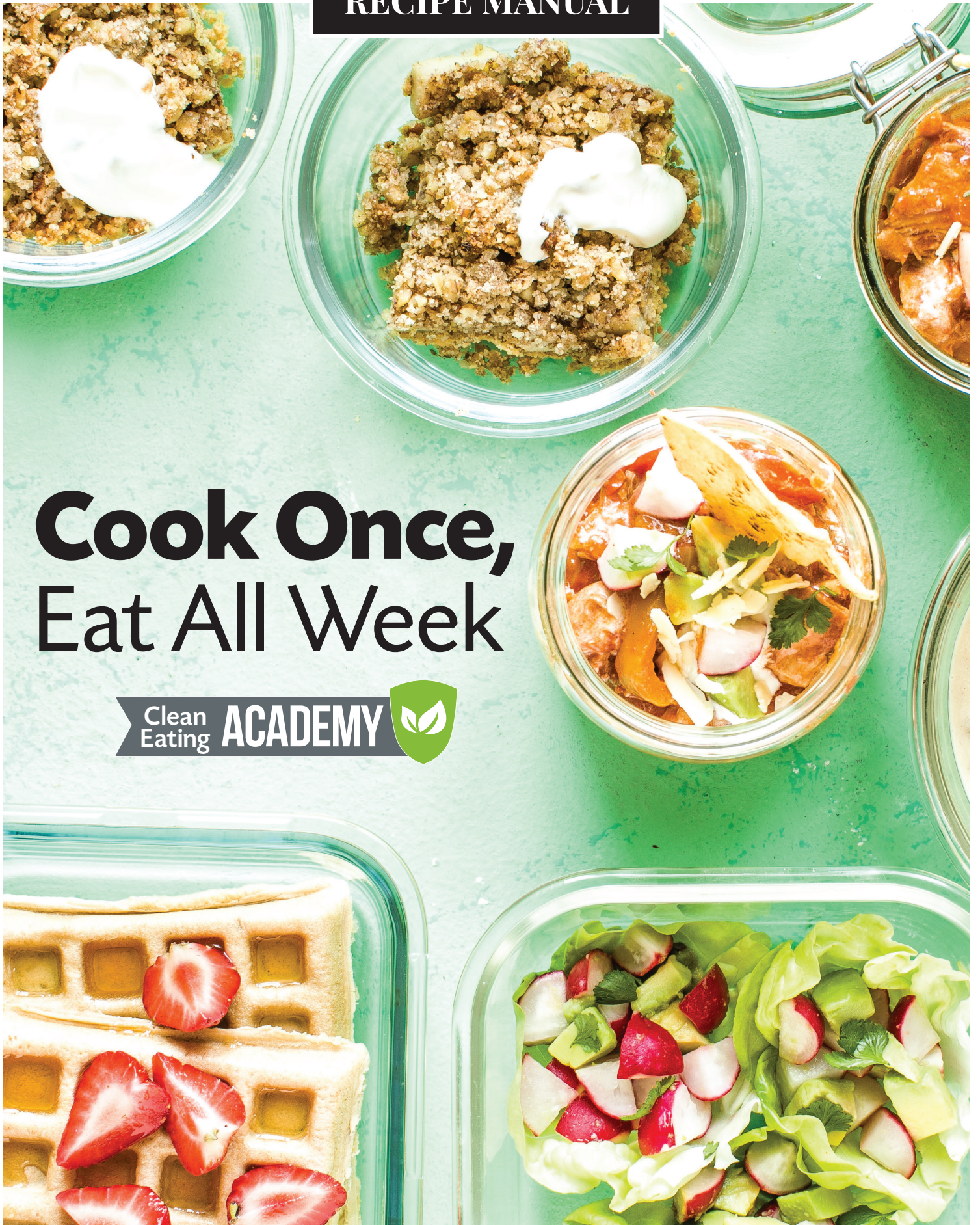


RECIPE MANUAL

Cook Once, Eat All Week

Clean Eating **ACADEMY** 



How to Use this Manual

This book contains all the recipes demonstrated in the course. On each recipe page, you'll also see alternative ways to reuse that one recipe in creative ways throughout the week. Look for this symbol: ♻️

Each week has a menu at the front to show you how just a handful of recipes can be stretched to a week's worth of meals. You'll also find a weekly shopping list to help make your trip to the store a breeze.

Keep in mind that the shopping list is designed to make one batch of each recipe. If you plan to double or triple the recipe, you'll need to adjust the shopping list. Also, take a look at the menu and decide which of the reuse options are most appealing to you, and adjust your shopping list accordingly.

The menu plans provided are just a starting point. You can adjust them to your family's taste, or you can also use the tips and lessons in the course to create your own menus entirely.



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BREAKFAST

Instant Oatmeal To Go

Moroccan-Spiced Pot Roast
*breakfast hash with potatoes,
peppers and fried egg*

Savory Instant Oatmeal To Go
with fried egg

LUNCH

Moroccan-Spiced Pot Roast
with tzatziki on a bun or lettuce cup

Smoky Braised Chicken & Artichokes
over flatbread with pesto

Butternut Squash Chili
over pasta Cincinnati-style

Portobello Lettuce Cups

DINNER

Moroccan-Spiced Pot Roast
with Leeks & Winter Squash

Smoky Braised Chicken & Artichokes
with Olives & Basil Purée

Butternut Squash Chili

Smoky Braised Chicken
made into chicken salad

Portobello
sloppy joes

Butternut Squash Chili
baked enchiladas

SNACKS & DESSERTS

Instant Oatmeal
snack bites

Portobello Lettuce Cups

Moroccan-Spiced Pot Roast

with Leeks & Winter Squash

SERVES 6.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 8 HOURS, 30 MINUTES.

A slow and low cooking method ensures this extra-lean roast cooks up perfectly tender and moist, while a warm mix of exotic spices and fruity pomegranate imparts a satisfying flavor profile. Customize your meal by substituting the veggies called for here with whatever winter squash or root vegetables you have on hand, such as carrots, parsnips or even cooking pumpkins like the Cinderella, Baby Bear or Sugar Pie varieties.

- 1½ lb** peeled, seeded and diced butternut squash
- 1 lb** peeled, trimmed and diced rutabaga
- 2** leeks, white and light green parts only, thinly sliced (about 2 cups)
- 4 tsp** ras el hanout (Moroccan spice blend)
- 1½ tbsp** pomegranate molasses
- ½ tbsp** olive oil
- 3 cloves** garlic, finely minced
- 2½ lb** choice bottom round or beef eye of round roast, trimmed
- 4 sprigs** fresh thyme
- 1** bay leaf
- ½ cup** chopped fresh cilantro, optional

1. In a 5- to 6-qt slow cooker, add squash and rutabaga and scatter leeks over top. Add 1 cup water.

2. In a small bowl, combine ras el hanout, pomegranate molasses, oil and garlic; mix to form a paste. Rub mixture over entire roast. Transfer

roast to slow cooker and top with thyme and bay leaf. Cover and cook on low for 8 hours.

3. Transfer roast to a cutting board, tent loosely with foil and let rest for 10 minutes. Slice against the grain and divide among serving plates. Spoon squash mixture onto plates, dividing evenly. If desired, drizzle with any accumulated pan juices from slow cooker and sprinkle with cilantro.

PER SERVING (4 oz roast and 1 cup squash mixture): Calories: 363, Total Fat: 10 g, Sat. Fat: 3 g, Monounsaturated Fat: 4.5 g, Polyunsaturated Fat: 1 g, Carbs: 26 g, Fiber: 5 g, Sugars: 8 g, Protein: 42 g, Sodium: 79 mg, Cholesterol: 117 mg

TIP: This recipe calls for two traditional ingredients of Moroccan cuisine: *ras el hanout* and pomegranate molasses. If you can't find them in your grocery store, create your own from ingredients you likely already have on hand.

Homemade ras el hanout: Combine 1 tsp each ground cumin, ground ginger, turmeric, salt and ground cinnamon with ½ tsp each ground coriander, cayenne pepper, ground allspice, ground nutmeg and ¼ tsp ground cloves.

Pomegranate molasses: In a small saucepan, bring 1 cup pomegranate juice to a boil. Cook for 20 minutes, until reduced to ¼ cup.



Your Guide to Trimming a Roast



1. Place roast on a cutting board. With a chef's knife, lift and separate one edge of fat from roast.



2. Hold knife parallel to the surface of the roast. Carefully make short, smooth cuts along the edge of the roast, lifting the fat to separate from the roast as you cut.



MORE USES

- **Breakfast hash:** In a skillet, cook diced potatoes and bell peppers. Add leftover beef roast, cut into bite sized pieces, and top with a fried egg.
- **Lettuce cups:** Slice leftover beef into bite-size pieces and spoon into lettuce cups or on a whole-grain bun. Top with tzatziki, cucumber and sliced red onion.



MORE USES

- **Chicken & pesto flatbread:** Spread pesto on a whole-grain store-bought crust. Top with leftover braised chicken, sliced, and artichoke quarters. Sprinkle with cheese and bake.
- **Chicken salad:** Shred leftover chicken and toss with olive oil, vinegar, minced onion, olives, golden raisins and parsley.

Smoky Braised Chicken & Artichokes with Olives & Basil Purée

SERVES 4. HANDS-ON TIME: 40 MINUTES. TOTAL TIME: 1 HOUR.

Saucy chicken and vegetables are drizzled with a simple but flavorful olive and basil purée for a stunning dish that looks like it came out of a high-end restaurant – your family will never know that it's actually quite straightforward to make!

- 4** boneless, skinless chicken thighs (1 lb), trimmed
- 2 tbsp** olive oil, divided
- 2½ tsp** smoked paprika, divided
- 1 tsp** sea salt, divided
- 2 cups** frozen artichoke quarters
- 1½ cups** peewee or fingerling potatoes, halved lengthwise
- 1¼ cups** + 2 tbsp low-sodium chicken broth, room temperature
- 1 tbsp** white wine vinegar
- 1 tbsp** potato starch
- ½ cup** pitted Castelvetrano olives (or your favorite green olives), halved, divided
- 1 cup** fresh basil + ¼ cup sliced fresh basil, divided

- 1.** Preheat oven to 350°F. Sprinkle chicken with 1 tsp oil, ½ tsp paprika and ¼ tsp salt. In a separate small bowl, toss potatoes with 1 tsp oil, ½ tsp paprika and ¼ tsp salt.
- 2.** In a 9- to 10-inch cast iron skillet on medium-high, heat 1 tsp oil. Sear chicken thighs for 2 to 3 minutes per side, until golden; transfer to a plate. To skillet, add ¼ cup water and artichokes and sauté for 5 minutes, stirring often, until lightly browned. Transfer artichokes to plate with chicken. Reduce heat to medium, add 1½ tsp oil to skillet and add potatoes, cut side down. Cook potatoes until golden brown, about 5 minutes. Transfer to plate with chicken and artichokes.
- 3.** In a bowl, whisk together 1¼ cups broth, vinegar, starch, 1 tsp paprika and ¼ tsp salt. Pour mixture into skillet and whisk constantly until boiling.

- 4.** Return potatoes to skillet and top with chicken and artichokes. Sprinkle ¼ cup olives over top. Cover skillet with foil. Place skillet in oven and bake for 20 to 30 minutes, until potatoes are tender and chicken is cooked through.

- 5.** Meanwhile, prepare purée: In a blender, purée 1 cup basil, remaining ¼ cup olives, 2 tbsp broth and 1½ tsp oil until smooth.

- 6.** Divide chicken among plates, sprinkle with remaining ¼ cup sliced basil and drizzle with purée.

PER SERVING (1 chicken thigh, ½ cup vegetables in sauce, 1½ tbsp purée): Calories: 326, Total Fat: 15 g, Sat. Fat: 3 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 2 g, Carbs: 22 g, Fiber: 6 g, Sugars: 1 g, Protein: 28 g, Sodium: 891 mg, Cholesterol: 107 mg

Instant Oatmeal To Go

MAKES 1 PACK.

HANDS-ON TIME: 5 MINUTES.

TOTAL TIME: 5 MINUTES.

Skip the sugary store-bought packaged oatmeal and make your own ready-to-go instant breakfast packs.

- ½ cup** instant oats
- 3 tbsp** freeze-dried unsweetened fruit (such as strawberries or bananas)
- 2 tbsp** coconut milk powder (or regular milk powder)
- 1 tbsp** hemp hearts
- 1 tbsp** coconut or maple sugar
- ⅓ tsp** ground cinnamon
- Pinch** salt

In a medium bowl, combine all ingredients. Store in an airtight glass container. To serve, pour oatmeal mixture into a bowl. Stir in $\frac{3}{4}$ to 1 cup boiling water.

PER SERVING (1 pack): Calories: 388, Total Fat: 16 g, Sat. Fat: 9 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 1 g, Carbs: 47 g, Fiber: 6 g, Sugars: 17 g, Protein: 9 g, Sodium: 196 mg, Cholesterol: 0 mg



MORE USES

- **Oatmeal snack bites:** Combine 1 pack Instant Oatmeal To Go with 1–2 tbsp nut or seed butter (such as almond, peanut or sunflower seed butter) and roll into 1-inch balls.
- **Savory skillet:** Omit dried fruit and sweetener; hydrate oatmeal. Add to a skillet along with garlic and your choice of cooked vegetables; top with a fried egg and hot sauce.



Portobello Lettuce Cups

SERVES 4. HANDS-ON TIME: 40 MINUTES. TOTAL TIME: 55 MINUTES.

Portobello mushrooms have a deep, umami flavor that makes these meatless wraps uber satisfying.

ROMESCO

- 2 large** fire-roasted jarred bell peppers, drained
- ¾ cup** slivered unsalted almonds, toasted
- ⅓ cup** canned fire-roasted diced tomatoes
- 2 tbsp** roughly chopped fresh flat-leaf parsley
- 1 tbsp** olive oil
- 1 tbsp** fresh lemon juice
- 1 tsp** ancho chile powder
- 1 large** clove garlic, sliced
- ½ tsp** each ground cayenne pepper and sea salt

WRAP

- 2 tbsp** olive oil, divided
- 2 large** yellow onions, thinly sliced
- 2 tbsp** red wine vinegar
- 2 large** portobello mushrooms, each cut into 8 slices
- ¼ tsp** each sea salt and ground black pepper
- 8 large** butter lettuce leaves
- 2 cups** cooked tricolor quinoa
- ¼ cup** minced fresh flat-leaf parsley

1. Prepare romesco: To a food processor, combine all romesco ingredients. Process into a thick sauce, leaving a little bit of texture from the nuts, if desired. Refrigerate until ready to use.

2. Prepare wraps: In a heavy-bottom pot on medium-low, heat 1 tbsp olive oil. Stir in onions, and cook for 15 minutes, stirring occasionally, until deeply caramelized and browned. Stir in vinegar to partially deglaze pan, then add remaining 1 tbsp olive oil and mushrooms. Add salt and black pepper and mix well. Sauté for 5 minutes longer, stirring often. Remove from heat.

3. Spread a generous 1 tbsp romesco sauce on the bottom of each lettuce leaf. Top with ¼ cup quinoa along with 2 slices portobello and some caramelized onions. Drizzle with another generous 1 tbsp romesco and sprinkle with parsley. Repeat with remaining wraps. Can be served warm or cold. (**MAKE AHEAD:** Romesco sauce can be made up to 3 days ahead of time.)

PER SERVING (2 lettuce cups): Calories: 400, Total Fat: 23 g, Sat. Fat: 3 g, Monounsaturated Fat: 13 g, Polyunsaturated Fat: 5 g, Carbs: 41 g, Fiber: 10 g, Sugars: 8 g, Protein: 12 g, Sodium: 510 mg, Cholesterol: 0 mg



MORE USES

- **Portobello-stuffed squash:** Stuff halved acorn or kabocha squash with mushroom mixture and quinoa. Bake for another plant-powered meal.
- **Mushroom sloppy joes:** Toss warmed chopped mushroom mixture with quinoa and leftover romesco or barbecue sauce; pile on top of whole-wheat buns for a hearty meatless meal.



MORE USES

- **Cincinnati-style chili:** Serve Butternut Squash Chili over cooked whole-grain pasta for a spin on Cincinnati-style chili.
- **Squash enchiladas:** Layer butternut squash chili between tortillas in a baking dish. Cover with enchilada sauce and bake.



Butternut Squash Chili

SERVES 8. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR.

This big-batch meal comes together in an hour and tastes even better throughout the week as those classic chili flavors meld together. This version is bean-free for a change.

- 3 tbsp** avocado oil, divided
- 1 large** yellow onion, chopped
- 1 large** carrot, chopped
- 2 large** stalks celery, chopped
- 1¼ tsp** sea salt, divided
- ¾ tsp** ground black pepper, divided
- 1 small** jalapeño chile pepper, seeded and diced
- 3 cloves** garlic, minced
- 4 cups** peeled, seeded and diced butternut squash (about 1 medium squash)
- 1½ lb** ground beef
- 1 tbsp** each ground cumin and dried oregano
- 4 tsp** chili powder blend

- 1 tsp** smoked paprika
- 2 14-oz** BPA-free cans fire-roasted diced tomatoes
- 1 cup** low-sodium chicken broth

OPTIONAL TOPPINGS: Sliced green onions, shredded cheddar, chopped avocado, fresh cilantro

1. In a large Dutch oven on medium, heat 2 tbsp oil. Add onion, carrot, celery and ¼ tsp each salt and pepper; cook, stirring occasionally, until tender, about 6 minutes. Stir in jalapeño and garlic; sauté 2 minutes. Add remaining 1 tbsp oil, squash and ½ tsp each salt and pepper; cook, stirring, 1 minute.

2. Add beef, cumin, oregano, chile powder, paprika and remaining ½ tsp salt; cook, stirring to combine and break up meat until beef is cooked through, 5 to 6 minutes. Pour in tomatoes and broth. Increase heat to medium-high; bring to a boil, scraping up any browned bits from the bottom. Reduce heat to low, cover and simmer 20 minutes, stirring once or twice.

3. Garnish with optional toppings of choice. Or let chili cool then cover and refrigerate for up to 3 days.

PER SERVING (1¼ cups): Calories: 300, Total Fat: 17 g, Sat. Fat: 5 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 1 g, Carbs: 18 g, Fiber: 4 g, Sugars: 7 g, Protein: 20 g, Sodium: 660 mg, Cholesterol: 53 mg

WEEK 1 SHOPPING LIST

PROTEINS & DAIRY

- 1½ lb ground beef
- 2½ lb choice bottom round or beef eye of round roast
- 4 4-oz boneless, skinless chicken thighs

NUTS, SEEDS & OILS

- 3 oz slivered unsalted almonds
- 1 bottle avocado oil
- 1 bottle olive oil

VEGGIES & FRUITS

- 3 large yellow onions
- 1 large carrot
- 2 celery stalks
- 1 small jalapeño chile pepper
- 1 large head garlic
- 3 medium butternut squash
- 1 lb rutabaga
- 2 leeks
- 2 large portobello mushrooms
- 1 head butter lettuce
- 1 9-oz pkg frozen artichoke quarters
- 8 oz peewee or fingerling potatoes
- 1 bunch fresh thyme
- 1 bunch fresh cilantro
- 1 bunch fresh flat-leaf parsley
- 1 bunch fresh basil
- 1 lemon

WHOLE GRAINS & FLOURS

- 1 pkg instant oats
- 1 pkg tricolor quinoa

PANTRY STAPLES

- 3 14-oz BPA-free can fire-roasted diced tomatoes
- 1 qt low-sodium chicken broth
- 1 12-oz jar fire-roasted bell peppers
- 1 6-oz jar Castelvetrano olives
- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 bottle ground cumin
- 1 bottle dried oregano
- 1 bottle ground cinnamon
- 1 bottle ancho chile powder
- 1 pkg chili powder blend
- 1 bottle smoked paprika
- 1 bottle ras el hanout (Moroccan spice blend)
- 1 bottle pomegranate molasses
- 1 bottle ground cayenne pepper
- 1 bottle red wine vinegar
- 1 bottle white wine vinegar
- 1 bag potato starch
- 1 pkg bay leaves
- 1 pkg maple sugar
- 1 pkg freeze-dried unsweetened fruit

TIP: We've included the ingredients needed for the main recipes in this section; if you're trying our additional recipe suggestions, make sure to add those ingredients to your list.

On the Menu this Week

Cuban-Style Rice & Beans *with Turkey*, p. 14

The Ultimate Bibimbap Bowls, p. 15

Spanish Chickpea & Red Bell Pepper Soup, p. 16

Southwestern-Style Black Bean Burritos, p. 17

Herbed Steak *with Marinated Mushroom-Asparagus Medley*, p. 18

BREAKFAST

Southwestern-Style Black Bean Burritos

Herbed Steak

with Marinated Mushroom-Asparagus Medley in an omelette or scramble

LUNCH

Spanish Chickpea & Red Bell Pepper Soup
with grilled cheese sandwich

Bibimbap *chard rolls*

Southwestern-Style Black Bean Burrito
bowls with tomato and avocado

Bibimbap Bowls
made into a soup

Cuban-Style Rice & Beans
with Turkey stuffed into bell peppers

DINNER

Cuban-Style Rice & Beans
with Turkey

Herbed Steak
with Marinated Mushroom-Asparagus Medley

Cuban-Style Rice & Beans
with Turkey stuffed into zucchini boats

Bibimbap Bowls

Spanish Chickpea & Red Bell Pepper Soup
with cheese tortellini

SNACKS & DESSERTS

Cuban-Style Rice & Beans
with Turkey over nachos

Herbed Steak
and avocado snack bites

Southwestern-Style Black Bean
dip with plantain chips



MORE USES

- **Nachos:** Pile leftovers over tortilla chips. Top with salsa and cheese and bake.
- **Stuffed zucchini boats or bell peppers:** Spoon into split and scooped zucchini shells or hollowed out bell peppers; sprinkle with cheese and

Cuban-Style Rice & Beans with Turkey

SERVES 6. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 1 HOUR, 10 MINUTES.

