diced into chunks (should yield 2 cups)
- 1/2 cup water 2 tablespoons coconut oil (for cooking)

Taco Spices

- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon crushed red pepper flakes
- 1/2 teaspoon dried oregano 1/2 teaspoon paprika
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 1 small red onion (yields 1/2 cup), sliced into thin strips
- 1 large red bell pepper, sliced into thin strips
- 1 large green bell pepper, sliced into thin strips
- 1 large yellow bell pepper, sliced into thin strips
- 1 Tablespoon coconut oil
- 2 cloves garlic, diced
- Pinch of sea salt



Instructions

1. Preheat oven to 350 degrees F.
2. Bake chopped sweet potatoes with 1 tablespoon coconut oil, a dash of cinnamon and cumin for 30-45 minutes or until golden brown and crisp and set aside.
3. While the sweet potatoes are cooking prepare everything else.
4. First, in a food processor or blender pulse the chickpeas and walnuts together to create a coarsely chopped mixture.
5. In a medium heated skillet, add 1/2 tablespoon coconut oil, chopped walnuts, beans, and seasonings. Stir to warm through and combine, adding a little bit of water as needed to bring the mixture together.
6. Cook/warm through for about 5 minutes, add baked sweet potatoes last and only to toss around in the spices with everything else.
7. Take off the heat and put in a large serving bowl.

Peppers

8. Simply sauté the onions, garlic, and tri-colored bell peppers in coconut oil on medium heat until softened.

Assembly

9. Use this filling to stuff **brown rice tortillas**, top with salsa, cashew cheese, etc
This stays well in the refrigerator for up to a week and makes great leftovers.

*Notes: Feel free to use your favorite taco seasoning to taste if you'd prefer versus adding individual spices.

Curried Coconut Quinoa & Greens w. Roasted Cauliflower (Serves 2)

Ingredients

Roasted Cauliflower

- 1 head cauliflower, cut into bite-sized florets
- 2 tablespoons melted coconut oil or olive oil
- 1/4 teaspoon cayenne pepper
- Sea Salt

Curried Coconut Quinoa with Greens

- 2 teaspoons melted coconut oil or olive oil
- 1 medium yellow onion, chopped
- 1 teaspoon ground ginger
- 1 teaspoon ground turmeric
- 1/2 teaspoon curry powder of choice (optional)
- 1/2 teaspoon ground cardamom
- 1 can (14 ounces) light coconut milk 1/2 cup water
- 1 cup quinoa, rinsed well in a fine mesh colander
- 1 teaspoon sea salt
- 1 tablespoon lemon or lime juice
- 4 cups baby arugula or chopped chard, spinach, maybe even kale*

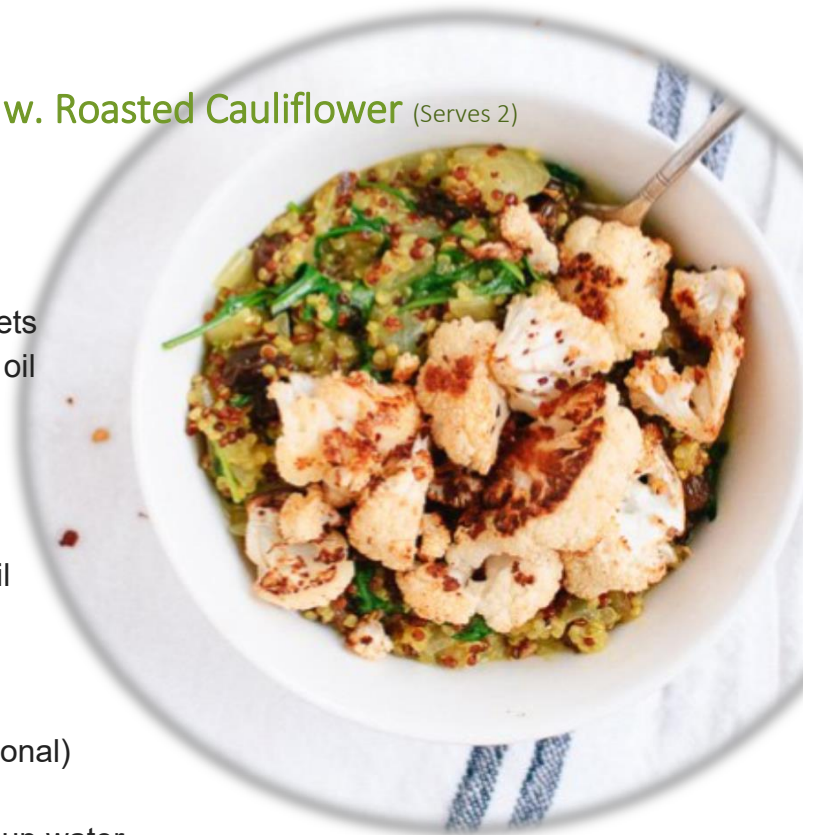
*Optional garnishes: 2 green onions, chopped, and a sprinkle of red pepper flakes