White rice is swapped out for brown in our healthier version of this classic Latin American dish. Protein-rich ground turkey turns it into a complete meal.

- 1 tbsp** olive oil
- 1 small** yellow onion, finely chopped
- 3 cloves** garlic, minced
- 1 lb** lean ground turkey
- 1 tsp** each ground cumin and dried oregano
- ½ tsp** ground black pepper
- ¼ tsp** sea salt
- 1** poblano pepper, seeded and diced
- 1** red bell pepper, seeded and diced
- 2 tbsp** unsalted tomato paste
- 1 tbsp** red wine vinegar

- 2 cups** BPA-free canned unsalted black beans, drained and rinsed
- 1½ cups** low-sodium chicken broth
- 1 cup** brown rice
- 1 large** lime, juiced + lime wedges for garnish

1. In a large deep skillet with a tight-fitting lid, heat oil on medium-high. Add onion and cook, stirring frequently, until translucent, 4 to 5 minutes. Add garlic and cook, stirring constantly, until fragrant, 1 minute. Add turkey, cumin, oregano, black pepper and salt and cook, stirring frequently, until turkey is well browned, about 5 to 7 minutes.

Add poblano and bell peppers and cook, stirring frequently, until slightly softened, about 2 minutes.

2. Push turkey mixture to sides of skillet, and to center of skillet, add tomato paste and vinegar and cook, stirring constantly, for 20 to 30 seconds. Add beans, broth, rice, lime juice and ½ cup water, stirring together all ingredients to combine. Bring to a boil, reduce heat to low and simmer, covered, until rice is tender, about 45 minutes. Let stand 5 minutes before serving. Serve with lime wedges.

PER SERVING (1½ cups): Calories: 363, Total Fat: 10 g, Sat. Fat: 2 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 3 g, Carbs: 45 g, Fiber: 8 g, Sugars: 2 g, Protein: 24 g, Sodium: 158 mg, Cholesterol: 56 mg

The Ultimate Bibimbap Bowls

SERVES 6.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 30 MINUTES.

This vegan version of the signature Korean rice bowl is loaded with mushrooms, tempeh and crunchy veg.

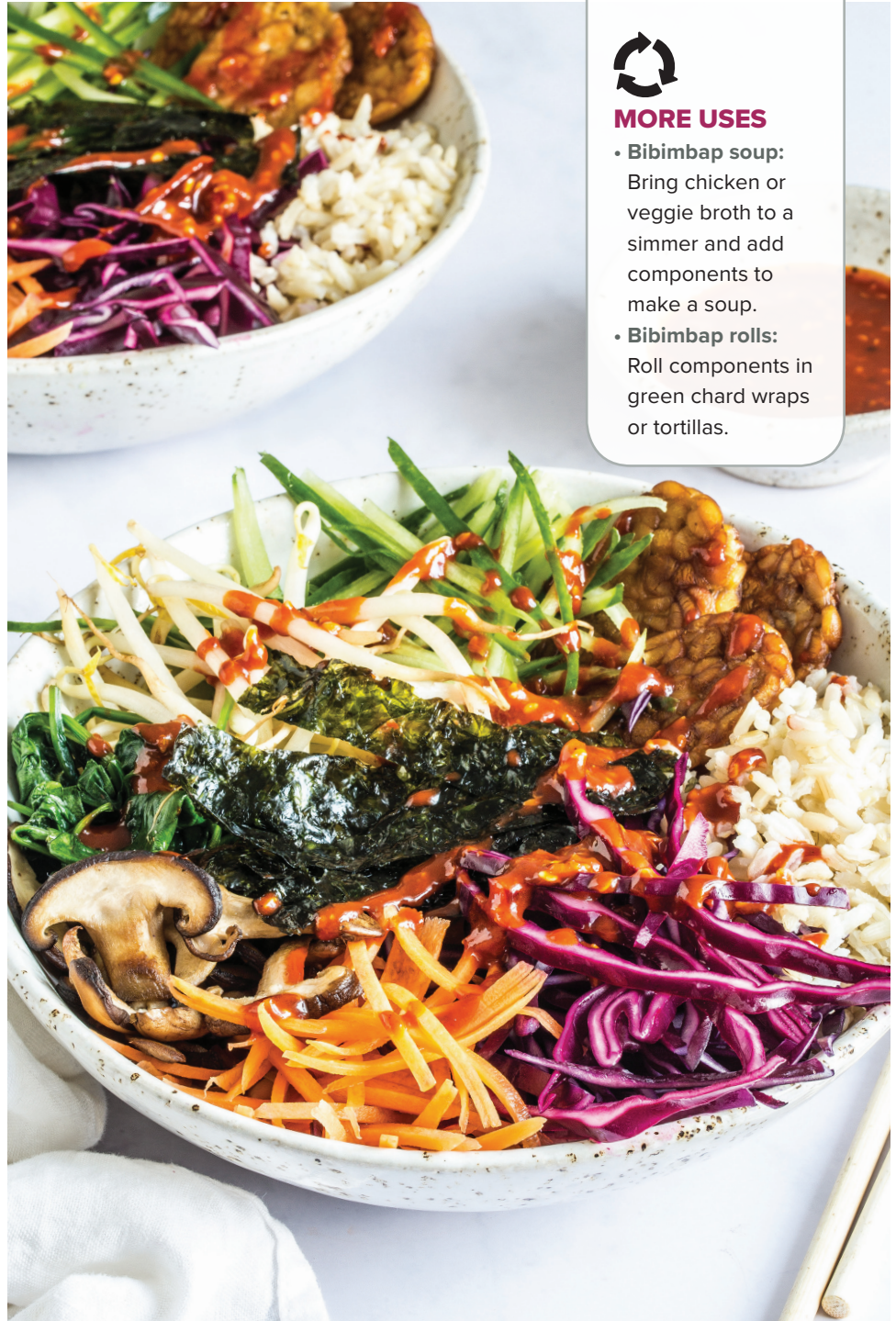
- 2 tbsp** sesame oil, divided
- 10 oz** organic tempeh, cut into thin strips
- 3 cloves** garlic, minced
- 2 tbsp** reduced-sodium soy sauce
- 2 tbsp** pure maple syrup
- 3 cups** thinly sliced shiitake mushrooms
- 4 cups** cooked brown rice
- 1½ cups** baby spinach
- 3 cups** bean sprouts
- 3 large** carrots, grated
- ½ large** cucumber, grated
 - ¼** red cabbage, thinly sliced
- ⅓ oz** roasted seaweed sheets, cut into strips

SAUCE

- ¼ cup** gochujang paste
- 3 tbsp** rice vinegar
- 2 tbsp** sesame oil
- 2 tbsp** toasted sesame seeds
- 1 tbsp** pure maple syrup
- 2 cloves** garlic, crushed

1. In a medium skillet on medium-high, heat 1 tbsp oil. Add tempeh and cook for about 6 minutes, flipping once, until golden brown. Add garlic and cook until fragrant, about 1 minute. Add soy sauce and maple syrup. Transfer tempeh to a plate.

2. To skillet, add remaining 1 tbsp oil. Add mushrooms and sauté until brown and fragrant, about 5 minutes.



MORE USES

- **Bibimbap soup:**
Bring chicken or veggie broth to a simmer and add components to make a soup.
- **Bibimbap rolls:**
Roll components in green chard wraps or tortillas.

3. In a small bowl, whisk together all sauce ingredients plus 2 tbsp water. Set aside.

4. Assemble bowls: Divide rice, tempeh, spinach, bean sprouts, mushrooms, carrots, cucumber, cabbage and seaweed evenly among 6 bowls. Drizzle each sauce.

TIP: In lieu of bowls, use ingredients to make a bibimbap burrito to take on the go. In the center of a full sheet of roasted seaweed, top with your choice of ingredients and sauce, then roll and take to go!

PER SERVING (⅙ of recipe): Calories: 488, Total Fat: 17.5 g, Sat. Fat: 3 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 7 g, Carbs: 66 g, Fiber: 9 g, Sugars: 17 g, Protein: 20.5 g, Sodium: 717 mg, Cholesterol: 0 mg

**MORE USES**

- **With grilled cheese:**
Serve alongside a grilled cheese sandwich for a classic lunch.
- **Tortellini soup:**
Add cooked cheese tortellini to the simmering soup.

**LET YOUR BLENDER DO THE WORK:**

If you don't have a high-powered blender, this recipe will still work well in a regular blender. You may need to blend a few minutes longer – but it'll get the job done.

Spanish Chickpea & Red Bell Pepper Soup

SERVES 2. HANDS-ON TIME: 10 MINUTES. TOTAL TIME: 20 MINUTES.

Using jarred red peppers is a clever shortcut to bring deep roasted flavors to this vibrant soup without taking the time to roast them yourself. Chopped preserved lemon adds a nice tang to the soup, but if you can't find it, you can use 4 teaspoons grated lemon zest and a squeeze of fresh lemon juice.

- 1 15-oz** BPA-free can chickpeas, drained and rinsed
- 1 12-oz** jar roasted red peppers, drained and chopped
- 1½ cups** low-sodium chicken broth
- ½ cup** roughly chopped red onion
- 1 large** clove garlic, roughly chopped
- ½ tsp** smoked paprika
- ¼ tsp** each sea salt and ground black pepper

- 3 tbsp** extra-virgin olive oil, divided
- 2 tbsp** finely chopped preserved lemon
- 3 tbsp** chopped fresh cilantro or parsley
- red pepper flakes, optional

1. In a blender, purée chickpeas, red peppers, broth, onion, garlic, paprika, salt and black pepper. With blender running, add 2 tbsp oil in a steady stream.

2. Transfer soup to a medium saucepan, cover and heat on medium, whisking occasionally, until warmed, about 10 minutes.

3. Divide soup among bowls; drizzle with remaining 1 tbsp oil and top with preserved lemon and cilantro. Sprinkle with pepper flakes (if using).

PER SERVING (1¾ cups): Calories: 502, Total Fat: 24 g, Sat. Fat: 3 g, Monounsaturated Fat: 17 g, Polyunsaturated Fat: 2 g, Carbs: 51 g, Fiber: 14 g, Sugars: 4 g, Protein: 16 g, Sodium: 739 mg, Cholesterol: 0 mg

Southwestern-Style Black Bean Burritos

SERVES **4**. HANDS-ON TIME: **25 MINUTES**.
TOTAL TIME: **45 MINUTES**.

Make a batch of these protein-packed burritos on Sunday and store them in your fridge or freezer for heat-and-eat breakfasts or lunches throughout the week. To make sure your burrito is heated through, insert a paring knife into the center and hold it there for 10 seconds. If the blade is hot when it comes out, the burrito is ready. Serve with your favorite hot sauce.

- 2 tbsp** olive oil, divided
- 1 small** yellow onion, chopped
- 1 15-oz** BPA-free can unsalted black or pinto beans, drained and rinsed
- 6 cups** lightly packed baby spinach
- ¼ tsp** each sea salt and ground black pepper, divided
- 8 large** eggs, lightly beaten
- 4 large** whole-grain tortillas
- 1 cup** jarred all-natural salsa or pico de gallo
- ¾ cup** shredded Monterey Jack or Mexican blend cheese

1. In a large nonstick skillet, heat 1 tbsp oil on medium. Add onion and cook, stirring occasionally, until softened, about 6 minutes.

2. Add beans, spinach and ¼ tsp each salt and pepper and cook, stirring often, until spinach is wilted, 4 to 5 minutes. Transfer to a large bowl to cool.

3. In same skillet, heat remaining 1 tbsp oil on medium. Add eggs and remaining ¼ tsp each salt and pepper; cook, stirring, until softly set, about 5 minutes. Transfer to a separate large bowl to cool.

4. Spoon one-quarter of bean mixture across center of 1 tortilla, leaving a 2-inch border uncovered on each edge. Top with one-quarter of each eggs, salsa and cheese.

5. Fold left and right edges of tortilla in over filling. Lift bottom edge of tortilla (edge closest to you) over filling; roll tightly upward. Mist a square of foil with cooking spray and wrap burrito tightly, oiled side facing burrito. Repeat with remaining tortillas and filling ingredients. (**TIP:** Refrigerate for up to 1 day or freeze for up to 1 month.)

6. To heat, preheat oven or toaster oven to 375°F. Arrange foil-wrapped burrito(s) on a baking sheet. Bake until heated through, 20 to 25 minutes. If frozen, bake 40 to 45 minutes.

PER SERVING (1 burrito):
Calories: 567, Total Fat: 27 g, Sat. Fat: 9 g, Monounsaturated Fat: 13 g, Polyunsaturated Fat: 4 g, Carbs: 51 g, Fiber: 13 g, Sugars: 5.5 g, Protein: 32 g, Sodium: 896 mg, Cholesterol: 391 mg



MORE USES

- **Southwestern bowls:** Double the bean mixture and set aside to pile in a bowl with rice, avocado, tomatoes, cheese and hot sauce.
- **Black bean nachos:** Dollop bean mixture over nachos, top with chopped tomato, jalapeño and cheese; bake.
- **Bean dip:** Serve bean mixture with plantain chips.



**MORE USES**

- **Omelette:** Use leftover or extra vegetables to make an omelette or scramble.
- **Steak rollups:** Cut leftover steak into thin slices, top slices with avocado, roll up for snack bites.

Herbed Steak with Marinated Mushroom & Asparagus Medley

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 35 MINUTES.

- 1 lb** asparagus, trimmed and cut into 1½-inch pieces
- 3 tbsp** + 2 tsp extra-virgin olive oil, divided
- ¾ lb** assorted mushrooms, sliced
- 2 tbsp** balsamic vinegar
- 2 tsp** reduced-sodium soy sauce
- 1 tsp** lemon zest + 3 tbsp fresh lemon juice
- 5 cloves** garlic, thinly sliced
- ¼ cup** sliced Kalamata olives
- ⅓ cup** plus 1 tbsp fresh thyme leaves, divided
- 1¼ tsp** ground black pepper, divided
- 2 lb** top sirloin steak (¾-inch-thick), trimmed
- 1½ tsp** garlic powder
- ½ tsp** coarse sea salt
- 2 tbsp** shredded Parmesan cheese

- 1.** Position oven rack 2 to 3 inches below heat element. Preheat oven to broil on high.
- 2.** Bring a medium pot of water to a boil. Add asparagus and cook for 3 minutes. Meanwhile, fill a large bowl with ice and water. Drain asparagus and immediately plunge asparagus into ice water; set aside to cool.
- 3.** In a large heavy skillet, heat 2 tsp oil on medium. Add mushrooms, stirring occasionally, until softened, about 5 minutes. Set aside.
- 4.** Prepare dressing: In a small bowl, whisk 3 tbsp oil, vinegar, soy sauce, lemon zest and juice.
- 5.** Drain ice water from bowl with asparagus. Using same bowl, combine asparagus, cooked mushrooms, garlic and olives. Add about ¾ of dressing (reserve remaining for another use), ⅓ cup thyme and ½ tsp pepper; toss to coat. Cover bowl and transfer to refrigerator to marinate.

- 6.** Meanwhile, line a baking sheet with foil and top with a metal rack. Place steak on rack. In a small bowl, combine garlic powder, remaining ¼ tsp pepper and salt; rub over top of steak. Broil steak for about 10 minutes. When 3 minutes remain, flip steak over and sprinkle remaining 1 tbsp thyme over top.

- 7.** To serve, cut steak into 4-oz portions and place on serving plates. Divide marinated vegetables among plates. Sprinkle cheese over vegetables.

PER SERVING (4 oz steak and ¾ cup vegetables):
 Calories: 417, Total Fat: 20 g, Sat. Fat: 5 g,
 Monounsaturated Fat: 12 g, Polyunsaturated
 Fat: 2 g, Carbs: 13 g, Fiber: 4 g, Sugars: 4 g,
 Protein: 47 g, Sodium: 522 mg, Cholesterol: 109 mg

Double or triple this recipe to have a ready-made protein for days. The recipe makes a little more dressing than needed. Use it over a side salad, or reserve it for a dipping sauce for avocado roll ups (see More Uses).

WEEK 2 SHOPPING LIST

PROTEINS & DAIRY

- 1 dozen large eggs
- 1 10-oz pkg organic tempeh
- 1 lb lean ground turkey
- 2 lb top sirloin steak
- 1 oz Parmesan cheese
- 3 oz Monterey Jack or Mexican blend cheese

NUTS, SEEDS & OILS

- 1 bottle toasted sesame oil
- 1 bottle extra-virgin olive oil

VEGGIES & FRUITS

- 1 large head garlic
- 1 10-oz pkg baby spinach
- 3 large carrots
- 2 small yellow onions
- 1 poblano pepper
- 1 red bell pepper
- 1 head red cabbage
- 1 cucumber
- 1 lemon
- 1 red onion
- 1 lb asparagus
- 20 oz mushrooms
- 4 oz bean sprouts
- 1 bunch fresh cilantro or parsley
- 1 bunch fresh thyme

WHOLE GRAINS & FLOURS

- 1 pkg brown rice
- 1 pkg large whole-grain tortillas

PANTRY STAPLES

- 1 5-oz unsalted tomato paste
- 2 15-oz BPA-free can unsalted black beans
- 1 15-oz BPA-free can chickpeas
- 1 12-oz jar roasted red peppers
- 1 10-oz jar Kalamata olives
- 1 qt low-sodium chicken broth
- 1 pkg seaweed sheets
- 1 bottle reduced-sodium soy sauce
- 1 bottle pure maple syrup
- 1 bottle red pepper flakes
- 1 bottle balsamic vinegar
- 1 bottle rice vinegar
- 1 bottle garlic powder
- 1 jar raw honey
- 1 jar gochujang paste
- 1 jar preserved lemon
- 1 jar all-natural salsa or pico de gallo

TIP: We've included the ingredients needed for the main recipes in this section; if you're trying our additional recipe suggestions, make sure to add those ingredients to your list.

On the Menu this Week

Harissa Tahini Dip, p. 21

Moroccan Meatballs *with Citrus-Glazed Carrots & Couscous*, p. 22

Life-Altering Green Smoothie, p. 23

Vietnamese Shrimp Salad *with Mint Chile Dressing*, p. 24

Chickpea, Cherry & Couscous Lettuce Wraps *with Tahini Sauce*, p. 25

BREAKFAST

Life-Altering Green Smoothie

Life-Altering Green Smoothie *owl*

Chickpea, Cherry & Couscous *egg skillet*

LUNCH

Harissa Tahini Dip

Moroccan Meatball
stuffed into a pita

Chickpea, Cherry
& Couscous Lettuce Wraps
with Tahini Sauce

Vietnamese Shrimp Salad *rolls*

Chickpea, Cherry & Couscous
in a baked sweet potato

DINNER

Moroccan Meatballs
with Citrus-Glazed Carrots & Couscous

Vietnamese Shrimp Salad
with Mint Chile Dressing

Moroccan Meatballs
shepherd's pie

Harissa Tahini
over grilled chicken breast

Chickpea, Cherry & Couscous
with grilled fish

Vietnamese Shrimp Salad
with Mint Chile Dressing noodle bowl

SNACKS & DESSERTS

Green Smoothie
yogurt parfait

Harissa Tahini Dip
with vegetables

Harissa Tahini Dip

MAKES 1 CUP.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 20 MINUTES.

This tahini dip gets a flavor kick from harissa, a Moroccan chile pepper paste. Just read the label carefully to ensure it doesn't contain added sugar. Use your favorite vegetables for dipping.

- 3 tbsp** extra-virgin olive oil
+ additional for garnish
- ¼ small** yellow onion, minced
- 2 cloves** garlic, minced
- ½ cup** tahini
- 2 tsp** lemon zest + 2 tbsp
fresh lemon juice
- 1½ tbsp** harissa paste
- ¼ tsp** sea salt
- ⅛ tsp** ground black pepper
- flaky sea salt for
garnish, optional

1. In a small skillet on medium-low, heat oil. Add onion and cook, stirring often, until caramelized, 7 to 10 minutes, adding garlic for final 1 minute. Transfer to a small bowl to cool.

2. To a small food processor, add tahini, lemon zest and juice, and harissa; process until smooth. Add onion mixture, including oil, and process until well combined. Drizzle in about 2 tbsp hot water, 1 tbsp at a time, thinning to desired consistency. Season with salt and pepper. Just before serving, drizzle with additional oil and sprinkle with flaky sea salt (if using). Serve with your choice of vegetables for dipping.