Instructions

1. Preheat oven to 425 degrees Fahrenheit.
2. Toss the cauliflower florets with coconut oil, cayenne pepper and a light sprinkle of sea salt.
3. Roast for 25 to 30 minutes on the middle rack, turning halfway, until the cauliflower is tender and golden on the edges.
4. Cook the quinoa: In a large pot with a lid, warm the coconut oil over medium heat. Add the onion and cook until it is turning translucent, stirring often, about 5 minutes.
5. Add the ginger, turmeric, curry powder and cardamom and stir until fragrant, about 30 seconds. Pour in the coconut milk, water, and rinsed quinoa. Bring the mixture to a boil, then cover and reduce heat to a simmer.
6. Cook for 15 minutes, then remove the pot from heat and let it rest for 5 minutes.
7. Fluff the quinoa with a fork. Stir in the salt, citrus juice and greens

*if you intend to eat this dish as leftovers, I recommend storing leafy greens separate from the quinoa, as the greens don't reheat well.

*Divide the quinoa into bowls and top with roasted cauliflower. Garnish with green onions and red pepper flakes if you'd like.



No Noodle Pad Thai

Serves 2

Ingredients

- 3/4 lb. daikon radish, peeled
- 4 medium carrots, peeled
- 1/2 lb. zucchini (or replace with an additional
- 1/2 lb. bean sprouts)
- 1/2 lb (8 ounces) bean sprouts
- 4 green onions, finely sliced (white and green parts)
- 1 small handful cilantro leaves, chopped, plus extra for serving
- 2 tablespoons sesame seeds, preferably black, plus extra for serving
- 4 small wedges of lime, for serving nut sauce
- 1/2 c. almond butter
- 1/4 c. lime juice 2 tablespoons coconut aminos
- 2 tbs. brown rice syrup
- 2 tsp. grated fresh ginger
- 1 pinch red pepper flakes About 3 tablespoons water, to thin

Instructions

1. Prepare the vegetable noodles: Use a julienne peeler, spiralizer or regular peeler to create noodles out of the radish, carrots and zucchini, if using.
2. Transfer the noodles to a large serving bowl. Add the bean sprouts, onions, chopped cilantro and sesame seeds to the bowl.
3. Make the sauce: In a small bowl, whisk together all of the sauce ingredients until the sauce is smooth and creamy. Taste and adjust seasoning if necessary—the sauce should taste very bold at this point. (I added an extra little splash of coconut aminos.)
4. If you will not be serving all 4 portions immediately, portion off the amounts of vegetable mixture you need for now. Drizzle in enough dressing to coat the portioned amount.
5. Use your hands to gently toss the mixture until every single strand is coating in dressing.
6. Serve pad Thai with a wedge of lime and a sprinkle of extra chopped cilantro and sesame seeds. Store leftover vegetable mixture separately from the dressing and dress just before serving.



Creamy Butternut Squash Linguine & Fried Sage

serves 2

Ingredients

- 2 tbs. olive oil
 - 1 tbs. finely chopped fresh sage
 - 2 lb. butternut or kabocha squash, peeled, seeded, and cut into small
 - 1/2-inch pieces (about 3 cups)
 - 1 medium yellow onion, chopped
 - 2 garlic cloves, pressed or chopped
 - 1/8 tsp. red pepper flakes (up to 1/4 teaspoon for spicier pasta sauce) Salt
 - Freshly ground black pepper
 - 2 c. vegetable broth
 - 12 ounces gluten free pasta (brown rice, black bean etc) linguine or fettucine Optional
- additional garnishes: Vegan soy free cheese as in Daiya

Instructions

1. Warm the oil in a large skillet over medium heat. Once the oil is simmering, add the sage and toss to coat. Let the sage get crispy before transferring it to a small bowl.
2. Sprinkle it lightly with salt and set the bowl aside.
3. Add the squash, onion, garlic and red pepper flakes to the skillet. Season with salt and pepper.
4. Cook, stirring occasionally, until the onion is translucent, about 8 to 10 minutes.
5. Add the broth. Bring the mixture to a boil, then reduce the heat and simmer until the squash is soft and the liquid is reduced by half, about 15 to 20 minutes.
6. In the meantime, bring a large pot of salted water to a boil and cook the pasta until al dente according to package directions, stirring occasionally.
7. Reserve 1 cup of the pasta cooking water before draining. Once the squash mixture is done cooking, remove it from the heat and let it cool slightly.
8. Transfer the contents of the pan to a blender, but keep the skillet handy. Purée the mixture until smooth (beware of hot steam escaping from the top of the blender),
9. Season with salt and pepper until the flavors sing. In the reserved skillet, combine the pasta, squash purée and 1/4 cup cooking liquid.
10. Cook over medium heat, tossing and adding more pasta cooking water as needed, until the sauce coats the pasta, about 2 minutes.
11. Season with more salt and pepper if necessary. Serve the pasta in individual bowls topped with fried sage, more black pepper and Vegan cheese if desired.