PER SERVING (¼ cup): Calories: 293, Total Fat: 28 g, Sat. Fat: 4 g, Monounsaturated Fat: 15 g, Polyunsaturated Fat: 8 g, Carbs: 9 g, Fiber: 2 g, Sugars: 1 g, Protein: 5 g, Sodium: 161 mg, Cholesterol: 0 mg



MORE USES

- **Grilled chicken breast with harissa tahini:**
Thin tahini dip with hot water or broth and use as a sauce for plain grilled chicken breast.
- **Tahini couscous:**
Stir into couscous with sliced almonds and dried cherries for a flavor-packed side dish.





MORE USES

- **Stuffed pitas:** Slice meatballs and stuff into a pita with tahini spread, shredded lettuce and grape tomatoes.
- **Shepherd's pie:** Combine leftover carrots (chopped) and meatballs (crumbled) in a pie plate, top with mashed Russet or sweet potatoes and warm through.

Moroccan Meatballs with Citrus-Glazed Carrots & Couscous

SERVES 4. HANDS-ON TIME: 35 MINUTES. TOTAL TIME: 35 MINUTES.

A marriage of savory and sweet is the hallmark of Moroccan cuisine, and we've brought the two taste sensations together with our bite-size meatballs, which boast a perfect blend of warm cumin and cinnamon and crisp mint and coriander. Tangy citrus-glazed carrots provide a sweet and simple side.

- 1¼ cups** whole-wheat couscous
- ½ tsp** extra-virgin olive oil
- 3 large** carrots, peeled and cut into ½-inch-wide and 2-inch-long matchsticks
- 1** juice orange, zested and juiced, divided
- 1 lb** extra-lean ground sirloin
- 1** egg white
- 3 cloves** garlic, minced
- 1 oz** sliced almonds, finely ground (**TIP:** Whirl in a clean coffee or spice grinder)
- 1 tbsp** ground coriander
- 1 tsp** each dried mint and ground cumin
- ½ tsp** each ground cinnamon and sea salt
- ground black pepper, to taste

1. In a medium saucepan, bring 1½ cups water to a boil. Add couscous, cover and remove from heat.

2. In a medium nonstick skillet, heat oil on medium. Add carrots and sauté, stirring occasionally, for 5 minutes. Stir in orange juice and 1 tsp zest. Cover, reduce heat to low and simmer for 8 minutes, until carrots are slightly softened. Remove from heat and keep covered.

3. In a large bowl, combine sirloin, egg white, garlic, almonds, coriander, mint, cumin, cinnamon, salt and pepper. With your hands, mix well to combine and shape into 48 1-inch balls.

4. Heat a large nonstick skillet on medium. Working in batches, add meatballs and cook for 7 to 8 minutes, shaking skillet often to brown evenly; do not overcrowd. Meatballs are fully cooked when completely opaque in center.

5. Add remaining zest to couscous and fluff with a fork. Spoon couscous onto serving plates and top with meatballs and carrots, dividing evenly.

PER SERVING (12 meatballs, 10 carrot slices, 1 cup couscous): Calories: 425, Total Fat: 10 g, Sat. Fat: 2 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1.5 g, Carbs: 55 g, Fiber: 10 g, Sugars: 5 g, Protein: 33 g, Sodium: 359 mg, Cholesterol: 60 mg

Life-Altering Green Smoothie

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 15 MINUTES.

Looking to incorporate more greens into your diet but don't have the time? The absolute genius of this avocado, spinach and pineapple smoothie is in the make-ahead technique: It's prepared almost entirely in advance and frozen in individual bags. When you're ready for it, you simply add to a blender with water and start sipping.

- 1 tbsp** coconut oil, melted
- 1** avocado, peeled, pitted and quartered
- 4 cups** peeled and chopped pineapple
- 4 cups** baby spinach
- ½ cup** coconut milk
- ¼ cup** fresh lime juice
- ¼ cup** chopped fresh cilantro (leaves and thin stems)
- 1 tsp** ground ginger
- 4 stevia** packets, optional

1. Among 4 large zip-top freezer bags, divide all ingredients evenly. Seal bags and freeze until ready to serve, up to 1 month.

2. Empty contents of 1 bag into a blender and add 1 cup water. Begin blending on low speed to break up chunks, then gradually increase speed. Blend on high speed for 30 seconds or until smooth.

PER SERVING (¼ of recipe): Calories: 244, Total Fat: 14 g, Sat. Fat: 6 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 36 g, Fiber: 7 g, Sugars: 17 g, Protein: 4 g, Sodium: 53 mg, Cholesterol: 156 mg



MORE USES

- **Smoothie bowl:** Transfer to a shallow bowl. Top with chopped nuts, seeds, toasted coconut and fresh fruit for a superfood breakfast or dessert (use less water, just enough to blend).
- **Green smoothie parfait:** Pour ½ cup in the bottom of a jar and top with a layer of with cooked & cooled quinoa, yogurt and fresh berries for a parfait.





MORE USES

- **Noodle bowl:**
Swap lettuce for cooked noodles for heartier meal.
- **Shrimp rolls:**
Tuck ingredients into rice paper wraps and dip in dressing for a snack or portable lunch.

Vietnamese Shrimp Salad with Mint Chile Dressing

SERVES 6. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.

This salad has a nice bit of heat to it thanks to the fresh chile. Fiery, sweat-inducing capsaicin is found mostly in the white pith (and the seeds that come into contact with the pith), so devein and seed the chile if you want to cut back on spiciness. For added flavor, you can add chopped fresh mint, cilantro or Thai basil to the salad.

DRESSING

- 1/3 cup** fresh mint
- 1/4 cup** extra-virgin olive oil
- 3 tbsp** diced red onion
- 2 tbsp** fresh lime juice
- 1 tbsp** rice vinegar
- 1 tsp** fish sauce
- 1 small** clove garlic, peeled
- 1/4 tsp** raw honey
- 1/8 tsp** chile paste

SALAD

- 1 tbsp** extra-virgin olive oil
- 12 oz** medium shrimp, peeled and deveined
- 1/4 tsp** sea salt

- Pinch** ground black pepper
- 6 cups** chopped romaine or butter lettuce
- 2 cups** bean sprouts or julienned zucchini
- 2** Persian cucumbers (or 1/2 English cucumber), diced or thinly sliced
- 1 large** carrot, julienned or grated
- 1** red Thai bird's-eye chile or red finger chile, thinly sliced
- 1/2 cup** raw unsalted peanuts, toasted

1. Make dressing: In a blender or food processor, purée dressing ingredients until smooth. (Or, for a chunkier texture, mince the garlic, chop the mint and whisk all ingredients together.) Set aside.

2. Make salad: In a medium skillet on medium, heat oil. Add shrimp and sprinkle with salt and pepper. Cook, turning halfway, until shrimp are pink and opaque, about 4 minutes.

3. In a large bowl, combine lettuce, sprouts, cucumbers, carrot, chile and peanuts. Top with shrimp and drizzle with dressing; toss to coat.

PER SERVING (1/6 of salad): Calories: 234, Total Fat: 17 g, Sat. Fat: 2 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 3 g, Carbs: 9 g, Fiber: 4 g, Sugars: 4 g, Protein: 14 g, Sodium: 205 mg, Cholesterol: 68 mg



MORE USES

- **Serve couscous** alongside a simple roasted piece of chicken or fish for a lightning-fast dinner.
- **Stuffed sweet potato:** Spoon couscous into a baked sweet potato.
- **Egg skillet:** Heat couscous mixture in a skillet, crack an egg over top and cook to desired doneness. Top with a dollop of yogurt or sliced avocado.

Chickpea, Cherry & Couscous Lettuce Wraps with Tahini Sauce

SERVES 4. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 15 MINUTES.

Chickpeas and walnuts add flavor and protein, while cherries add a touch of sweetness to these quick couscous lettuce wraps.

- ½ cup** + 6 tbsp fresh orange juice, divided
- ⅔ cup** whole-wheat couscous
- ¼ tsp** sea salt
- ½ cup** Greek yogurt
- 2 tbsp** tahini paste
- 1 15-oz** BPA-free can unsalted chickpeas, drained and rinsed
- 2 oz** unsalted walnuts, chopped (about ½ cup)
- ½ cup** packed fresh flat-leaf parsley (leaves and thin stems), chopped

- ⅓ cup** dried unsweetened cherries, halved
- 20–24** Boston lettuce leaves (2 small or 1 large head)

- In a small saucepan, bring ½ cup orange juice and ½ cup water to a boil. Reduce heat to medium-low. Stir in couscous and salt. Cover and remove from heat. Let stand for 5 minutes. (**TIP:** Start the couscous before you prep the other ingredients.)
- Meanwhile, in a small bowl, stir together yogurt, tahini and remaining 6 tbsp orange juice until combined.

In a large bowl, combine chickpeas, walnuts, parsley and cherries. Fluff couscous with a fork and add to chickpea mixture. Stir gently to combine. Divide lettuce among serving plates and top each leaf with couscous mixture (alternatively, have each person assemble their own wraps at the table). Serve with tahini sauce on the side.

PER SERVING (5 to 6 lettuce wraps):
 Calories: 457, Total Fat: 18 g, Sat. Fat: 4 g,
 Monounsaturated Fat: 3 g, Polyunsaturated
 Fat: 9 g, Carbs: 62 g, Fiber: 11 g, Sugars: 12 g,
 Protein: 17 g, Sodium: 168 mg, Cholesterol: 5 mg

WEEK 3 SHOPPING LIST

PROTEINS & DAIRY

- 1 lb extra-lean ground sirloin
- 1 dozen large eggs
- 12 oz medium shrimp
- 1 4-oz container full-fat plain Greek yogurt

NUTS, SEEDS & OILS

- 2 oz unsalted walnuts
- 1 oz sliced almonds
- 3 oz raw unsalted peanuts
- 1 jar coconut oil

VEGGIES & FRUIT

- 4 oranges
- 1 head romaine or butter lettuce
- 1 5-oz pkg baby spinach
- 1 large head Boston lettuce
- 1 qt bean sprouts
- 2 Persian cucumbers
- 1 red Thai bird's-eye or red finger chile
- 1 small yellow onion
- 1 red onion
- 1 large head garlic
- 1 lemon
- 3 limes
- 1 avocado
- 1 pineapple
- 4 large carrots
- 1 bunch fresh flat-leaf parsley
- 1 bunch fresh cilantro
- 1 bunch fresh mint

WHOLE GRAINS & FLOURS

- 1 pkg whole-wheat couscous

PANTRY STAPLES

- 1 15-oz BPA-free can unsalted chickpeas
- 1 14-oz can coconut milk
- 1 bottle ground cinnamon
- 1 bottle ground coriander
- 1 bottle dried mint
- 1 bottle flaky sea salt (optional)
- 1 bottle fish sauce
- 1 jar tahini paste
- 1 jar harissa paste
- 1 jar chile paste
- 1 pkg unsweetened cherries
- 1 pkg granulated stevia packets

TIP: We've included the ingredients needed for the main recipes in this section; if you're trying our additional recipe suggestions, make sure to add those ingredients to your list.

On the Menu this Week

Baked Tandoori Salmon Skewers *with Zucchini & Mint*, p. 28

Sweet or Savory Maple Squash Muffins, p. 29

Open-Faced Veggie Melts *with Smoked Mozzarella*, p. 30

Pumpkin Gnocchi *with Creamy Pumpkin Spinach Sauce*, p. 31

Kimchi Beef Burgers *with Spicy Mayo*, p. 32

BREAKFAST

Tandoori Salmon
spread on a bagel

Sweet or Savory Maple
Squash Muffins
with butter

Scrambled Eggs
with Spicy Mayo

LUNCH

Baked Tandoori Salmon
nori rolls

Kimchi Beef
rice and veggie bowl

Open-Faced Veggie Melts
with Smoked Mozzarella

Creamy Pumpkin Spinach Sauce
over spaghetti

DINNER

Baked Tandoori Salmon Skewers
with Zucchini & Mint

Open-Faced Veggie Melts
with Smoked Mozzarella

Pumpkin Gnocchi
*with Creamy Pumpkin
Spinach Sauce*

Kimchi Beef Burgers

Savory Maple Squash Muffins
in a layered chicken salad

SNACKS & DESSERTS

Sweet or Savory Maple
Squash Muffins

Veggie Melt
mixture in a tortilla

Tandoori Salmon
in a spread on crackers



MORE USES

- **Salmon spread:** Flake salmon and stir into cream cheese with green onions and chopped parsley for a bagel/toast topper.
- **Nori rolls:** Flake salmon and wrap with rice and green onions in sheets of nori.

Baked Tandoori Salmon Skewers with Zucchini & Mint

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 15 MINUTES.

With these aromatic salmon skewers, there's no need to marinate for hours to get that authentic South Asian flavor. Zucchini tossed with cumin and mint adds a light touch to round out this meal.

- ¼ cup** fresh lemon juice, divided
- 1 lb** boneless, skinless center-cut salmon fillets, cut into 1-oz cubes
- 2** zucchini, cut into ½-inch chunks
- 3 tbsp** roughly chopped fresh mint leaves
- ½ cup** full-fat plain Greek yogurt

PANTRY STAPLES

- 4 tsp** olive oil, divided
- 1 tbsp** tandoori seasoning
- ½ tsp** ground cumin
- sea salt and ground black pepper, to taste

EQUIPMENT:

- 4** wooden skewers, soaked for 5 minutes



1. Preheat oven to 425°F. In a large bowl, combine 2 tbsp lemon juice, 2 tsp oil and tandoori seasoning. Add salmon and toss to coat. Thread four pieces salmon onto each skewer and transfer to a parchment-lined baking sheet. Bake skewers for about 8 minutes, until fish flakes easily with a fork.

2. Meanwhile, in a large nonstick skillet on medium-high, heat remaining 2 tsp oil. Add zucchini and

cook, stirring frequently, for 3 to 4 minutes, until softened. Stir in cumin and continue to cook for about 2 more minutes. Add remaining 2 tbsp lemon juice and season with salt and pepper. Remove from heat and stir in mint. Divide salmon and zucchini among serving plates and serve with yogurt for dipping.

PER SERVING (1 salmon skewer, ¾ cup zucchini, 2 tbsp yogurt): Calories: 235, Total Fat: 11 g, Sat. Fat: 3 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 2 g, Carbs: 7 g, Fiber: 2 g, Sugars: 4 g, Protein: 27 g, Sodium: 197 mg, Cholesterol: 57 mg

Sweet or Savory Maple Squash Muffins

MAKES 12 MUFFINS. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 45 MINUTES.

The base of these muffins is just mildly sweet, meaning you can go one of two ways with your add-ins: Incorporate dark chocolate chips for a sweet version, or add sesame seeds and green onions for a savory spin.

- ½ cup** plain unsweetened almond milk
- ½ cup** butternut squash purée (unsweetened canned or freshly steamed and mashed)
- ⅓ cup** dark chocolate chips (70% or greater)
- 2 tbsp** finely chopped green onion (aka scallion)
- 2 tbsp** sesame seeds

PANTRY STAPLES

- 1¾ cups** whole-wheat flour
- 2 tsp** each ground cinnamon and baking powder
- ½ tsp** each baking soda, nutmeg and sea salt
- ½ cup** pure maple syrup
- ¼ cup** melted coconut oil

- 1.** Preheat oven to 350°F. Line a 12-cup muffin tin with paper liners.
- 2.** In a medium bowl, combine flour, cinnamon, baking powder, baking soda, nutmeg and salt.
- 3.** In a large bowl, whisk together milk, squash purée and maple syrup. Add coconut oil, whisking vigorously to combine. Add dry ingredients to the wet and stir until just incorporated; do not over-mix.
- 4.** For sweet muffins, fold in chocolate chips. For savory muffins, fold in green onion and seeds. Spoon batter evenly into muffin cups.
- 5.** Bake for 25 to 28 minutes, or until a toothpick inserted comes out mostly clean. Let muffins cool for 5 minutes in the pan, then transfer to a rack to finish cooling. If storing, wrap cooled muffins in plastic wrap and store in a cool, dark place for up to 4 days. Alternatively, freeze for up to 3 months.

PER SERVING (1 sweet muffin): Calories: 179, Total Fat: 8 g, Sat. Fat: 5 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 1 g, Carbs: 26.5 g, Fiber: 3 g, Sugars: 10 g, Protein: 3 g, Sodium: 234 mg, Cholesterol: 0 mg

PER SERVING (1 savory muffin): Calories: 152, Total Fat: 6 g, Sat. Fat: 4 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 1 g, Carbs: 24 g, Fiber: 3 g, Sugars: 8 g, Protein: 3 g, Sodium: 234 mg, Cholesterol: 0 mg



MORE USES

- **Layered chicken salad:** Crumble savory muffins as a base for a layered salad with rotisserie chicken, lettuce, beans, cheese and tomatoes.
- **Stuffing:** Toss crumbled, day-old savory or sweet muffins with sautéed celery, onions and carrots in a baking dish; mix in chicken or veggie broth and bake for a side dish.



Open-Faced Veggie Melts

with Smoked Mozzarella

SERVES **4**. HANDS-ON TIME: **25 MINUTES**.

TOTAL TIME: **30 MINUTES**.

Any kind of bread will work well in this recipe, but for best-ever veggie melts, start with a nice thick slice of your favorite artisan (or homemade) whole-grain loaf. We love the mild, smoky flavor of smoked mozzarella, but you can substitute with your favorite cheese: Gouda, provolone or smoked cheddar are great options. Don't worry if your fennel bulb doesn't come with the fronds attached – sprinkle the melts with fresh parsley or dill instead.

- 1** fennel bulb, quartered, cored and thinly sliced (fronds reserved)
- 1** yellow bell pepper, thinly sliced
- 1 bunch** broccolini, florets quartered and stems halved crosswise and quartered lengthwise
- 4 slices** whole-grain bread
- 4 oz** smoked mozzarella cheese, shredded, divided

PANTRY STAPLES

- 2 tsp** olive oil
- 4 tsp** balsamic vinegar
- 1/8 tsp** each sea salt and ground black pepper

1. Preheat oven to 400°F. In a large nonstick skillet, heat oil on medium. Add fennel slices and bell pepper and sauté, stirring often, until lightly browned, about 5 minutes.

2. Add broccolini florets and stems, increase heat to medium-high and sauté until tender, 5 to 7 minutes. Reduce heat to low and stir in vinegar, salt and pepper.

3. On a rimmed baking sheet, arrange bread in a single layer and sprinkle with half of the cheese, dividing evenly. Top with fennel mixture and remaining cheese, dividing evenly. Bake until cheese melts, 5 to 8 minutes. Sprinkle with fennel fronds.

PER SERVING (1 veggie melt):
 Calories: 278, Total Fat: 10.5 g, Sat. Fat: 4.5 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 32 g, Fiber: 7.5 g, Sugars: 8 g, Protein: 15 g, Sodium: 457 mg, Cholesterol: 22 mg



MORE USES

- **Veggie pasta bake:** Mix sautéed veggies with cooked pasta or ravioli; top with cheese and bake.
- **On a tortilla:** Pile sautéed veggies over a tortilla, sprinkle with feta cheese and roll up.





MORE USES

- **Pumpkin spaghetti:** Double the sauce and use over cooked spaghetti; sprinkle with Parmesan cheese.
- **Chicken gnocchi:** Stir in cooked and shredded chicken for a hearty meal.

Pumpkin Gnocchi with Creamy Pumpkin Spinach Sauce

SERVES 4. HANDS-ON TIME: 40 MINUTES. TOTAL TIME: 1 HOUR, 35 MINUTES.

A simple dough of pumpkin, eggs and white whole-wheat flour combine to make some of the lightest, tastiest gnocchi you've ever tried.

- 1 2½- to 3-lb** Sugar Pie pumpkin, halved and seeded, or 2 cups unsweetened pumpkin purée
- ½ cup** raw unsalted pumpkin seeds
- 2** large egg yolks
- 2 oz** cream cheese, cubed, room temperature
- 4 cups** baby spinach

PANTRY STAPLES

- 4 tsp** safflower oil, divided
- 1½ tsp** sea salt, divided
- 2 tsp** ground allspice, divided
- ¾ cup** + 5 tbsp white whole-wheat flour, divided, plus additional for dusting

1. Preheat oven to 375°F. Rub inside of each pumpkin half with 1 tsp oil, ⅛ tsp salt and ½ tsp allspice (per half). Wrap each half in foil and place on a baking sheet. Roast until very tender, 45 to 60 minutes. **(NOTE:** If using pumpkin purée, add ¼ tsp

salt and 1 tsp allspice to the purée then divide into a mixing bowl and saucepan as described in Step Three.) Set aside to cool, wrapped, for 20 minutes.

2. On a small baking sheet, toss seeds with 1 tsp oil, ⅛ tsp salt and ½ tsp allspice. Spread in a single layer and bake for 10 to 15 minutes until lightly toasted, stirring every 5 minutes. Set aside to cool.

3. Scoop pumpkin flesh from skins. Transfer to a food processor and purée until smooth. Transfer 1 cup purée to a medium mixing bowl. Transfer remaining 1 cup to a medium saucepan and set aside.

4. Whisk egg yolks into purée in mixing bowl. Sift in ¾ cup flour and ¾ tsp salt. Fold together until a soft, sticky dough forms. Scoop dough in 5 portions, about ¼ cup each, onto a lightly floured surface. Sift 1 tbsp flour onto each portion and knead each just until mixture comes together.

5. Roll each portion of dough gently with floured hands into 12-inch-long ropes, approximately ¾ inch in

diameter. Using a sharp floured knife, cut each rope into 12 pieces. With a floured fork, roll each piece toward you and then lightly back, creating an indented oval shape.

6. Bring a large pot of salted water to boil. Cook gnocchi until they float, 2 to 3 minutes. Using a slotted spoon, transfer gnocchi to a bowl and toss with 1 tsp oil and ¼ tsp salt; cover.

7. Bring reserved saucepan of pumpkin purée to a boil on low, whisking in 6 tbsp to ½ cup water, or to desired consistency. Whisk in cream cheese, little by little, waiting to add more until previous cubes have dissolved. Fold in spinach 1 cup at a time, until wilted. Season with ⅛ tsp salt and ½ tsp allspice, or to taste.

8. To serve, divide gnocchi among 4 bowls, approximately 15 pieces each. Spoon sauce over each and sprinkle with spiced pumpkin seeds.

PER SERVING (15 pieces gnocchi, ½ cup sauce, 2 tbsp seeds): Calories: 375, Total Fat: 21 g, Sat. Fat: 5 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 8 g, Carbs: 35 g, Fiber: 7 g, Sugars: 4 g, Protein: 14 g, Sodium: 841 mg, Cholesterol: 108 mg



MORE USES

- **Kimchi bowl:** Slice beef patties and fan over a bed of rice, top with veggies, avocado and extra kimchi.
- **Eggs with Spicy Mayo:** Scramble eggs and top with Spicy Mayo and a sprinkle of sesame seeds.

Kimchi Beef Burgers with Spicy Mayo

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES.

New to kimchi? These Korean-inspired burgers are a great place to start. Most of the kimchi is mixed into the patties to infuse them with the spicy-sweet flavor of the fermented cabbage. The remaining is stirred into a mayo to make a tangy topping. If you have some on hand, you can add a couple of cloves of minced garlic and/or 2 tsp minced ginger to the patty mixture in Step One for added punch.

- 12 oz** lean ground beef
- 5 tbsp** lightly drained finely chopped kimchi, divided
- 1** avocado, peeled, pitted and thinly sliced
- 4** whole-grain buns, toasted
- 4 oz** Persian cucumber, thinly sliced on the diagonal

- 1/8 tsp** sea salt, or to taste
- 1/2 tsp** ground black pepper
- 1 tsp** brown rice vinegar

1. In a large bowl, combine beef, 3 tbsp kimchi, 1 tbsp mayonnaise and 1 tsp each sesame oil and soy sauce. Shape into 4 1/2-inch-thick patties. Season on both sides with salt and pepper. Mist a large nonstick skillet with cooking spray and heat on medium. Add patties and cook, turning once, until beef reads 160°F when tested with a thermometer, 5 to 7 minutes. (Alternatively, if grilling, chill patties at least 30 minutes to firm up; cook on a greased grill for 5 to 7 minutes, turning halfway.)

2. Meanwhile, in a small bowl, stir together vinegar, remaining 2 tbsp mayonnaise, 2 tbsp kimchi, 1 tsp sesame oil and 1 tsp soy sauce.

3. Lay avocado slices over cut side of each bun bottom. Top with patty, cucumber slices, sauce and bun top.

PER SERVING (1 burger): Calories: 433, Total Fat: 27 g, Sat. Fat: 6 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 8 g, Carbs: 28 g, Fiber: 7 g, Sugars: 5 g, Protein: 22 g, Sodium: 538 mg, Cholesterol: 55 mg

PANTRY STAPLES

- 3 tbsp** olive oil
- mayonnaise, divided
- 2 tsp** sesame oil, divided
- 2 tsp** reduced-sodium soy sauce, divided

WEEK 4 SHOPPING LIST

PROTEINS & DAIRY

- 1 lb boneless, skinless center-cut salmon fillets
- 12 oz lean ground beef
- 1 4-oz pkg full-fat plain Greek yogurt
- 1 8-oz pkg cream cheese
- 1 pt plain unsweetened almond milk
- 4 oz smoked mozzarella cheese

NUTS, SEEDS & OILS

- 3 oz raw unsalted pumpkin seeds
- 1 oz sesame seeds
- 1 bottle safflower oil

VEGGIES & FRUIT

- 2 lemons
- 2 zucchini
- 1 avocado
- 1 Persian cucumber
- 1 fennel bulb
- 1 lemon
- 1 yellow bell pepper
- 1 bunch broccolini
- 1 2½–3-lb Sugar Pie pumpkin
- 1 5-oz pkg baby spinach
- 1 green onion (aka scallion)
- 1 bunch fresh mint leaves

WHOLE GRAINS & FLOURS

- 1 pkg whole-grain buns
- 1 loaf whole-grain bread
- 1 bag whole-wheat flour

PANTRY STAPLES

- 1 15-oz can butternut squash purée
- 1 bottle tandoori seasoning
- 1 bottle brown rice vinegar
- 1 bottle ground allspice
- 1 jar olive-oil mayonnaise
- 1 jar kimchi
- 1 pkg baking powder
- 1 pkg dark chocolate chips (70% or greater)

TIP: We've included the ingredients needed for the main recipes in this section; if you're trying our additional recipe suggestions, make sure to add those ingredients to your list.

On the Menu this Week

Cauliflower Steaks *with Quick-Braised Swiss Chard*, p. 35

Herb-Crusted Cod *with Cauliflower Purée & Arugula*, p. 36

Coconut & Quinoa Breakfast Porridge *with Fresh Fruit*, p. 37

Ancient Grain & Kale Salad *with Heirloom Tomato Dressing*, p. 38

Coconut Chicken Corn Chowder, p. 39

BREAKFAST

Coconut & Quinoa Breakfast Porridge
with Fresh Fruit

Coconut & Quinoa Porridge
with Fresh Fruit in a parfait

LUNCH

Cauliflower *quesadillas*

Herb-Crusted Cod
made into cod cakes

Ancient Grain & Kale Salad
with Heirloom Tomato Dressing

Ancient Grain & Kale *tostadas*

Coconut Chicken Corn Chowder

DINNER

Cauliflower Steaks
with Quick-Braised Swiss Chard

Cauliflower *over pasta*

Herb-Crusted Cod
with Cauliflower Purée & Arugula

Herb-Crusted Cod *fish tacos*

Ancient Grain & Kale
stuffed portobellos

Coconut Chicken Corn Chowder
and biscuits

SNACKS & DESSERTS

Coconut & Quinoa Porridge
over baked apples

Cauliflower Steaks with Quick-Braised Swiss Chard

SERVES 4. HANDS-ON TIME: 35 MINUTES. TOTAL TIME: 45 MINUTES.

Why splurge on infused oils when you can so easily (and inexpensively) make your own? Here, we quickly heat sage and garlic in oil to add herbaceous notes to the cauliflower and greens.

- 5 tbsp** olive oil
- 12 small** cloves garlic, smashed and peeled
- 12** whole leaves fresh sage + 4 tsp finely chopped, divided
- 2 heads** cauliflower
- 1 tsp** sea salt, divided
- ½ tsp** ground black pepper, divided
- 2** bunches Swiss chard (about 24 oz total)
- 1 15-oz** BPA-free can unsalted white kidney (aka cannellini) beans, drained and rinsed
- 1 cup** jarred or BPA-free canned unsalted diced tomatoes
- ¼ cup** Kalamata olives, pitted and sliced
- ¼ cup** low-sodium vegetable or chicken broth
- 4 tsp** balsamic vinegar, divided

1. Position oven racks in top and bottom thirds of oven; preheat to 450°F. Line 2 large baking sheets with parchment paper. Set aside.

2. In a small skillet on medium-low, heat oil. Add garlic and cook, turning once, until starting to brown, 4 minutes. Using a slotted spoon, transfer to a paper towel-lined plate. Cool 2 minutes; mince, set aside.

3. Heat same skillet with oil on medium-low. Add whole sage leaves and cook, turning once, until beginning to crisp, 30 seconds. Using slotted spoon, transfer to paper towel-lined plate; set aside. Transfer 4 tsp garlic-sage oil to a heat-proof jar; cover and refrigerate for Herb-Crusted Cod (p. 36). Set remaining garlic-sage oil aside.

4. Trim stem of each cauliflower so that it sits flat. Cut each head vertically through stem into two ¾-inch-thick steaks to make 4 steaks total, reserving loose florets. Arrange steaks in a single layer on 1 prepared sheet; brush with 3 tsp of remaining garlic-sage oil and sprinkle with 2 tsp reserved minced garlic, 1 tsp chopped sage and ¼ tsp each salt and pepper. Cut reserved florets into bite-size pieces to yield 4 cups (reserve remaining for another use); transfer to a large bowl. Add 2 tsp of remaining garlic-sage oil, 1 tsp chopped sage, 1 tsp reserved minced garlic, ½ tsp salt and ⅛ tsp pepper; toss. Spread on second prepared sheet.

5. Bake cauliflower steaks in top third of oven and florets in bottom third for 15 minutes. Gently turn steaks and florets; switch tray positions and bake until tender and golden, about 5 minutes. Let florets cool; transfer to a container and refrigerate for Herb-Crusted Cod (p. 36).

6. Meanwhile, separate chard stems from leaves; chop stems to yield 1 cup (reserve remaining for another use). Cut leaves into 2-inch pieces.

7. In a large skillet on medium, heat remaining 2 tsp garlic-sage oil. Add chard stems and cook, stirring often, until tender-crisp, 3 to 4 minutes. Add remaining minced garlic and cook, stirring often, until fragrant, about 1 minute. Stir in chard leaves, beans, tomatoes, olives, broth and 2 tsp vinegar; cover and cook until leaves are wilted, 3 to 5 minutes. Uncover; stir in remaining 2 tsp chopped sage, remaining ¼ tsp salt and ⅛ tsp pepper.

8. Divide chard mixture among plates. Top with cauliflower steaks and reserved sage leaves; drizzle with remaining 2 tsp vinegar.

PER SERVING (¼ of recipe): Calories: 288, Total Fat: 13 g, Sat. Fat: 2 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 1 g, Carbs: 36 g, Fiber: 11 g, Sugars: 9 g, Protein: 12 g, Sodium: 808 mg, Cholesterol: 0 mg

This recipe does double duty: Make a little extra of the garlic oil and roasted cauliflower and reserve for the Herb-Crusted Cod recipe on page 36.



MORE USES

- **Cauliflower pasta:** Chop the cauliflower and toss leftover component with cooked pasta and drizzle with olive oil.
- **Cauliflower quesadilla:** Chop leftover cauliflower, mix in greens and griddle with cheese in between tortillas for a quesadilla.

Herb-Crusted Cod with Cauliflower Purée & Arugula

SERVES 4.

HANDS-ON TIME: **25 MINUTES.**

TOTAL TIME: **35 MINUTES.**

Leftover roasted cauliflower from the Cauliflower Steaks (p. 35) turns into tonight's creamy side dish to this company-worthy crusted fish.

- 1** lemon
- 4 oz** whole-grain crusty bread, roughly torn
- 5 cloves** garlic, smashed and peeled, divided
- 3 tbsp** chopped fresh flat-leaf parsley
- 2 tbsp** chopped fresh chives, divided
- 2 tsp** chopped fresh sage + 1 whole sprig, divided

Leftover garlic-sage oil (from Cauliflower Steaks, p. 35), divided

- ½ tsp** sea salt, divided
- ½ cup** low-sodium chicken or vegetable broth
- 3 tbsp** whipping cream (35%)

Leftover roasted cauliflower florets (from Cauliflower Steaks, p. 35)

- 4 4-oz** skinless cod fillets
 - 4 cups** lightly packed baby arugula
- 1.** Preheat oven to 350°F. Line a baking sheet with parchment paper; set aside. Zest lemon. Slice half of lemon; juice remaining half of lemon.
 - 2.** In a food processor, combine lemon zest, 2 tsp lemon juice, bread, 3 cloves garlic, parsley, 2 tsp chives, chopped sage, 2 tsp garlic-sage oil and ¼ tsp salt. Pulse until fine crumbs form. Transfer to a small bowl; set aside. Wipe out food processor.



MORE USES

- **Cod cakes:** Flake cod, mix with mayo, egg, bread crumbs, green onions and parsley to make patties; pan fry.
- **Fish tacos:** Spoon leftover cod into warmed tortillas and add your favorite toppings for tacos.

- 3.** In a large saucepan, combine sage sprig, broth, cream, remaining 2 cloves garlic and ⅛ tsp salt; bring to a boil. Stir in cauliflower florets; return to a boil. Reduce heat to a simmer; cook until cauliflower is very tender, about 10 minutes. Discard sage sprig. Transfer mixture to food processor. Add 1 tsp lemon juice and blend until smooth. Wipe out saucepan; scrape mixture back into saucepan. Stir in remaining 4 tsp chives; cover to keep warm.

- 4.** Meanwhile, on prepared sheet, arrange lemon slices in single layer. Arrange fish, 1 inch apart, over top. Press about ¼ cup bread crumb mixture firmly over top of each fillet. Bake until fish flakes easily when tested with a fork, 10 to 14 minutes.

- 5.** In a large bowl, toss arugula with remaining lemon juice, 2 tsp garlic-sage oil and ⅛ tsp salt. Divide cauliflower mixture among plates. Top with fish and arugula.

PER SERVING (1 fillet and ¼ of purée):
 Calories: 285, Total Fat: 12 g, Sat. Fat: 4 g,
 Monounsaturated Fat: 6 g, Polyunsaturated
 Fat: 1 g, Carbs: 24 g, Fiber: 4 g, Sugars: 5 g,
 Protein: 22 g, Sodium: 745 mg, Cholesterol: 57 mg

Coconut & Quinoa Breakfast Porridge

with Fresh Fruit

SERVES 4.

COOK TIME: **15 MINUTES.**

TOTAL TIME: **25 MINUTES.**

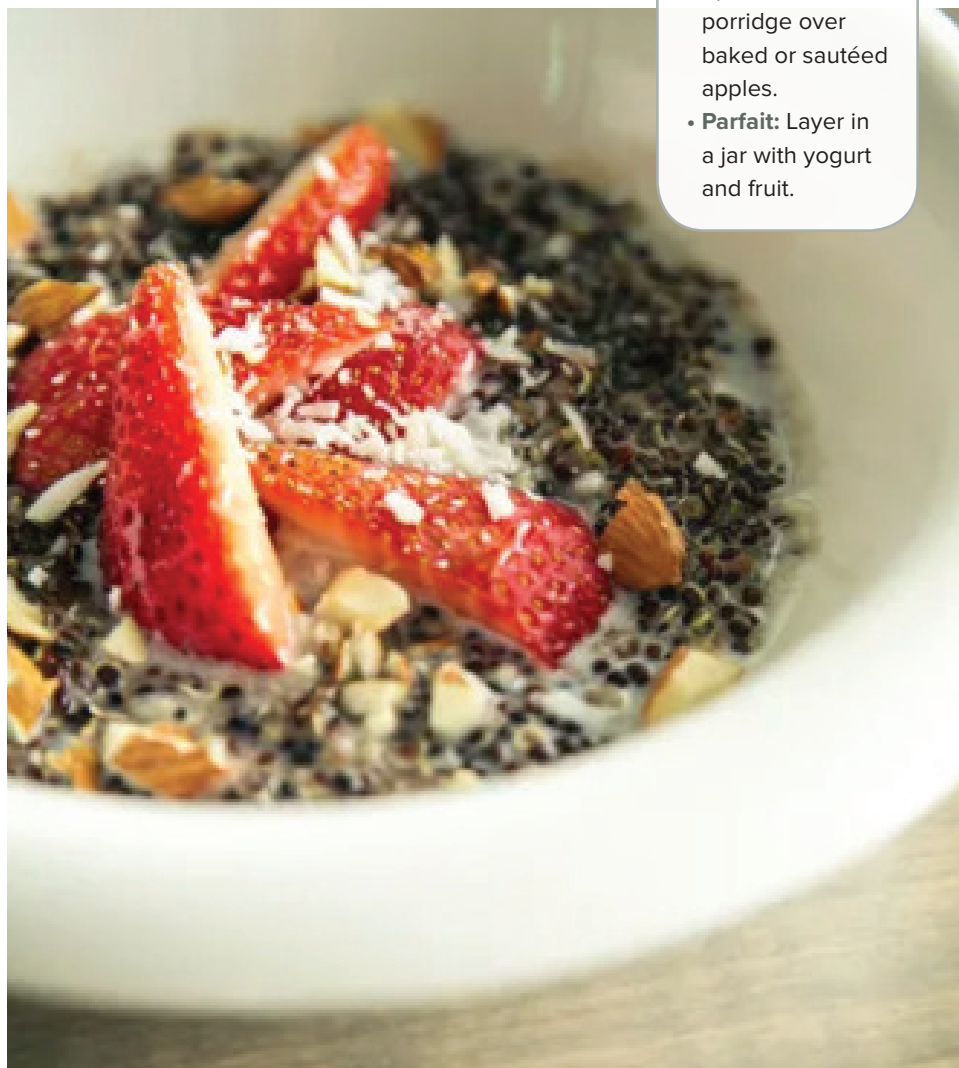
For a change from everyday oats, try quinoa, the perfect base for our coconut-laced breakfast porridge topped with nuts and berries or figs.

- ¾ tsp** extra-virgin coconut oil
- 2 tsp** ground cinnamon
- 1 cup** black quinoa, rinsed
- 1 cup** coconut milk
- 1 cup** whole milk
- 1 tbsp** pure maple syrup
- 2 tbsp** shredded unsweetened coconut
- 2 tbsp** chopped unsalted almonds
- 1 cup** fresh sliced strawberries or figs

1. In a medium saucepan on medium, heat oil. Add cinnamon, stirring constantly, until fragrant, about 1 minute. Add quinoa and stir until evenly coated. Add coconut milk and milk. Cover and bring to a boil, then remove lid and reduce to a simmer until milk has been absorbed, about 12 minutes. Add maple syrup and stir to combine.

2. Divide porridge among 4 serving bowls. Top with shredded coconut, almonds and strawberries.

PER SERVING (¼ of quinoa porridge):
 Calories: 378, Total Fat: 21 g, Sat. Fat: 15 g,
 Monounsaturated Fat: 3 g, Polyunsaturated
 Fat: 2 g, Carbs: 41 g, Fiber: 5 g, Sugars: 10 g,
 Protein: 10 g, Sodium: 38 mg, Cholesterol: 6 mg



MORE USES

- **Apple topper:** Spoon leftover porridge over baked or sautéed apples.
- **Parfait:** Layer in a jar with yogurt and fruit.

Ancient Grain & Kale Salad

with Heirloom
Tomato Dressing

SERVES 4.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 40 MINUTES.

Millet has a mild, corn-like flavor and fluffy texture that's perfect for hearty grain bowls. The quick-cooking ancient grain is rich in iron, B-complex vitamins and calcium. If you can't find it, just double the quinoa. Tuscan kale is much more tender and sweet than common curly kale, which makes it a great candidate for enjoying raw.

- 1/3 cup** tricolor quinoa, rinsed
- 1/3 cup** millet, rinsed
- 1 tsp** sea salt, divided
- 1 ear** corn, husked, kernels removed
- 1/4 cup** red wine vinegar
- 2 tbsp** + 2 tsp olive oil
- 2 tsp** each ground coriander and ground cumin
- 1 1/2 tsp** chile powder
- 1 lb** heirloom tomatoes (about 4 small), finely chopped and juices reserved
- 1 bunch** Tuscan or Lacinato kale (about 8 oz), stems and thick ribs removed and leaves thinly sliced crosswise
- 1 15-oz** BPA-free can unsalted black beans, drained and rinsed
 - 1/4** red onion, finely chopped
 - 1/4 cup** chopped fresh cilantro
 - 4 oz** queso blanco cheese, crumbled, optional
(TIP: If you can't find queso blanco, feta is a great substitute. Use a little less as it tends to be saltier.)



MORE USES

- **Tostadas:** Spoon salad over toasted tostada shells.
- **Stuffed portobellos:** Stuff salad mixture into portobellos, top with cheese and bake.

1. In a saucepan, bring quinoa, millet, $\frac{1}{4}$ tsp salt and 2 cups water to a boil. Reduce heat to medium-low, cover and cook until tender, about 15 minutes. Remove from heat; fluff with a fork and stir in corn kernels. Cover and let stand for 5 minutes. Scrape onto a large rimmed baking sheet, spreading in even layer. Set aside to cool to room temperature.

PER SERVING ($\frac{1}{4}$ of recipe): Calories: 349, Total Fat: 12 g, Sat. Fat: 2 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 2 g, Carbs: 50.5 g, Fiber: 11 g, Sugars: 5 g, Protein: 13 g, Sodium: 554 mg, Cholesterol: 0 mg

2. Meanwhile, in a large bowl, whisk together vinegar, oil, coriander, cumin, chile powder and remaining $\frac{1}{4}$ tsp salt. Stir in tomatoes and juices.