Mediterranean Spaghetti Squash Bowls (Serves 2)

Spaghetti squash and filling

2 spaghetti squash
2 tbs. + 1 tsp. extra-virgin olive oil, divided
1 can (15 ounces) chickpeas, rinsed & drained,
red bell pepper, chopped
1/3 c. chopped red onion (about 1/2 small onion)
1/4 c. thinly sliced Kalamata olives
2 tbs. chopped fresh basil and/or parsley
1 clove garlic, pressed or minced
1 tbs. lemon juice

For the Pesto

1/4 Cup Dried Pumpkin Seeds, toasted
1/2 Cup Fresh Basil Leaves
1/2 Cup Fresh Parsley
2 Tablespoons Lemon Juice
2 Tablespoons Water
1/4 Cup Extra-Virgin Olive Oil

Instructions:

Preheat the oven to 400 F. and line a large, baking sheet with parchment paper for easy clean-up.

2. Use a very sharp chef's knife to cut off the tip-top and very bottom ends of each spaghetti squash.
3. Stand the squash upright on a stable surface and slice through it from top to bottom to divide it in half. Repeat with the other squash.
4. Use a large spoon to scoop out the spaghetti squash seeds and discard them.
5. Drizzle each squash half with 1 teaspoon olive oil and rub it all over the inside and outside of the squash, adding more oil if necessary.
6. Sprinkle salt and pepper lightly over the interiors of the squash, then place them cut-side down on the prepared baking sheet.
7. Bake for 40 to 60 minutes, until the interiors are easily pierced through with a fork.
8. Combine the chickpeas, bell pepper, onion, olives, chopped basil and/or parsley, garlic, lemon juice, remaining 1 tablespoon olive oil and salt. Stir to combine. Taste, and add more lemon juice and/or salt if necessary. Set aside.

To prepare the pesto: In a small skillet, toast the pumpkin seeds over medium heat, stirring often, until they are fragrant and making little popping noises, about 5 minutes. Pour the pepitas into a food processor and let them cool for a few minutes. Then, add the basil, parsley, lemon juice, water and salt. Process while slowly drizzling in the olive oil, stopping to scrape down the sides as necessary, until the pepitas have broken down to create a smooth sauce. Transfer the pesto to a small bowl for serving. To assemble, use a fork to fluff up the squash and make it easier to eat. Then divide the chickpea salad between the squash "bowls" and top each one with a generous drizzle of pesto.

**Finish with a sprinkle of chopped herbs and Vegan cheese, if desired. Serve immediately.*



Quick Chana Masala

Ingredients

- 1 tbs. coconut oil or olive oil
- 1 1/2 tsp cumin seeds
- 1 yellow onion, chopped
- 1 tbs. pressed or minced fresh garlic (about 5 cloves)
- 1 tbs. peeled and minced fresh ginger (about a 1-inch piece)
- 1 green Serrano pepper, minced (seed it first if you want to tame the spice level)
- 1 1/2 tsp. garam masala (or tikka masala)
- 1 1/2 tsp. ground coriander
- 1/2 tsp. ground turmeric
- 3/4 tsp. fine-grain sea salt
- 1/4 tsp. cayenne pepper (optional)
- 1 can (28 ounces) whole peeled tomatoes, with their juices
- 2 cans (14 ounces each) chickpeas (or 3 cups cooked chickpeas), drained and rinsed
- 1 c. uncooked brown basmati rice, for serving (rice is optional, I like to cook extra rice to have on hand for other meals)
- Lemon wedges, for garnishing Fresh cilantro, chopped, for garnishing (optional)

Instructions

Prepare brown rice according to package directions.

Cook the Chana Masala:

1. In a Dutch oven or large saucepan, heat the oil over medium heat. When a drop of water sizzles upon hitting the pan, reduce the heat to medium-low and add the cumin seeds.
2. Toast the seeds for a minute or two, stirring frequently, until the seeds are golden and fragrant. Watch carefully to avoid burning the seeds.
3. Raise the heat to medium and stir in the onion, garlic, ginger and serrano. Cook for about five minutes, stirring often.
4. Stir in the garam masala (or tikka masala), coriander, turmeric, salt and cayenne (if using), and cook for two more minutes.
5. Add the whole peeled tomatoes and their juices. Use the back of a wooden spoon to break the tomatoes apart. You can leave some chunks of tomato for texture.
6. Raise the heat to medium-high and add the chickpeas. Bring the mixture to a simmer and cook for 10 minutes or longer to allow the flavors to develop.
1. Serve over basmati rice, if desired, and garnish with a lemon wedge or two and a sprinkle of fresh cilantro.