3.: To tomato mixture, add quinoa mixture, kale, beans, onion and cilantro and toss. Sprinkle with cheese (if using).

Coconut Chicken Corn Chowder

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 40 MINUTES.

Coconut milk and fresh basil lend Thai-inspired taste to this all-American classic. Simmering the corn cobs with the broth after you remove the kernels is the secret for adding tons of flavor at no extra cost! To toast the coconut flakes, simply add them to a dry skillet on medium heat, stirring occasionally, until golden.

- 2 large** ears corn, husked
- 1 tsp** coconut oil
- 1 cup** finely diced celery (about 4 stalks)
- 1 bunch** green onions (aka scallions), thinly sliced on the diagonal, light and dark green parts divided
- 3 cloves** garlic, minced
- ½ tsp** sea salt, divided
- ⅛ tsp** ground white or black pepper
- 3 cups** low-sodium chicken broth
- 1 cup** full-fat coconut milk
- 2** boneless, skinless chicken breasts (about 14 oz), diced
- ½** sweet potato (about 5 oz), peeled and diced
- ½ cup** thinly sliced fresh basil
- ¼ cup** unsweetened coconut flakes (or shredded coconut), toasted

1. Cut kernels from corn, reserving cobs. In a large saucepan, heat oil on medium. Add corn kernels, celery and light parts of onions and cook, stirring often, until celery and onions are translucent, 6 to 8 minutes. Add garlic, ¼ tsp salt and pepper and cook, stirring, until fragrant, about 30 seconds.

2. Meanwhile, snap reserved corn cobs in half. In a separate saucepan, bring corn cobs and broth to a boil. Reduce heat to medium-low, cover and cook for 5 minutes. Strain through a fine mesh sieve into corn kernel mixture; discard corn cobs. Bring to a boil. Reduce heat to low and cook, stirring occasionally, until corn kernels are tender, 8 to 10 minutes.

3. Using a slotted spoon, transfer about 1 cup of the corn kernel mixture to a blender; add coconut milk and purée until smooth.

4. Stir chicken and sweet potato into broth mixture. Increase heat to medium, cover and cook, stirring occasionally, until chicken is cooked through and sweet potato is tender, 3 to 5 minutes.

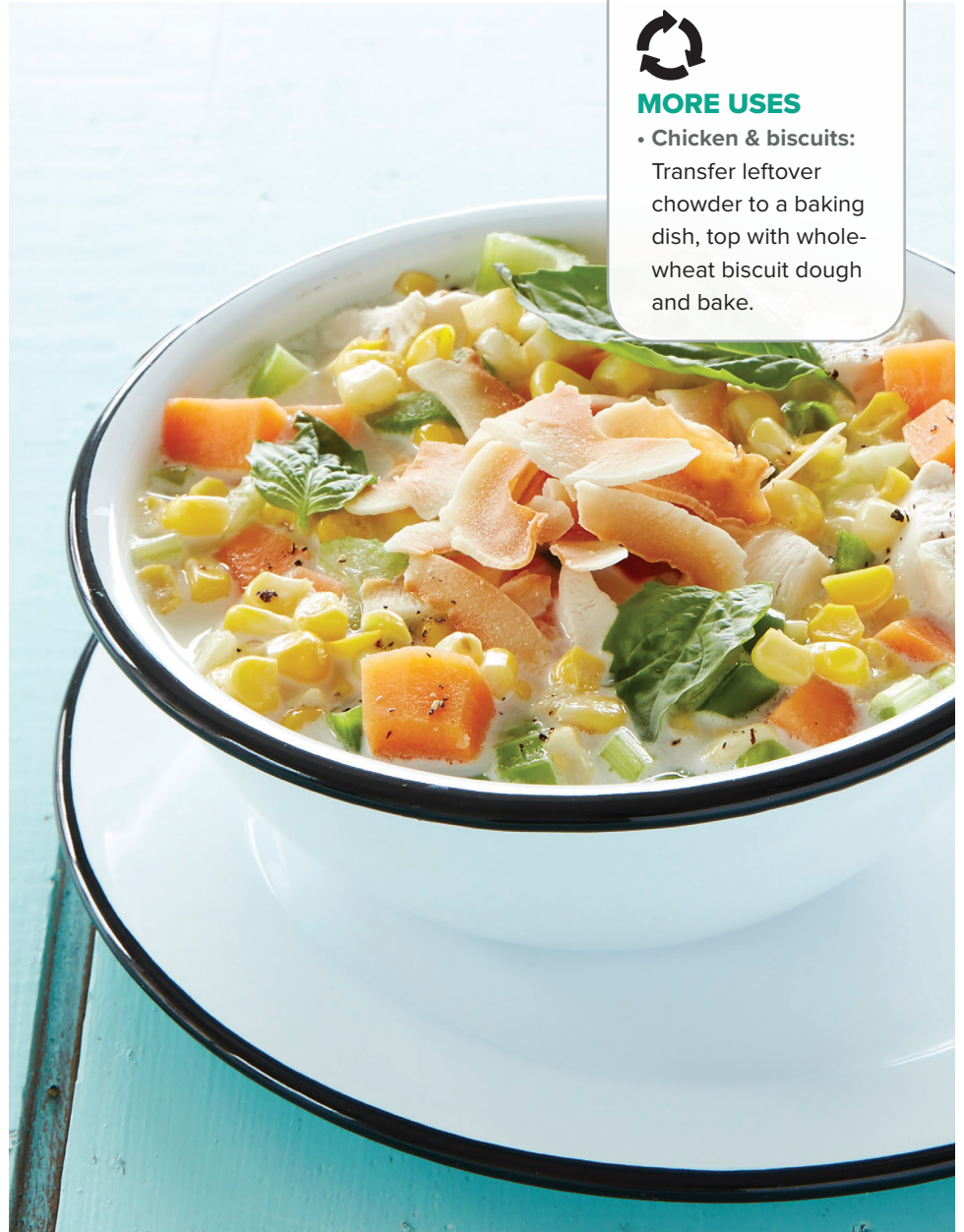
5. Stir in coconut milk mixture and cook until heated through. Remove from heat and stir in dark green parts of onions, basil and remaining ¼ tsp salt. To serve, top with coconut flakes.

PER SERVING (¼ of recipe): Calories: 375, Total Fat: 18 g, Sat. Fat: 14 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 25 g, Fiber: 4 g, Sugars: 7 g, Protein: 31 g, Sodium: 388 mg, Cholesterol: 72 mg



MORE USES

- **Chicken & biscuits:** Transfer leftover chowder to a baking dish, top with whole-wheat biscuit dough and bake.



WEEK 5 SHOPPING LIST

PROTEINS & DAIRY

- 14 oz boneless, skinless chicken breasts
- 4 4-oz skinless cod fillets
- 4 oz queso blanco cheese
- 1 8-oz carton whipping cream (35%)
- 1 qt whole milk

NUTS, SEEDS & OILS

- 1 oz unsalted almonds
- 1 oz pine nuts

VEGGIES & FRUIT

- 3 ears corn
- 1 lb heirloom tomatoes
- 1 bunch Tuscan or Lacinato kale
- 1 red onion
- 1 sweet potato
- 2 heads cauliflower
- 2 bunches Swiss chard
- 1 5-oz pkg arugula
- 4 stalks celery
- 2 large heads garlic
- 1 qt strawberries or figs
- 1 lemon
- 1 bunch green onions (aka scallions)
- 1 bunch fresh cilantro
- 1 bunch fresh chives
- 1 bunch fresh sage
- 1 bunch fresh basil
- 1 bunch fresh parsley

WHOLE GRAINS & FLOURS

- 1 pkg black quinoa
- 1 pkg tricolor quinoa
- 1 pkg millet
- 1 loaf whole-grain crusty bread

PANTRY STAPLES

- 1 15-oz BPA-free can unsalted black beans
- 1 15-oz BPA-free can unsalted white kidney beans
- 1 15-oz BPA-free can unsalted diced tomatoes
- 2 14-oz can coconut milk
- 1 qt low-sodium chicken or vegetable broth
- 1 pkg unsweetened coconut
- 1 bottle ancho chile powder

TIP: We've included the ingredients needed for the main recipes in this section; if you're trying our additional recipe suggestions, make sure to add those ingredients to your list.

This week is a little different as we're learning all about no-recipe cooking. We've got formulas you can use to put together recipes like sheet-pan dinners or stir-fries on the fly using whatever you have on hand. For each formula, we're showing you an example of how to implement it, but you can mix it up and adjust the recipes to your own taste.

On the Menu This Week

Sheet-Pan Tofu & Veggies *with Fresh Herb Sauce*, p. 43

Pork Mango Stir-Fry, p. 45

Indonesian Chicken Bowls *with Sweet Potato Rice*, p. 47

French Chop Salad *with Salmon*, p. 49

Egg Muffin Cups, p. 51

BREAKFAST

Egg Muffin Cups

Egg Muffin
breakfast wrap

Sheet-Pan Tofu & Veggies
in a scramble

Egg Muffin Cups
made into a breakfast salad

LUNCH

Indonesian Chicken
in a wrap

Chicken quesadillas

Pork Mango Stir-Fry

Tofu
salad sandwich

DINNER

Sheet-Pan Tofu & Veggies
with Fresh Herb Sauce

Pork Mango Stir-Fry
over brown rice

Indonesian Chicken Bowls
with Sweet Potato Rice

French Chop Salad
with Salmon

Pork Mango Stir-Fry
over brown rice

SNACKS & DESSERT

Salmon *sammie*

Sweet Potato *smoothie*

THE FORMULA

Fresh Herb
Sauce

BUILD YOUR OWN

sheet pan
dinner

Use a sturdy 13 x 18-inch rimmed baking sheet, and preheat your pan while preheating the oven to encourage browning. Remember, don't overcrowd ingredients or the food won't cook evenly; use two pans if necessary.

1. Place a baking sheet in the oven. Preheat to 425°F.
2. Toss 1 lb boneless protein with oil, sea salt, ground black pepper and seasonings. Try chicken thighs or drumsticks (use more if using bone-in thighs or drumsticks), sausage, boneless pork chops, pork tenderloin or pressed firm tofu planks. Try curry powder, lemon pepper, jerk seasoning, chile powder blend (aka chili powder), steak rub, harissa or Za'atar.
3. Toss 1 to 2 cups dense vegetables and/or cooked chickpeas with oil, sea salt and ground black pepper. Arrange protein and veg on baking sheet in an even layer and bake 15 to 20 minutes. Mix and match any of the following (cut into bite-size pieces, thin wedges or slices): fingerling potatoes, carrots, broccoli, onion, parsnips, sweet potatoes, Brussels sprouts, butternut squash, cauliflower or chickpeas.
4. Toss 1 to 2 cups bite-size chunks or slices of tender vegetables with oil, salt and pepper. Add them to the pan. Try bell peppers, mushrooms, green beans, zucchini, asparagus, broccolini, kale leaves or cherry tomatoes.
5. Bake until all the vegetables and protein are cooked through, 10 to 15 minutes more for boneless poultry, 20 to 25 minutes more for bone-in or larger pieces of meat. Serve drizzled with Fresh Herb Sauce.

In a blender, combine 1 cup tender herbs/leaves (parsley, arugula, cilantro, watercress or basil).

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Add 2 tbsp olive oil and 2 tbsp water.

+

Add 2 tbsp citrus juice and 2 tsp zest (or 2 tsp red or or white wine vinegar).

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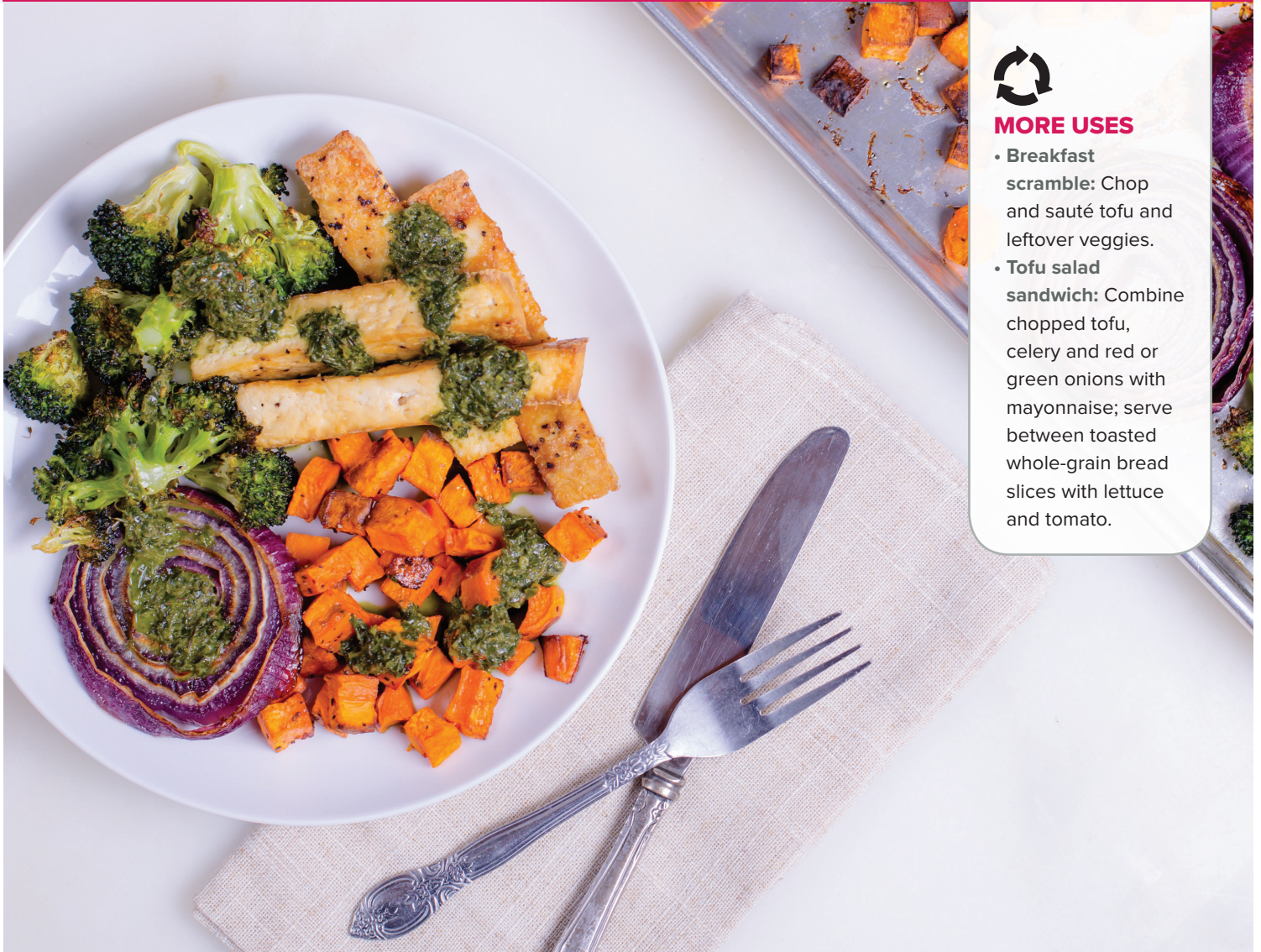
Flavor with 1 to 2 tsp your choice of finely grated Parmesan cheese, garlic, dried oregano, rosemary or thyme, fresh chile pepper, red pepper flakes, or ground spices such as cumin or coriander.

+

Blend well and season with sea salt and ground black pepper, to taste.



HERE'S HOW WE IMPLEMENTED THE FORMULA ON P. 42

**MORE USES**

- **Breakfast scramble:** Chop and sauté tofu and leftover veggies.
- **Tofu salad sandwich:** Combine chopped tofu, celery and red or green onions with mayonnaise; serve between toasted whole-grain bread slices with lettuce and tomato.

Sheet-Pan Tofu & Veggies with Fresh Herb Sauce

SERVES 4. ESTIMATED TIME: 50 MINUTES.

A versatile herb sauce adds tons of fresh flavor to this easy sheet-pan meal. To get the crispest tofu, press it between two baking sheets or plates weighted down with a heavy object for at least half an hour to release some of the liquid. Substitute the tofu for any protein of your choice – just follow the method on the previous page.

- extra-firm tofu, pressed and sliced into planks
- sweet potatoes, diced
- red onion
- broccoli

FRESH HERB SAUCE

- packed fresh basil and mint (1 cup)
- oil (2 tbsp)
- vinegar (2 tbsp)
- water (2 tbsp)
- minced shallots (2 tsp)
- red pepper flakes (½ tsp)

PER SERVING (¼ of recipe): Calories: 310, Total Fat: 19 g, Sat. Fat: 2 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 5 g, Carbs: 23 g, Fiber: 6 g, Sugars: 5 g, Protein: 15 g, Sodium: 167 mg, Cholesterol: 0 mg

Refer to page 42 for recipe directions.

THE FORMULA



BUILD YOUR OWN

stir-fry

Once you get the basics of creating a stir-fry, it'll be a cinch: Heat your skillet or wok until very hot; let your protein brown for a minute before stirring to prevent sticking; and cut your vegetables in equal-size pieces so they cook evenly. Have all your ingredients ready to go before you start cooking because you'll need to move fast once your pan heats up.

- 1. Heat a splash of oil on medium-high in a wok or skillet. Add 1 tbsp finely chopped aromatics and cook until fragrant, about 45 seconds.** Try garlic, ginger, shallots, white part of green onion and/or lemongrass.
- 2. Season 12 oz to 1 lb protein with sea salt and ground black pepper. Stir-fry until barely cooked through, 1 to 3 minutes; transfer to a plate.** Try strips of chicken, beef, pork, cubed tofu or shrimp.
- 3. Return pan to medium-high heat. Add a little oil and 2 cups hard vegetables cut into bite-size pieces. Cook until crisp-tender.** Try broccoli florets, cauliflower, thinly sliced carrots, sliced bell peppers, celery, radishes and/or daikon.
- 4. Add 1 to 1½ cups soft vegetables. Cook until crisp-tender or just wilted, 1 to 2 minutes more.** Try snap peas, asparagus, mushrooms, cabbage, bean sprouts, kale or spinach.
- 5. Return protein to wok along with Master Stir-Fry Sauce. Cook until sauce is bubbly and protein is cooked through, 1 minute.** Sprinkle with sesame seeds, sliced almonds or chopped cashews (optional).

Master Stir-Fry Sauce

In a bowl, combine 1½ tsp potato starch or arrowroot with ¼ cup low-sodium broth or orange juice.

+

Whisk in 1 tbsp rice wine or dry sherry, 2 tbsp reduced-sodium soy sauce, 1 tsp dark sesame oil and 1 to 2 tsp sweetener, such as organic evaporated cane juice (organic sugar), raw honey or pure maple syrup.

+

Add 1 to 2 tsp flavor options such as ginger, sriracha or other hot sauce, fresh basil or cilantro, fish sauce or hoisin sauce.

+

Add ½ tsp spice (Chinese five-spice powder or red pepper flakes). Whisk until smooth.



HERE'S HOW WE IMPLEMENTED THE FORMULA ON P. 44

**MORE USES**

- **Asian bowl:** Serve over brown rice or whole-grain soba noodles.
- **Wrap:** Serve with baby spinach in a whole-grain tortilla.

Pork Mango Stir Fry

SERVES **4**.

ESTIMATED TIME: **25 MINUTES**.

We love this mouthwatering combination of juicy pork, tender-crisp veggies and sweet mango in a luscious Asian-style sauce. Feel free to substitute whatever veggies or protein you have on hand – just follow our guidelines on the previous page. We did provide the measurements for the sauce below.

- garlic
- ginger
- pork tenderloin, thinly sliced
- sliced red bell pepper
- green beans
- cubed mango
- chopped cashews for garnish

SAUCE

- potato starch (1½ tbsp)
- low-sodium chicken broth (¼ cup)
- rice wine or dry sherry (1 tbsp)
- reduced-sodium soy sauce (2 tbsp)
- dark sesame oil (1 tsp)
- honey (1 tsp)
- hoisin sauce (1 to 2 tsp)
- hot sauce, to taste
- splash water
- Chinese five-spice powder or red pepper flakes (½ tsp)

PER SERVING (¼ of recipe): Calories: 294, Total Fat: 12 g, Sat. Fat: 3 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 3 g, Carbs: 20 g, Fiber: 3 g, Sugars: 1 g, Protein: 27 g, Sodium: 449 mg, Cholesterol: 74 mg

Refer to page 44 for recipe directions.



THE FORMULA


**Customizable
Creamy
Bowl Dressing**
BUILD YOUR OWN
bowl

When creating your own bowl, choose a flavor theme – Mexican or Japanese, for instance – as a place to start. Try balancing both crunchy and creamy ingredients to add textural interest. Remember to drizzle the sauce on sparingly, as you can always add more as you're eating.

- 1. Place ½ to 1 cup cooked whole grains, noodles, veggie rice or veggie noodles in each of 4 deep bowls.** Try quinoa, farro, bulgur, brown rice, buckwheat soba or shirataki noodles, rice noodles, zucchini or beet “zoodles,” or cauliflower or sweet potato rice. (See sweet potato rice how-to, below.)
- 2. Add 4 oz hot or cold cooked proteins** like shredded rotisserie chicken, grilled chicken breast, grilled steak slices, canned tuna, tofu, tempeh or beans to each bowl.
- 3. Arrange 1½ to 2 cups raw sliced, spiralized or chopped vegetables and/or fruit on top.** Try cucumber, daikon, radishes, sprouts, microgreens, baby kale or salad greens, cherry tomatoes, edamame, carrot, beets, citrus segments or pineapple chunks. Or use roasted, grilled or steamed vegetables such as eggplant, zucchini, butternut squash, asparagus, snap peas, green beans or broccoli.
- 4. Garnish with flavorful toppers that fit the theme** such as avocado, toasted nuts or seeds, nori chips, kimchi, pickled vegetables, Quickles (p. 48), fresh herbs, kale chips, baked tortilla strips, pickled ginger, wasabi peas, green onions or fried eggs.
- 5. Drizzle with Customizable Creamy Bowl Dressing.**
Or try Fresh Herb Sauce (p. 42).

TO MAKE SWEET POTATO RICE: Peel 2 sweet potatoes and cut into ¼-inch pieces. Pulse in food processor. In a nonstick pan on medium, heat 1 tbsp olive oil. Add rice and sauté for 2 minutes. Add ½ cup coconut milk, bring to a simmer, cover and set aside to steam for 3 minutes. Drain; season with salt and pepper.

Soak ¾ cup roasted cashews or macadamia nuts in ½ cup hot water and let sit 30 minutes. Transfer nuts and water to blender.

+

Add 1½ tbsp lemon or lime juice
+ ½ small garlic clove.

+

Flavor with 1 to 2 tbsp (total) your choice of red curry paste, soy sauce, fish sauce, green onions, ginger, cilantro, basil, miso, Parmesan cheese, nutritional yeast and/or sriracha or other hot sauce. Blend until smooth.

TIP: Make sure to cook your protein and base, and soak your cashews for the sauce before starting the recipe.



HERE'S HOW WE IMPLEMENTED THE FORMULA ON P. 46

Indonesian Chicken Bowls

with Sweet Potato Rice

SERVES 4.

ESTIMATED TIME: **25 MINUTES.***

*PLUS SOAKING TIME.

Bowls are fun to put together when you have all your components prepped ahead of time. We went grain-free in our version, using sweet potato rice in place of regular rice, and piled it high with grilled chicken breast, steamed veggies, fresh herbs and a creamy cashew sauce with a hit of spice (see page 46 for the basic sauce recipe).

- cooked sweet potato rice
- grilled chicken breast strips
- sprouts/microgreens
- steamed broccoli
- sugar snap peas
- roasted cashews
- cilantro

CREAMY BOWL DRESSING

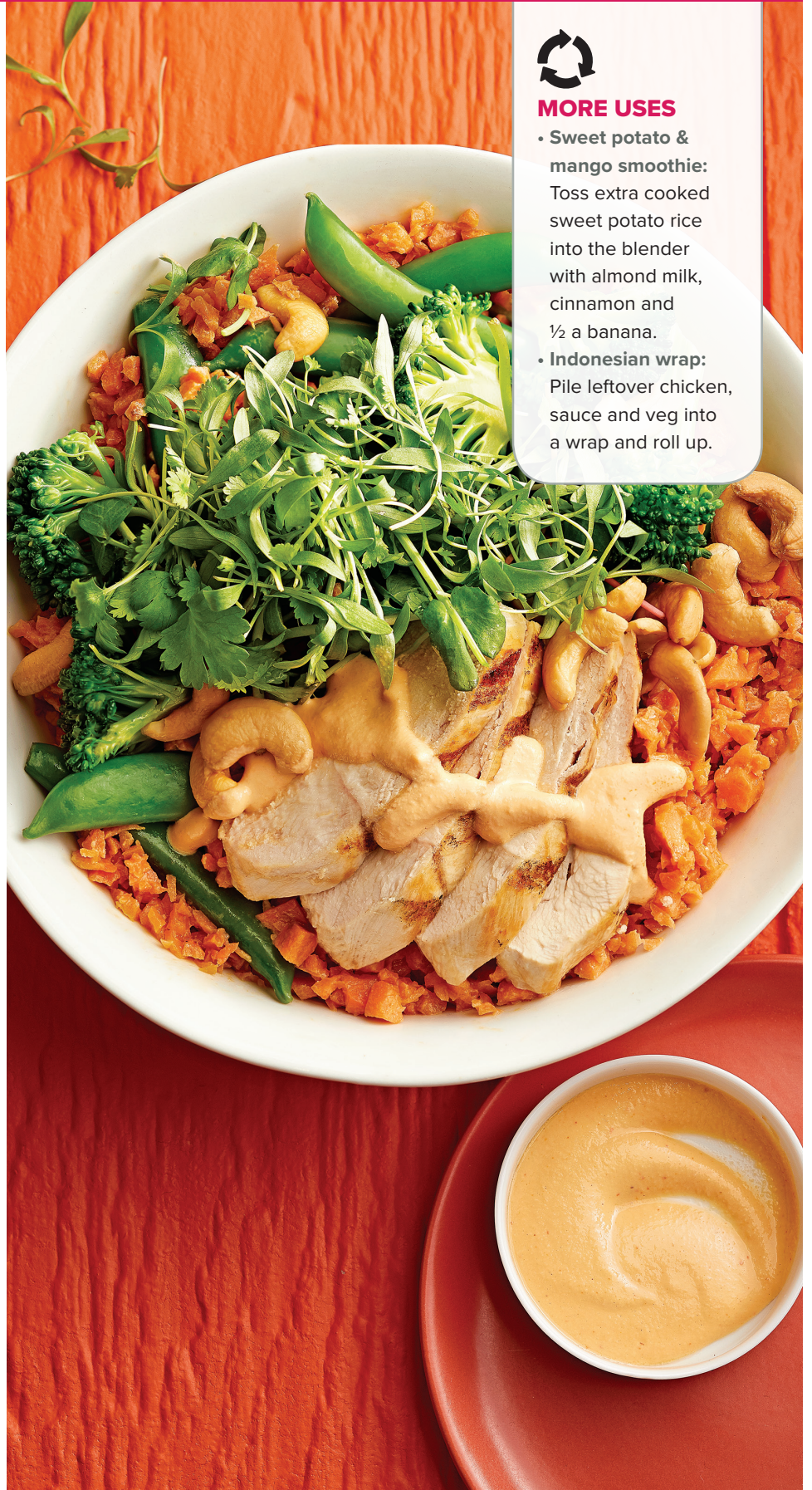
- Soaked roasted cashews (¾ cup)
- lemon or lime juice (1½ tbsp)
- ½ small garlic clove
- Thai red curry paste (1 tbsp)
- reduced-sodium soy sauce (2 tsp)
- ginger (1 tsp)

Refer to page 46 for recipe directions.



MORE USES

- **Sweet potato & mango smoothie:**
Toss extra cooked sweet potato rice into the blender with almond milk, cinnamon and ½ a banana.
- **Indonesian wrap:**
Pile leftover chicken, sauce and veg into a wrap and roll up.



THE FORMULA

BUILD YOUR OWN

salad

Salads are a great place to unleash your creativity. Focus on in-season vegetables and fruits and mix textures and colors. For an Instagram-worthy presentation, arrange elements separately on your greens.

- 1. Start with 6 to 8 cups of greens.** Try torn lettuce, kale, arugula, watercress or baby spinach.
- 2. Add 2 to 3 cups sliced, shredded, chopped or spiralized raw veg, or chopped roasted veggies.** Try raw: shredded cabbage, spiralized carrot, sliced radish, slivered zucchini or tomato wedges. Try roasted: cauliflower, sweet potato, winter squash or beets.
- 3. Add up to 1 cup seasonal fruit (optional).** Try sliced apples, pears or peaches, berries, citrus segments or chunks of fresh pineapple.
- 4. Add 8 oz to 1 lb cooked protein** like rotisserie chicken, turkey breast, canned salmon or tuna, shrimp, chickpeas, lentils or other canned beans and baked or smoked tofu.
- 5. Add cheese, toasted nuts or seeds, and/or olives.** Try crumbled feta or goat cheese, chopped cheddar or shaved Parmesan; pumpkin or sunflower seeds, almonds, walnuts or pecan halves. Alternate slicing olives or serving whole.
- 6. Add a fun element.** Try Quickles (see below), fermented foods like kimchi or sauerkraut, baked tortilla strips, homemade croutons, popped seeds such as amaranth or sorghum or wasabi peas.
- 7. Drizzle with Classic Salad Dressing.**

Classic
Salad
Dressing

To a bowl, add 2 tbsp acid (such as white wine, red wine or apple cider vinegar, or citrus juice).

+

Whisk in ¼ cup oil (such as olive, avocado or safflower oil).

+

Season with sea salt and ground black pepper.

+

Add 1 to 3 tsp (total) of one or more of the following: honey, Dijon or grainy mustard, garlic or shallots, fresh ginger, miso, dark sesame oil, fresh herbs or sriracha or other hot sauce.

+

Add ½ tsp spice of choice such as ground cumin, chile powder, paprika or coriander (optional).

Quick Pickles (aka Quickles): Heat ¼ cup white wine vinegar, 3 tbsp water, 1 tbsp organic evaporated cane juice (aka organic sugar), 1 tsp each sea salt and pickling spice on medium until sugar and salt dissolve. Pour hot mixture over ½ to 1 cup thinly sliced vegetables (cucumbers, radish, red onion, carrot and/or bell peppers) and let stand for 30 minutes, stirring occasionally. Drain and use immediately.

HERE'S HOW WE IMPLEMENTED THE FORMULA

French Chop Salad

with Salmon & Sweet 'n'
Spicy Dressing

SERVES **4**.

ESTIMATED TIME: **30 MINUTES**.

We customized our salad with cooked wild salmon and a spicy-sweet dressing. Make double batches of the components for leftovers or other uses throughout the week. Store your salad greens, proteins, dressing and extras separately in the fridge then toss together when ready to eat.

- torn butter lettuce and arugula
- halved cherry tomatoes
- blanched green beans
- grated raw beets and carrots
- radish + red onion + cucumber Quickles (p. 48)
- cooked wild salmon
- Kalamata olives
- canned cannellini beans

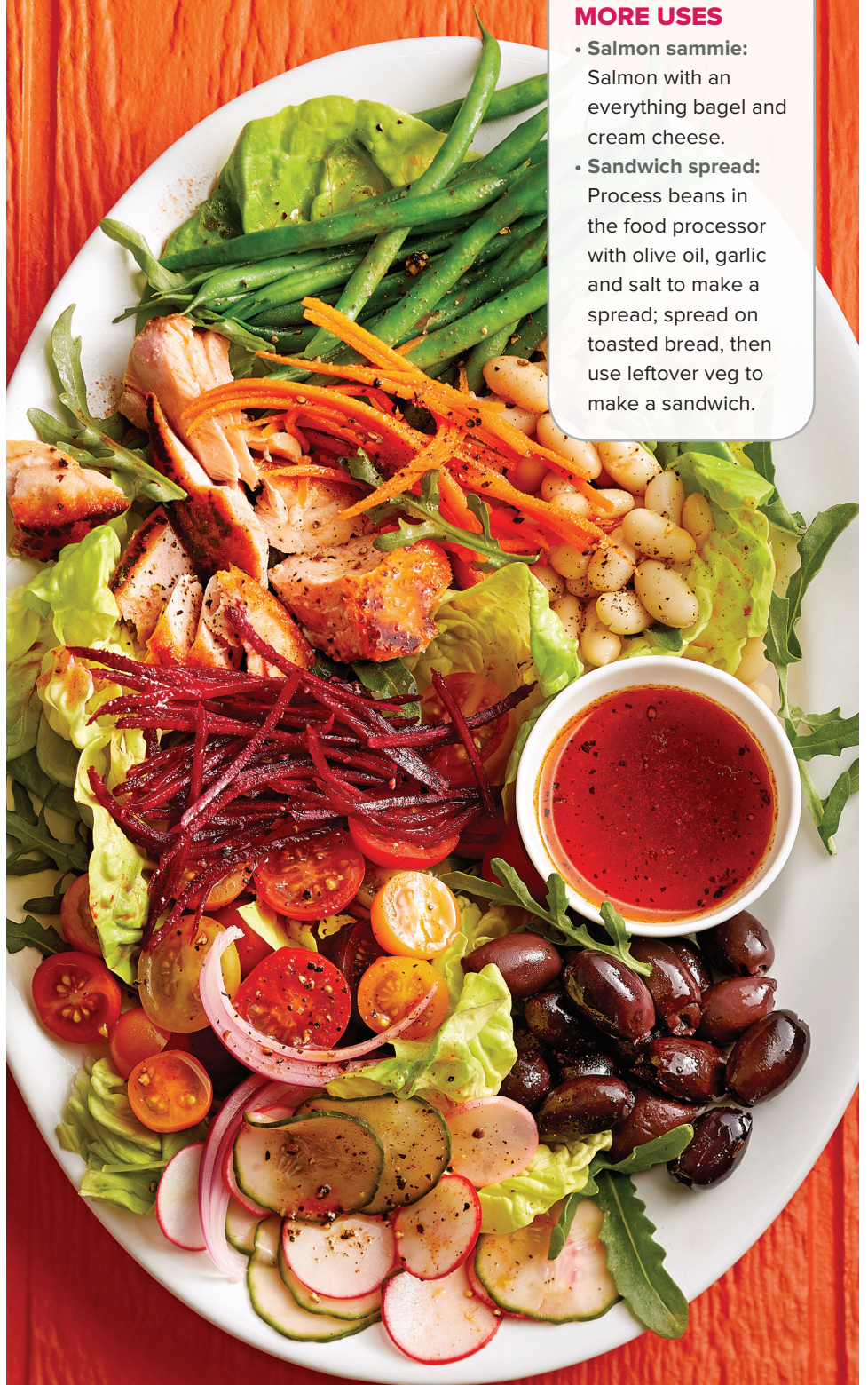
SWEET 'N' SPICY DRESSING

- red wine vinegar (2 tbsp)
- olive oil (¼ cup)
- honey (2 tsp)
- salt + pepper (to taste)
- sriracha (1 tsp)
- paprika (½ tsp)

Refer to page 48 for recipe directions.

**MORE USES**

- **Salmon sammie:** Salmon with an everything bagel and cream cheese.
- **Sandwich spread:** Process beans in the food processor with olive oil, garlic and salt to make a spread; spread on toasted bread, then use leftover veg to make a sandwich.



THE FORMULA

BUILD YOUR OWN

Egg Muffin Cups

These ingenious egg muffin cups make a convenient and delicious grab-and-go breakfast or snack. You'll want to make an extra-big batch to have on hand in your freezer - let them cool completely then transfer to an airtight container and freeze. Use any protein, veggie or cheese you like, or try our suggestions on the next page.

1. Preheat oven to 350°F and lightly grease a 12-cup muffin tin.

2. In a large bowl, lightly beat 12 eggs, whisk in sea salt and ground black pepper, to taste, and if desired, hot sauce. Add 3 cups lightly sautéed chopped mixed vegetables and ¼ to ½ cup chopped fresh herbs; stir to combine. Try spinach, kale, mushrooms, tomatoes, onion, garlic, basil or cilantro.

3. Divide egg mixture evenly into muffin cups. Sprinkle with ½ cup cheese (optional).

Try shredded mozzarella, cheddar, Monterey Jack, Parmesan, feta or goat cheese.

4. Bake until set, 15 to 20 minutes.



HERE'S HOW WE IMPLEMENTED THE FORMULA ON P. 50

**MORE USES**

- **Breakfast wrap:** Slice leftover egg cups and stuff into a whole-grain wrap with avocado.
- **Breakfast salad:** Serve sliced over a salad of tomatoes and avocado drizzled with olive oil.

Egg Muffin Cups

SERVES **12**. ESTIMATED TIME: **35 MINUTES**.

Using the formula on page 50, you can customize these egg muffin cups with vegetables of your choice. Here are two varieties of muffins using the following vegetable combinations that we love.

SPINACH & MUSHROOM EGG CUPS

- Baby spinach
- Cremini mushrooms
- Yellow onion

TOMATO BASIL EGG CUPS

- Vine tomato
- Fresh basil
- Garlic

PER SERVING (1 egg cup): Calories: 95, Total Fat: 7 g, Sat. Fat: 3 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 1 g, Fiber: 1 g, Sugars: 1 g, Protein: 8 g, Sodium: 182 mg, Cholesterol: 191 mg

Refer to page 50 for recipe directions.

TO FREEZE: Cool egg muffins completely and store in between layers of wax paper in an airtight container.

WEEK 6 SHOPPING LIST

As this week allows you to explore your creativity within the parameters of a basic no-recipe formula, this shopping list is not exhaustive of what you may want to use in the kitchen over the next seven days. Add or remove items as necessary.

PROTEINS & DAIRY

- 1 dozen eggs
- 1 lb boneless, skinless chicken breast
- 1 lb pork tenderloin
- 4 4-oz wild salmon filets
- 1 12-oz pkg extra-firm tofu
- 5 oz cheese

NUTS, SEEDS & OILS

- 5 oz cashews

VEGGIES & FRUIT

- 2 heads broccoli
- 1 bunch fresh basil
- 1 bunch fresh mint
- 1 bunch fresh cilantro
- 1 bunch radish
- 1 head butter lettuce
- 1 head garlic
- 1 2-in piece fresh ginger
- 1 shallot
- 1 beet
- 1 sweet potato
- 1 yellow onion
- 1 red onion
- 1 vine tomato
- 2 large carrots
- 1 red bell pepper
- 8 oz green beans
- 1 mango
- 1 9-oz pkg sprouts or microgreens
- 1 8-oz pkg sugar snap peas
- 1 7-oz pkg sweet potato rice
- 1 5-oz pkg arugula
- 1 pt cherry tomatoes

PANTRY STAPLES

- 1 qt low-sodium chicken broth
- 1 bottle rice wine
- 1 bottle hoisin sauce
- 1 bottle hot sauce
- 1 bottle dark sesame oil
- 1 bottle sriracha
- 1 bottle Chinese five-spice powder
- 1 jar Thai red curry paste
- 1 14-oz BPA-free can cannellini beans

GET-AHEAD Sundays

Get a jump start on the busy days ahead with masterful ways to turn 5 recipes into 13 for a week of breezy clean eating.

THIS WEEK'S MENU

BREAKFAST

Cinnamon Zucchini Muffins, p. 56

Cinnamon Zucchini Muffins
with almond butter, p. 56

LUNCH

Avocado Hummus
on whole-wheat bread with sautéed
tempeh, tomato and sprouts, p. 57

Avocado Hummus
with mixed green salad,
quinoa, carrots, olives
and pumpkin seeds, p. 57

Swiss Chard Lasagna
with marinara dipping sauce, p. 55

Mexican Kale & Bean Salad
with Avocado Dressing, p. 54

SNACKS

Cinnamon Zucchini Muffins
with almond butter, p. 56

Avocado Hummus
with crudités
such as carrots and jicama, p. 57

Swiss Chard Lasagna
with steamed asparagus,
olive oil and lemon, p. 55

DINNER

Quinoa-Stuffed Cabbage Rolls
with roasted potatoes
and rosemary, p. 58

Quinoa-Stuffed Cabbage Rolls
over whole-grain fusilli with pesto and
steamed spinach, p. 58

Swiss Chard Lasagna with steamed
asparagus, olive oil and lemon, p. 54

Mexican Kale & Bean Salad
with Avocado Dressing, p. 54

Mexican Kale & Bean Salad

with Avocado Dressing

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES.

This bowl packs a little of everything for a light yet satisfying lunch or dinner that will keep your taste buds guessing with every single bite.

- 1 bunch** kale, thick stems removed and thinly sliced
- 2 ears** corn, cooked and kernels removed
- 1** orange or red bell pepper, julienned
- 1 15-oz** BPA-free can black beans or chickpeas, drained and rinsed
- 2 cups** cherry or grape tomatoes, halved
- 2 cups** blanched and drained green beans, halved
- smoked paprika or ground chipotle pepper, optional

DRESSING

- 1** avocado, peeled and pitted
- 1 cup** whole-milk Greek yogurt
- 2 tbsp** fresh lemon juice
- 1 tsp** ground cumin
- 1 clove** garlic, roughly chopped
- ¼ tsp** sea salt
- ⅛ tsp** ground black pepper

1. Divide kale among 4 containers. Top kale with mounds of corn, bell pepper, black beans, tomatoes and green beans. (Alternatively, layer all vegetables in a glass jar with a lid.) Sprinkle smoked paprika over vegetables (if using).

2. In a blender or small food processor, blend all dressing ingredients. Store dressing in a separate container and toss with salad just before serving.

PER SERVING (¼ of recipe): Calories: 341, Total Fat: 12 g, Sat. Fat: 3 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 2 g, Carbs: 46 g, Fiber: 14 g, Sugars: 16 g, Protein: 18 g, Sodium: 255 mg, Cholesterol: 8 mg



Swiss Chard Lasagna

SERVES 8. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR, 30 MINUTES.

This lasagna may taste decadent, but it's actually a lightened-up version of traditional cream-heavy varieties. Relying on heart-healthy beans and nuts and loaded with mineral-rich greens, this one-pan wonder is exceptionally satisfying. Garnish servings with fresh parsley if you have some on hand.

- 9** whole-wheat lasagna noodles
- 1 15-oz** BPA-free can unsalted navy beans, drained and rinsed
- 6 tbsp** hemp hearts, divided
- 1½ tsp** sea salt, divided
- 3 tbsp** coconut oil, divided
- 2 cups** thinly sliced leeks
(TIP: Trim and halve leeks lengthwise and rinse out any dirt; dry then thinly slice.)
- 2 cups** finely chopped zucchini
- ¼ tsp** ground black pepper
- 6 cups** packed finely chopped Swiss chard leaves, stems removed
- 1⅓ cups** raw unsalted cashews
- ¼ cup** nutritional yeast
- 2 tbsp** arrowroot powder
- 1 tbsp** garlic powder
- 3 cups** all-natural marinara sauce

- 1.** Preheat oven to 350°F. Cook noodles according to package directions, rinse with cold water and set aside.
- 2.** Meanwhile, in a small bowl, mix beans, 5 tbsp hemp hearts and ¼ tsp salt. Set aside.
- 3.** In a large saucepan on medium, heat 1 tbsp oil. Add leeks and sauté for 1 minute. Add zucchini, ¼ tsp salt and pepper and cook for 3 minutes to soften, stirring often. Add chard and cook for 2 minutes more, stirring constantly. Transfer vegetables to a bowl. Wipe out saucepan.

4. To a blender, add 3 cups water, cashews, nutritional yeast, arrowroot, garlic powder, 1 tsp salt and remaining 2 tbsp oil; blend until smooth. Pour mixture into saucepan and heat on medium-low, stirring occasionally. Once mixture begins to bubble, reduce heat to low and whisk for 4 to 5 minutes, stirring constantly, until mixture has thickened and reduced by about half. Remove from heat.

5. To assemble lasagna, spread 1 cup marinara along the bottom of a 12 x 9-inch casserole dish. Layer 3 noodles over the sauce. Spread half of vegetable mixture over noodles, then sprinkle with half of bean mixture. Drizzle with one-third of cashew cream, spreading it out gently. Line with another layer of 3 lasagna

noodles, and repeat with half of vegetable mixture, half of bean mixture and one-third of cashew cream. Line with remaining 3 noodles, and spread remaining 2 cups marinara on top. Dollop top with remaining one-third cashew cream in large swatches (do not spread).

6. Cover with foil and bake for 30 minutes, then remove foil and bake for 20 minutes longer. Turn oven to broil and bake for 3 to 4 minutes to lightly brown cashew cream on top. Remove lasagna from oven and sprinkle with remaining 1 tbsp hemp hearts. Let sit for at least 10 minutes to set, then cut into 8 slices. If storing, wrap pan tightly and refrigerate for up to 5 days, reheating as needed.

PER SERVING (⅓ of recipe): Calories: 444, Total Fat: 20 g, Sat. Fat: 6 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 5 g, Carbs: 55 g, Fiber: 3 g, Sugars: 10 g, Protein: 17 g, Sodium: 852 mg, Cholesterol: 0 mg



Cinnamon Zucchini Muffins

MAKES 10 MUFFINS.
HANDS-ON TIME: 15 MINUTES.
TOTAL TIME: 35 MINUTES.

Fragrant and flavorful, these vegetable-packed muffins are a wonderful treat any time of day.

- 1¼ cups** whole-wheat pastry flour
- ¾ cup** blanched almond flour
- ⅓ cup** ground flaxseeds
- 1 tbsp** ground cinnamon
- 2 tsp** baking powder
- 1 tsp** baking soda
- ½ tsp** sea salt
- ½ cup** pure maple syrup
- ¼ cup** coconut oil, melted
- 1¼ cups** finely shredded zucchini
- ¾ cup** unsweetened raisins

- 1.** Preheat oven to 350°F. Line a muffin tray with 10 muffin liners, filling empty slots halfway with warm water.
- 2.** In a medium bowl, combine pastry flour, almond flour, flaxseeds, cinnamon, baking powder, baking soda and salt.
- 3.** In a large bowl, whisk together ½ cup water, maple syrup and coconut oil. Add dry ingredients to the wet and stir until just incorporated. Gently fold in zucchini and raisins. Transfer batter to prepared liners. Bake for 20 to 25 minutes, until a toothpick inserted comes out mostly clean. Cool in tray for 5 minutes, then transfer to a wire rack to cool completely. Wrap muffins in plastic wrap and store at room temperature up to 3 days or freeze up to 1 month.

PER SERVING (1 muffin): Calories: 292, Total Fat: 11 g, Sat. Fat: 5 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 2 g, Carbs: 43 g, Fiber: 4 g, Sugars: 23 g, Protein: 5 g, Sodium: 340 mg, Cholesterol: 0 mg



Avocado Hummus

MAKES 1¾ CUPS. HANDS-ON TIME: 10 MINUTES. TOTAL TIME: 10 MINUTES.

This hummus uses avocado in place of tahini for an extra-velvety spin on everyone's favorite dip. For best results, use Hass avocados, which are the creamiest variety.

- 1½ cups** cooked chickpeas (or 1 15-oz BPA-free can, drained and rinsed)
- 1 large** avocado, pitted and peeled
- ¼ cup** fresh lime juice
- 2 tbsp** olive oil
- 1 large** clove garlic, roughly chopped
- ½ tsp** sea salt
- ¼ tsp** ground cumin
- ⅛ tsp** ground cayenne pepper

In a food processor, combine all ingredients. Purée until completely smooth. Transfer to a serving dish and serve with crudité's such as sliced zucchini, carrots and jicama. Refrigerate in a sealed container up to 5 days.

PER SERVING (¼ cup): Calories: 152, Total Fat: 10 g, Sat. Fat: 1 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 1.5 g, Carbs: 14 g, Fiber: 5 g, Sugars: 2 g, Protein: 4 g, Sodium: 143 mg, Cholesterol: 0 mg



Quinoa-Stuffed Cabbage Rolls

MAKES 8 ROLLS.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 40 MINUTES.

Exceptionally hearty, these cabbage rolls are stuffed with a mouthwatering combo of meaty mushrooms and chewy quinoa. While this recipe uses only the outside leaves of the cabbage, you can enjoy the remainder of the vegetable chopped and briefly sautéed as a vitamin-packed side to any dish.

- 1 large** head green or savoy cabbage
- 2 tbsp** olive oil
 - $\frac{1}{2}$ yellow onion, diced
 - 1** carrot, diced
- 1 stalk** celery, diced
- 2 cups** diced cremini mushrooms
 - 1 tsp** caraway seeds
- 2 tbsp** yellow miso
- 2 tbsp** ground flaxseeds
 - $\frac{1}{2}$ tsp ground black pepper
- $\frac{1}{2}$ cup finely chopped unsalted walnuts
- 3 cups** cooked tricolor quinoa
- $\frac{1}{4}$ cup full-fat feta or soft nut cheese, optional
- 2 tbsp** finely chopped fresh chives + additional for serving
- 1½ cups** all-natural marinara sauce

1. Bring a large pot of water to a boil. Submerge whole cabbage in water, cover and cook 3 to 4 minutes. Drain water and carefully peel off 8 of the outer leaves.

2. In a sauté pan on medium, heat oil. Add onion, carrot and celery and cook for 5 minutes. Add mushrooms and caraway seeds and cook for 3 minutes more, stirring constantly. Remove from heat and transfer mixture to a food processor. Add miso, flaxseeds and pepper. Pulse to finely chop mixture while retaining plenty of texture. Add walnuts and pulse a few more times to incorporate. Transfer to a large bowl, add quinoa, cheese (if using) and chives and mix thoroughly.

3. To assemble, lay a cabbage leaf on a flat surface. Place a packed $\frac{1}{2}$ cup of quinoa mixture on the leaf near the stem end, pressing the mixture into a compact oval, about half the length of the leaf. Fold the top of the leaf down toward the stem, then fold the 2 sides over the filling and roll up. Repeat with remaining cabbage leaves.

4. Into a large sauté pan or shallow pot, pour half of marinara, spreading out sauce to coat the entire bottom surface. Carefully place cabbage rolls, folded side down, in pan. Drizzle tops of rolls with remaining half of marinara. Cover and cook on medium-low for 10 minutes to heat through. To serve, use a spatula to transfer rolls to a plate, spooning a little sauce with them. Sprinkle with additional chives. If storing, transfer rolls and sauce to a sealed container and refrigerate for up to 4 days, reheating as needed.

PER SERVING (2 rolls): Calories: 448, Total Fat: 23 g, Sat. Fat: 2 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 10.5 g, Carbs: 52 g, Fiber: 11 g, Sugars: 13 g, Protein: 14 g, Sodium: 827 mg, Cholesterol: 0 mg



YOUR PREP-AHEAD SHOPPING LIST

VEGGIES & FRUITS

- 2 medium zucchini
- 1 red or orange bell pepper
- 1 yellow onion
- 1 head garlic
- 1 bunch curly kale
- 1 lemon (plus 2 additional lemons, optional)
- 1 small bunch fresh chives
- 2 leeks
- 1 bunch Swiss chard (6 large leaves)
- 2 large avocados
- 2 large limes
- 1 large head green cabbage
- 1 carrot (plus additional carrots, optional)
- 1 stalk celery
- 6 oz cremini mushrooms
- 11 oz green beans
- 2 ears corn
- 1 pint cherry or grape tomatoes

- 1 potato of your choice, optional
- 1 vine tomato, optional
- 1 pkg sprouts, optional
- 1 jicama, optional
- 1 bunch asparagus, optional
- 1 small bunch spinach, optional
- 1 4-oz container mixed greens, optional
- 1 small bunch rosemary, optional

WHOLE GRAINS

- 1 bag whole-wheat pastry flour (or gluten-free all-purpose blend)
- 1 pkg whole-wheat lasagna noodles
- 1 box tricolor quinoa
- 1 loaf whole-wheat bread, optional
- 1 box whole-grain fusilli, optional

NUTS, SEEDS & OILS

- 1 bag blanched almond flour
- 1 bag ground flaxseeds
- 1 bag hemp hearts
- 7 oz raw unsalted cashews
- 2½ oz raw unsalted walnuts
- 1 jar natural creamy unsalted almond butter, optional

PROTEINS

- 1 15-oz BPA-free can navy beans
- 1 15-oz BPA-free can chickpeas
- 1 15-oz BPA-free can black beans or chickpeas
- 1½ cups full-fat feta or soft nut cheese, optional
- 1 8-oz container whole-milk Greek yogurt
- 1 8-oz pkg tempeh, optional

PANTRY STAPLES

- 1 container baking powder
- 1 box baking soda
- 1 bottle ground cinnamon
- 1 jar coconut oil
- 1 jar pure maple syrup
- 1 bag unsweetened raisins
- 1 bottle olive oil
- 1 jar pitted olives, optional
- 1 container nutritional yeast
- 1 bottle garlic powder
- 1 bag arrowroot powder
- 1 bottle ground cumin
- 1 bottle cayenne pepper
- 1 bottle caraway seeds
- 1 container yellow miso
- 1 jar all-natural marinara sauce
- 1 container all-natural pesto, optional
- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 bottle smoked paprika or ground chipotle pepper, optional
- 1 container unsalted pumpkin seeds, optional



COOK SUNDAY *and Eat Clean All Week*

Healthy eating can often be associated with “light” and unsatisfying. Not anymore. Try this batch-cooking plan for comforting meals full of good-for-you ingredients.

THIS WEEK'S MENU

BREAKFAST

Red Velvet Cake

with fresh raspberries and a dollop of yogurt, p. 64

Instant Pho, p. 62

Chana Masala

with brown rice, p. 65

LUNCH

Instant Pho, p. 62

Mushroom Walnut Lentil Balls

over spaghetti in marinara sauce, p. 61

Mushroom Walnut Lentil Balls

on a whole-grain sub roll with marinara sauce and fresh basil, p. 61

Mushroom Walnut Lentil Balls

in vegetable soup, p. 61

Chana Masala

and fresh cilantro in a roti, p. 65

Dairy- & Gluten-Free Mac & Cheese

with your choice of salad, p. 63

Roasted Buffalo Chickpeas

sprinkled over a Caesar or garden salad, p. 64

DINNER

Mushroom Walnut Lentil Balls over spaghetti in marinara sauce

with a toasted whole-grain baguette, p. 61

Chana Masala

with brown rice or whole-wheat naan, p. 65

Chana Masala

over a bed of steamed lemon spinach, p. 65

Dairy- & Gluten-Free Mac & Cheese

with your choice of salad, p. 63

SNACKS

Instant Pho, p. 62

Roasted Buffalo Chickpeas, p. 64

Red Velvet Cake

with Chocolate Frosting, p. 64



Mushroom Walnut Lentil Balls

SERVES 6. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 50 MINUTES.

Try these hearty mushroom walnut lentil balls served over whole-wheat spaghetti or on a roll with mozzarella cheese and marinara sauce.

3 tbsp ground flaxseeds	1½ cups cooked brown lentils
¼ cup grape seed oil, divided	1½ cups whole spelt flour
9 oz mixed mushrooms (portobello, stemmed shiitake or cremini), diced	1 tbsp fresh lemon juice
1 yellow onion, diced	1 tsp sea salt
4 cloves garlic, crushed	½ tsp black pepper
1 tbsp dried basil	
2 tsp ground cumin	
1 tsp paprika	
¼ tsp ground cayenne pepper, optional	
1 cup unsalted walnuts, chopped	
2 tsp reduced-sodium soy sauce	

1. In a small bowl, mix together 1 cup water and flaxseeds. Set aside to thicken.

2. Meanwhile, in a large skillet on medium-high, heat 1 tbsp oil. Add mushrooms and sauté until slightly brown, about 5 minutes.

3. Add onions, garlic, basil, cumin, paprika and cayenne (if using). Sauté until fragrant, about 3 minutes. Add walnuts and sauté until slightly toasted, about 3 minutes more. Stir in soy sauce and remove from heat. Transfer to a large bowl and wipe out skillet.

4. To large bowl with mushroom mixture, add flaxseed mixture, lentils, flour, lemon juice, salt and pepper. Knead until well combined and flour is fully incorporated. Roll mixture into balls using about 2 tbsp mixture per ball.

5. In same large skillet on medium, heat 1 tbsp oil. Add one-third of lentil balls. Cover and cook until brown, about 8 minutes, turning halfway. Repeat with remaining oil and lentil balls. Serve over spaghetti or on a whole-grain sub roll with marinara sauce, or let cool then transfer to a resealable container and store in the fridge. To reheat, arrange on a parchment-lined baking sheet and bake at 375°F for 15 to 20 minutes.

PER SERVING (7 to 8 balls): Calories: 393, Total Fat: 22.5 g, Sat. Fat: 2 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 16 g, Carbs: 40 g, Fiber: 9.5 g, Sugars: 4 g, Protein: 13 g, Sodium: 392 mg, Cholesterol: 0 mg

Instant Pho

SERVES 6. HANDS-ON TIME: 20 MINUTES. COOKING TIME: 30 MINUTES.

The ultimate convenience food: Prepare these portable pho jars through Step 5, and when you're ready to eat, simply add boiling water and enjoy.

- | | |
|--|---|
| 2 tbsp grape seed oil | 1 tsp each sea salt and ground black pepper |
| 1 14-oz pkg organic firm tofu, cut into ½-inch cubes | 2 cups chopped red cabbage |
| 3 tbsp reduced-sodium soy sauce | 2 cups grated carrots |
| 2 tbsp pure maple syrup | 5 oz thinly sliced shiitake mushrooms |
| 3 tbsp garlic powder | 1 bunch green onions (aka scallions), thinly sliced |
| 1½ tbsp each onion powder, red pepper flakes, ground cinnamon and ground ginger | ½ bunch each fresh basil and cilantro, stems removed |

- 1 16-oz** pkg brown rice vermicelli noodles
- 2** limes, each cut into 6 slices
- all-natural hot sauce, optional

EQUIPMENT:

- 6 32-oz** heat-proof Mason jars with lids

1. In a large skillet on medium-high, heat oil. Add tofu and cook for about 8 minutes, until golden brown, turning halfway.

2. Add soy sauce and maple syrup and stir to coat; cook until sauce has been absorbed, about 3 minutes. Remove from heat and set aside.

3. To a small skillet on medium, add garlic powder, onion powder, pepper flakes, cinnamon and ginger. Toast until fragrant, about 4 minutes. Remove from heat and combine with salt and black pepper.

4. Divide spice mixture among jars. To each jar add ⅓ cup cabbage, ⅓ cup carrots, ⅓ cup mushrooms and one-sixth of tofu, green onions, basil, cilantro and noodles.

5. Squeeze 2 wedges of lime into each jar and then place into the jar. Seal jars and refrigerate.

6. When ready to eat, remove lime then fill Mason jar with boiling water, about 3 cups. Place lid on jar and let sit until noodles are cooked, about 8 minutes. Drizzle with hot sauce (if using).

PER SERVING (1 jar): Calories: 471, Total Fat: 8 g, Sat. Fat: 1 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 5 g, Carbs: 86 g, Fiber: 6.5 g, Sugars: 8.5 g, Protein: 16 g, Sodium: 685 mg, Cholesterol: 0 mg





The Best Dairy- & Gluten-Free Mac & Cheese

SERVES 8. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 1 HOUR, 25 MINUTES.*

*PLUS SOAKING TIME.

This mac and cheese loaded with fresh squash and mushrooms is sure to appeal to your grown-up taste buds.

- 1** butternut squash, peeled, halved and seeded
- 1 head** garlic, top removed
- 1 lb** whole-grain, gluten-free elbow macaroni
- 2 tbsp** extra-virgin olive oil
- 13 oz** stemmed and sliced shiitake mushrooms
- 18 oz** full-fat coconut milk
- 2 cups** low-sodium vegetable broth
- 1 cup** raw unsalted cashews, soaked for 30 minutes and drained
- 1** lemon, zested and juiced
- ½ cup** nutritional yeast
- ¼ cup** blanched almond flour
- 2 tsp** Dijon mustard
- 1½ tsp** sea salt and ground black pepper

GARNISH

- 1 tbsp** blanched almond flour
- 1 tbsp** nutritional yeast
- 1 tsp** smoked paprika
- ½ tsp** coarse sea salt
- ¼ bunch** fresh parsley, roughly chopped

1. Preheat oven to 400°F. Place squash and head of garlic on a parchment-lined baking sheet; mist garlic with cooking spray. Bake until squash is tender, about 45 minutes.

2. Meanwhile, cook pasta according to package directions. Drain, rinse with cold water and transfer to a 9 x 13-inch baking dish.

3. Meanwhile, in a small skillet on medium, heat oil. Add mushrooms and sauté until fragrant, about 5 minutes. Remove from heat and set aside.

4. Remove skins from garlic and add to a high-powered blender with squash, coconut milk, broth, cashews, lemon zest and juice, ½ cup nutritional yeast, ¼ cup almond flour, Dijon, salt and pepper.

5. Pour sauce over noodles and stir until coated. Top with mushrooms and bake for 30 minutes. Sprinkle with garnishes before serving.

PER SERVING (2 cups): Calories: 530, Total Fat: 28 g, Sat. Fat: 14 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 2 g, Carbs: 67 g, Fiber: 9 g, Sugars: 4 g, Protein: 14 g, Sodium: 531 mg, Cholesterol: 0 mg



Red Velvet Cake with Chocolate Frosting

SERVES 12. HANDS-ON TIME: 30 MINUTES.
TOTAL TIME: 1 HOUR, 35 MINUTES.

Beet purée adds the subtle red hue to this better-for-you red velvet cake smothered in a layer of irresistible chocolate frosting.

- 5 small** beets
- 2½ cups** whole spelt flour + additional for dusting
- 1 cup** unsweetened cocoa powder
- 2 tbsp** ground flaxseed
- 1 tsp** baking soda
- ¼ tsp** sea salt
- ½ cup** pure maple syrup
- ½ cup** grape seed oil
- 2 tbsp** apple cider vinegar
- 1 tbsp** pure vanilla extract

ICING

- 2 cups** pitted dates
- 1 cup** unsweetened plain almond milk
- ½ cup** unsweetened cocoa powder
- ⅓ cup** coconut oil

1. Prepare beet purée: Preheat oven to 400°F. Wrap beets individually in foil and place in a baking pan. Bake until fork-tender, about 45 minutes. Cool slightly, then carefully unwrap and

slip off peels. Transfer beets to a food processor and process until smooth (you should have about 2 cups).

2. Reduce oven to 350°F. Mist a 9 x 9-inch baking pan with cooking spray then dust with flour.

3. To a large bowl, combine flour, 1 cup cocoa powder, flaxseed, baking soda and salt. To a medium bowl, add 2 cups beet purée, 1 cup water, maple syrup, grape seed oil, vinegar and vanilla.

4. Add wet mixture to dry mixture. Using a spatula, mix until fully incorporated; pour into prepared pan. Bake for 35 to 40 minutes. Cool completely.

5. Meanwhile, to a food processor, add all icing ingredients and process until smooth, scraping down sides as needed, about 7 minutes. Spread icing over cake. Cut into 12 squares.

PER SERVING (1 square): Calories: 395, Total Fat: 18 g, Sat. Fat: 7 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 8 g, Carbs: 56 g, Fiber: 11 g, Sugars: 27 g, Protein: 7 g, Sodium: 180 mg, Cholesterol: 0 mg

Roasted Buffalo Chickpeas

SERVES 8.
HANDS-ON TIME: 10 MINUTES.
TOTAL TIME: 55 MINUTES.

Crispy, crunchy chickpeas make the perfect high-protein snack, especially when they taste like Buffalo wings.

- 4 cups** cooked or BPA-free canned chickpeas, drained, rinsed and patted dry
- ¼ cup** all-natural hot sauce
- 3 tbsp** grape seed oil
- 1 tbsp** each paprika and garlic powder
- 1 tsp** ground cayenne pepper
- ¼ tsp** sea salt

1. Preheat oven to 450°F. Line a baking sheet with foil.

2. To a medium bowl, add chickpeas, hot sauce, oil, paprika, garlic powder and cayenne and toss to coat.

3. Spread chickpeas evenly on prepared baking sheet. Bake for 15 minutes, stir, and then continue to bake until golden brown and crisp, 30 to 35 minutes.

4. Sprinkle with salt and let cool completely before eating or storing.

PER SERVING (½ cup): Calories: 187, Total Fat: 7.5 g, Sat. Fat: 1 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 5 g, Carbs: 24 g, Fiber: 7 g, Sugars: 4 g, Protein: 8 g, Sodium: 253 mg, Cholesterol: 0 mg



Chana Masala

SERVES 6. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 50 MINUTES.

Calling all Indian-food lovers: This healthier take on chana masala will not disappoint.

- | | |
|---|---|
| 2 tbsp grape seed oil | 1 tsp ground turmeric |
| 1 yellow onion, diced | 4 cups BPA-free canned unsalted diced tomatoes |
| 2 green chiles, seeded and minced | 4 cups cooked or BPA-free canned chickpeas, drained and rinsed |
| 1 head garlic, minced | 1 cup low-sodium vegetable broth |
| 1 1-inch piece ginger, peeled and minced | ½ lemon, juiced |
| 1 tbsp cumin seeds | 1 tsp each garam masala and sea salt |
| 2 tsp ground coriander | ¼ tsp ground black pepper |
| | ½ bunch fresh cilantro, chopped |

OPTIONAL ACCOMPANIMENTS:
Brown rice and/or whole-wheat naan

1. In a large, deep skillet on medium, heat oil. Add onions and sauté until translucent and fragrant, about 6 minutes.

2. Add chiles, garlic and ginger and sauté until fragrant, about 4 minutes. Add cumin seeds, coriander and turmeric and sauté until fragrant, about 2 more minutes.

3. Add tomatoes, chickpeas and broth and bring to a simmer. Simmer on low for 20 to 25 minutes.

4. Stir in lemon juice, garam masala, salt and pepper. Remove from heat. Garnish with cilantro and serve with brown rice or whole-wheat naan.

PER SERVING (1 cup): Calories: 291, Total Fat: 8 g, Sat. Fat: 1 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 5 g, Carbs: 44.5 g, Fiber: 11 g, Sugars: 13 g, Protein: 12 g, Sodium: 377 mg, Cholesterol: 0 mg



YOUR COOK-ONCE SHOPPING LIST

PROTEINS & DAIRY ALTERNATIVES

- 1 14-oz pkg organic firm tofu
- 1 18-oz container plain unsweetened almond milk
- 1 18-oz container plain unsweetened dairy or non-dairy yogurt, optional

VEGGIES & FRUITS

- 5 small beets
- 1 butternut squash
- 1 red cabbage
- 3 large carrots
- 2 green chiles
- 3 heads garlic
- 2 lemons
- 2 limes
- 2 yellow onions
- 1 bunch green onions
- 9 oz mixed mushrooms (portobello, stemmed shiitake or cremini)
- 18 oz shiitake mushrooms
- 1 small bunch fresh basil
- 1 bunch fresh cilantro
- ¼ bunch fresh parsley

- 1 1-inch piece fresh ginger
- 1 pint fresh raspberries, optional
- 1 container lettuce of your choice, optional
- 1 bunch spinach, optional

WHOLE GRAINS

- 1 bag whole spelt flour
- 1 1-lb pkg whole-grain, gluten-free elbow macaroni
- 1 16-oz pkg dry brown rice vermicelli noodles
- 1 pkg whole-wheat naan, optional
- 1 box brown rice, optional
- 1 whole-grain roti, optional
- 1 whole-grain baguette, optional

NUTS, SEEDS & OILS

- 1 bottle extra-virgin olive oil
- 1 bottle grape seed oil
- 1 container coconut oil
- 5 oz unsalted chopped walnuts
- 5 oz raw unsalted cashews
- 1 bag ground flaxseeds
- 1 bag cumin seeds

PANTRY STAPLES

- 1 bag blanched almond flour
- 1 bottle ground black pepper
- 1 bottle fine sea salt
- 1 bottle coarse sea salt
- 1 bottle reduced-sodium soy sauce
- 1 jar pure maple syrup
- 1 bottle onion powder
- 1 bottle garlic powder
- 1 bottle red pepper flakes
- 1 bottle ground cinnamon
- 1 bottle ground ginger
- 1 container unsweetened cocoa powder
- 1 box baking soda
- 1 bottle all-natural hot sauce
- 1 24-oz container low-sodium vegetable broth
- 1 bottle garam masala
- 1 bottle paprika

- 1 bottle smoked paprika
- 2 13.5-oz cans full-fat coconut milk
- 1 bottle ground coriander
- 1 bottle ground cumin
- 1 bottle ground turmeric
- 2 cans BPA-free unsalted diced tomatoes
- 1 jar Dijon mustard
- 1 bottle nutritional yeast
- 1 bag brown lentils
- 21 oz dry chickpeas or 5 15-oz cans BPA-free canned unsalted chickpeas
- 1 pkg pitted dates
- 1 bottle ground cayenne pepper
- 1 bottle dried basil
- 1 bottle pure vanilla extract
- 1 bottle apple cider vinegar
- 1 BPA-free can low-sodium vegetable soup, or homemade vegetable soup, optional
- 1 jar marinara sauce, optional



COOK SUNDAY, *Eat Gluten-Free* ALL WEEK

Eating for a gluten-free lifestyle means you have to be prepared. In just 1 afternoon, you can make all 5 of these wheat-free recipes to yield a week's worth of meals to keep you satisfied and on track. (You'll find them uber delicious even if you're not holding the gluten - we did!)

THIS WEEK'S MENU

BREAKFAST

Cassava Waffles
with maple syrup or berries, p. 69

Cassava Waffles
with almond butter and sliced banana, p. 69

Apple Crumble Bars
in a bowl topped with yogurt, p. 72

LUNCH

Three-Cheese Zucchini Lasagna, p. 71

Chicken Fajita Wraps: Serve **Chicken Fajita Stew** in a gluten-free tortilla or in lettuce wraps with optional toppings, p. 68

Chicken Fajita Bowl:
Serve **Chicken Fajita Stew** over heated cauliflower rice with optional toppings, p. 68

New-Fashioned Cream of Mushroom Soup with green salad, p. 70

DINNER

Gluten-Free Chicken & Cassava Waffles, p. 69

Three-Cheese Zucchini Lasagna, p. 71
with **New-Fashioned Cream of Mushroom Soup**, p. 70

Chicken Fajita Stew
served in a bowl over mushroom mashed potatoes, p. 68

Quick Chicken Marsala, p. 70

Chicken Quesadillas: **Chicken Fajita Stew** stuffed into gluten-free tortillas with cheese then cooked in a skillet on both sides, p. 68

SNACKS & DESSERT

Cassava Waffles cut into pieces and toasted with ice cream and chocolate sauce, p. 69

Cassava Waffles
with almond butter and banana slices, p. 69

Apple Crumble Bars in a bowl topped with yogurt, ice cream or whipped cream, p. 72

Chicken Fajita Stew

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 1 HOUR, 5 MINUTES.

Serve this flavorful stew with a variety of toppings so everyone can build their own bowl at the table – try chopped radishes, cilantro, avocado, crushed tortilla chips, sour cream, shredded cheddar and black olives. You can use the mixture in tortillas or lettuce wraps, or use it as the base for fajitas or quesadillas (just make sure to drain out some of the liquid). Use gluten- and grain-free tortillas or tortilla chips depending on your dietary preferences.

- 2 tbsp** avocado oil
- 1½ lb** boneless, skinless chicken breasts, thighs or a combination, cut into strips
- ½ tsp** each sea salt and ground black pepper, divided + additional to taste
- 3 large** bell peppers, cut into 1-inch strips
- 1 large** yellow onion, sliced
- 6 cloves** garlic, minced
- 2–3 tsp** taco seasoning
(**TIP:** You can use a purchased brand or make your own; try our recipe at cleaneating.com.)
- ½ cups** low-sodium chicken broth
- 1 12-oz** all-natural jar salsa

1. In a large pot on medium-high, heat oil. Season chicken with ¼ tsp each salt and pepper and add to pot. Cook, turning occasionally, until browned on all sides, 3 to 4 minutes. Transfer to a plate.



2. Add bell pepper and onion to pot, season with ¼ tsp each salt and pepper and cook, stirring occasionally, until tender and beginning to caramelize, 6 to 8 minutes. Add garlic and taco seasoning; sauté 1 minute, until fragrant. Pour in broth and stir up any browned bits from bottom of pot.

3. Return chicken and any collected juices from plate to pot. Stir in salsa. Bring just to a boil, then reduce heat and simmer uncovered until chicken is cooked through and stew has thickened, about 30 minutes.

4. Transfer chicken pieces to a cutting board and chop or shred, then return to pot. Season with additional salt and pepper.

PER SERVING (¼ of recipe): Calories: 364, Total Fat: 12 g, Sat. Fat: 2 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 2 g, Carbs: 20 g, Fiber: 4 g, Sugars: 5 g, Protein: 42 g, Sodium: 641 mg, Cholesterol: 124 mg

Cassava Waffles

MAKES 4 WAFFLES. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 30 MINUTES.

Flour made from cassava, also known as yucca, is a great gluten- and grain-free alternative to wheat flour.

These neutrally flavored waffles work well in both sweet or savory applications, and at any time of day. Serve with maple syrup, whipped cream or fruit for a sweet breakfast or snack. For a savory meal, try them in place of bread for an open-faced sandwich or for gluten-free chicken and waffles (see tip below). You can use any type of waffle maker for this recipe, but keep in mind the yield may change depending on the size and shape of the model.

- 1 cup**
- + 2 tbsp** cassava flour
- 1 cup** plain unsweetened almond milk (or other milk of choice)
- 2 large** eggs
- ¼ cup** organic unsalted butter, melted and cooled
- 1 tbsp** baking powder
- ½ tsp** sea salt

1. To a blender, add all ingredients and blend until well combined, smooth and thick.

2. Preheat a 7-inch round waffle iron and mist with cooking spray. Spoon ½ cup batter per waffle into waffle iron and follow manufacturer's instructions for cooking. Let cool completely in a single layer on a wire rack. Refrigerate waffles for up to 5 days; or freeze on a parchment-lined baking sheet then transfer to a bag and freeze up to 1 month. Reheat in a toaster oven.

GLUTEN-FREE CHICKEN & WAFFLES:

Yes, you can eat gluten-free and still enjoy chicken and waffles! To make gluten-free breaded chicken, dredge chicken breast in cassava instead of wheat flour, dip in egg then in almond flour. Cook in a skillet in avocado oil and serve over waffles with a drizzle of pure maple syrup.

PER SERVING (1 waffle): Calories: 282, Total Fat: 15 g, Sat. Fat: 8 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1 g, Carbs: 32 g, Fiber: 3 g, Sugars: 0 g, Protein: 4 g, Sodium: 735 mg, Cholesterol: 124 mg



New-Fashioned Cream of Mushroom Soup

SERVES 4.

HANDS-ON TIME: 35 MINUTES.

TOTAL TIME: 1 HOUR.*

*PLUS 4 HOURS SOAKING TIME.

Just because this isn't your mama's canned cream of mushroom doesn't mean you can't use it the way she did. It makes a great sauce for Swedish meatballs or chicken pot pie, or even a base for a healthy and quick chicken Marsala. See our ideas (right) for more details on exactly how to use this velvety soup.

- 1 cup** raw unsalted cashews
- 3 tbsp** organic unsalted butter
- 1 large** yellow onion, chopped
- ½ tsp** sea salt + additional to taste
- 1 lb** chopped mixed mushrooms, such as shiitake, crimini and oyster (about 10 cups)
- 4 cloves** garlic, minced
- 1 tbsp** fresh thyme leaves + additional for garnish
- 4 cups** low-sodium chicken broth
- 1 to 2 tsp** sherry vinegar, optional
- ground black pepper, to taste

1. Place cashews in a medium bowl. Cover with cool water by 1 inch. Cover and refrigerate for at least 4 hours (or overnight). Drain and rinse with cool water.

2. In a large pot on medium, melt butter. Add onion, season with ¼ tsp salt and cook, stirring occasionally, until just turning tender, about 3 minutes. Add mushrooms, season with ¼ tsp salt and cook, stirring occasionally, until tender and golden, about 10 minutes. Add garlic and thyme; sauté until fragrant, about 1 minute.

3. Transfer mushroom mixture to a bowl. Pour broth into pot and bring to a boil, stirring up any browned bits on bottom. Stir in cashews, reduce heat and simmer until nuts are very soft, about 15 minutes. Working in batches if needed, purée in a blender until very smooth. (**TIP:** Remove center portion of lid and cover with a clean towel to allow steam to escape.)

4. Pour puréed mixture back into pot. Return mushrooms and any accumulated liquid to pot. Cook over medium-low heat until warmed through. Stir in vinegar (if using). Season with additional salt and pepper.

PER SERVING (¼ of recipe): Calories: 325, Total Fat: 23 g, Sat. Fat: 8 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 3 g, Carbs: 23 g, Fiber: 4 g, Sugars: 6 g, Protein: 14 g, Sodium: 331 mg, Cholesterol: 23 mg

4 Classic Ways to Use This New-Fashioned Mushroom Soup

- **Mushroom Mashed Potatoes:**
Add a few spoonfuls of soup to mashed potatoes, to taste.
- **Swedish Meatballs:**
Mix it with beef broth, mustard and Worcestershire and use it as a sauce over homemade meatballs.
- **Pot Pie Starter:**
Use it as a base for chicken pot pie filling or a casserole.
- **Quick Chicken Marsala:**
Sear chicken breast cutlets (about 1 lb) in oil; transfer to a plate. Cook a chopped onion or shallots in the same skillet, deglaze with a splash of Marsala wine, then add 1 cup soup, or as desired. Bring to a simmer and return chicken to pan. Cover and simmer until chicken is cooked through.



Use this velvety soup to make a quick version of Swedish meatballs.



Three-Cheese Zucchini Lasagna

SERVES 8.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 1 HOUR, 10 MINUTES.*

*PLUS 4 HOURS CHILLING TIME.

A staff favorite, this lasagna is delicious as is, but it can also be customized to your taste: Use thinly sliced eggplant in place of some or all of the zucchini; add cooked ground beef, turkey or pork to the sauce; or use a spicy sauce, such as arrabiata, or add red pepper flakes for some heat.

- 3 large** zucchini, trimmed and sliced lengthwise into 1/8-inch-thick slices using a mandoline or sharp knife
- 1/2 tsp** sea salt, divided
- 1 1/2 cups** whole-milk ricotta cheese
- 1/2 cup** grated Parmesan cheese
- 1 large** egg
- 2 tbsp** finely chopped fresh basil + additional for garnish
- 1/4 tsp** ground black pepper
- 2 cups** jarred marinara sauce
- 2 cups** shredded mozzarella cheese

1. Place a rack in second-highest position in oven; preheat broiler to high. Working in three batches, arrange zucchini on a baking sheet, mist with cooking spray and sprinkle with 1/8 tsp salt per batch. Broil until tender, about 3 minutes. Transfer to a large paper towel-lined plate.

2. Preheat oven to 375°F. In a medium bowl, fold together ricotta, Parmesan, egg, basil, pepper and remaining 1/8 tsp salt. Spread 1/2 cup marinara over bottom of a 7 x 11-inch baking dish. Place a layer of zucchini over sauce. Carefully spread 2/3 cup ricotta mixture over zucchini; sprinkle with 1/2 cup mozzarella. Repeat twice, then top with a final layer of zucchini and 1/2 cup marinara. (You'll have 1/2 cup mozzarella left; keep it in the refrigerator.)

3. Cover baking dish with foil; bake 20 minutes. Remove foil, sprinkle with reserved 1/2 cup mozzarella and bake 20 minutes more, until cheese on top has melted and lasagna is bubbling. Let cool, then cover and refrigerate for at least 4 hours or overnight before serving. To serve, cut pieces, place in a baking dish and bake at 350°F for 10 to 15 minutes to warm through. You may see some water surrounding the pieces after baking; simply lift pieces out with a spatula and discard liquid. Garnish with additional basil before serving.

PER SERVING (1/8 of recipe): Calories: 253, Total Fat: 16 g, Sat. Fat: 9 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1 g, Carbs: 12 g, Fiber: 2 g, Sugars: 6 g, Protein: 16 g, Sodium: 734 mg, Cholesterol: 75 mg

Apple Crumble Bars

**MAKES 16 BARS. HANDS-ON TIME: 25 MINUTES.
TOTAL TIME: 45 MINUTES.**

These versatile Paleo crumble bars can work equally well for breakfast, a snack or even dessert. They're quite crumbly, so we love serving them in a bowl with yogurt or ice cream. To add a spicy dimension, try using apple pie spice in place of the cinnamon.

CRUST

- 2 cups** blanched almond flour
- 2 tbsp** coconut oil
- 2 tsp** pure vanilla extract
- ¼ tsp** sea salt

FILLING

- 1 tbsp** coconut oil
- 4** firm apples (about 7.5 oz each), such as Gala, peeled, cored, cut into ⅛-inch-thick slices
- 2 tbsp** pure maple syrup
- 2 tsp** ground cinnamon
- Pinch** sea salt

TOPPING

- 5 oz** unsalted walnuts (about 1½ cups)
- ¾ cup** blanched almond flour
- ¼ cup** pure maple syrup
- 1 tbsp** coconut oil
- 1 tsp** ground cinnamon
- ¼ tsp** sea salt

1. Preheat oven to 350°F; line an 8-inch square baking pan with parchment paper. Make crust: In a food processor, combine all crust ingredients plus 1 tbsp water. Pulse until mixture forms a dough. Press evenly into pan. (Do not wash food processor.) Bake for 15 minutes, until golden. Let cool on a wire rack.

2. Meanwhile, prepare filling: In a large skillet on medium, melt coconut oil. Add apples, maple syrup, cinnamon and salt and cook, stirring occasionally, until apples are tender but not mushy, about 5 minutes. Transfer to a bowl to cool.

3. Prepare topping: Place all topping ingredients in food processor and pulse until combined and crumbly.

4. Carefully spread apple filling over crust and sprinkle with topping. Bake for 15 to 20 minutes, until topping is golden. Let cool completely on a wire rack before lifting out of pan and cutting into 16 bars. Cover and refrigerate leftovers for up to 5 days or freeze up to 1 month. Serve cold or reheated in the toaster oven.

PER SERVING (1 bar): Calories: 247, Total Fat: 20 g, Sat. Fat: 4 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 7 g, Carbs: 16 g, Fiber: 3 g, Sugars: 10 g, Protein: 6 g, Sodium: 72 mg, Cholesterol: 0 mg

YOUR COOK-ONCE SHOPPING LIST

PROTEINS & DAIRY

- 1½ lb boneless, skinless chicken breasts, thighs or a combination
- 1½ cups whole-milk ricotta cheese
- 2 oz Parmesan cheese
- 8 oz mozzarella cheese
- 1 stick organic unsalted butter
- 1 dozen large eggs
- 1 cup plain unsweetened almond milk

VEGGIES & FRUITS

- 2 large yellow onions
- 3 large zucchini
- 3 large bell peppers, any color
- 1 large head garlic
- 1 lb mixed mushrooms, such as shiitake, cremini and oyster
- 1 bunch fresh thyme leaves
- 1 bunch fresh basil
- 4 medium-sized firm apples, such as Gala

NUTS, SEEDS & OILS

- 4 oz raw cashews
- 5 oz raw unsalted walnuts
- 1 bottle avocado oil
- 1 bottle cooking spray (olive or avocado oil)
- 1 bag blanched almond flour
- 1 bottle coconut oil

PANTRY STAPLES

- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 bottle taco seasoning
- 1 12-oz jar all-natural salsa
- 2 qts low-sodium chicken broth
- 1 18-oz jar marinara
- 1 bag cassava flour
- 1 container baking powder
- 1 bottle pure vanilla extract
- 1 bottle pure maple syrup
- 1 bottle ground cinnamon
- 1 bottle sherry vinegar, optional

TIP: We've included the ingredients needed for the main recipes in this section; if you're trying our additional recipe suggestions, make sure to add those ingredients to your list.

