



30 - Day Challenge Nutrition Plan



Welcome and Congratulations!

You've taken an incredible step toward reaching your healthy lifestyle goals. Here, you will find support, motivation and inspiration from a community of like minded people. Whether you struggle with your weight, want to gain strength or simply want to live with more confidence and energy, we will provide you the tools you need.

GOALS

WEEK 1

- **Water, Water, Water!** Drink a glass at every meal and keep a water bottle on you at all times.
- **No Sugar! No Bread! No Alcohol!** This week it is key not to consume these items.

WEEK 2

- **Prep your food for the week.** This is a time saving measure. ziploc your snacks and meals or marinate your meat. Cook your steel cut oatmeal for the week's worth.
- **Make sure you have some good fat in the morning** (*coconut or olive oil or avocado*).
- **Try one of the desserts recipes but save it for only 1 night.**

WEEK 3

- **Take 2000 IU of vitamin d-3 supplement daily in the morning.** (*check with doctor, especially if you are on any medication*)
- **Break the plateau with two - (18) hour intermittent fastings this week.** Eat an early dinner around 6pm and do not eat or drink (*you can have water or tea without sugar*) until noon the following day. This will help break through weight plateaus and sharpen brain metabolism for better focus.
- **Embrace the leftovers.** It saves money and all of the recipes this week are interchangeable (*except dessert*)

WEEK 4

- **Sleep Prep** (*prep your clothes, next day lunch before bed, and put the cell on airplane mode*). Quality sleep makes everything work better including your ability to metabolism fat.
- **WATER, WATER, WATER!** It is so important I had to do it again. Consume 2-3 liters a day.

SUGGESTED AND APPROVED FOODS

Proteins	Veggies	Carbs	Drinks or misc
<ul style="list-style-type: none"> • Nothing fried or breaded • Lentils • Black and Pinto beans <p>Try to eat from organic, sustainable farms.</p>	<ul style="list-style-type: none"> • Any green veggies (<i>broccoli, beans, brussel sprouts, swiss chard, kale, spinach, etc</i>) • Any peppers (<i>sweet or hot</i>) • Limit corn • No regular potatoes only sweet potatoes 	<ul style="list-style-type: none"> • Sweet potato or quinoa or steel cut oats • Limit fruit to 1-2 servings a day 	<ul style="list-style-type: none"> • YES! Black coffee (<i>no sugar but you can add little bit of half and half or almond or coconut milk</i>) • Water, or herbal tea with lemon • No Alcohol • Coconut or olive oil • Vinegars • Dry seasonings or fresh herbs

Day	BREAKFAST (Eat within 1 hour after waking up)	SNACK (Morning or afternoon) optional	LUNCH	DINNER
Tuesday	<ul style="list-style-type: none"> Half an avocado OR 1 serving of steel cut oats with handful of berries Green Smoothie 	Choose of one <ul style="list-style-type: none"> 10-15 raw or lightly roasted almonds Vegan Avocado Powersnack* Handmade gluten free snack bars 	Profile for the week: Lunch should consist of a good source of protein and veggies with optional carbs ½ or a medium sweet potato or 1 serving of quinoa cooked in water or chicken broth.	Profile for the week: Dinner should consist of protein and veggies, little to no carbs. No Alcohol this week.
Wednesday	<ul style="list-style-type: none"> Half an avocado OR 1 serving of steel cut oats with handful of berries Green Smoothie 	Choose of one <ul style="list-style-type: none"> 10-15 raw or lightly roasted almonds Vegan Avocado Powersnack* Handmade gluten free snack bars 	Quinoa+Grilled Vegetables*	Vegetable Pot-au-feu
Thursday	<ul style="list-style-type: none"> Half an avocado OR 1 serving of steel cut oats with handful of berries Green Smoothie 	Choose of one <ul style="list-style-type: none"> 10-15 raw or lightly roasted almonds Vegan Avocado Powersnack* Handmade gluten free snack bars 	Detox Salad* or another option in this column	Broccoli Stir-fry* or another option in this column

* The recipe for this meal is provided in this document. YUM!

Friday	<ul style="list-style-type: none"> Half an avocado OR 1 serving of steel cut oats with handful of berries Green Smoothie 	Choose of one <ul style="list-style-type: none"> 10-15 raw or lightly roasted almonds Vegan Avocado Powersnack* Handmade gluten free snack bars 	Avocado Lettuce Wraps	Roasted Butternut Squash
Saturday	<ul style="list-style-type: none"> Half an avocado OR 1 serving of steel cut oats with handful of berries Green Smoothie 	Choose of one <ul style="list-style-type: none"> 10-15 raw or lightly roasted almonds Vegan Avocado Powersnack* Handmade gluten free snack bars 	YOU PICK! Choose any item from the previous lunch options this week	YOU PICK! Choose any item from the previous dinner options this week
Sunday	<ul style="list-style-type: none"> Half an avocado OR 1 serving of steel cut oats with handful of berries Green Smoothie 	Choose of one <ul style="list-style-type: none"> 10-15 raw or lightly roasted almonds Vegan Avocado Powersnack* Handmade gluten free snack bars 	YOU PICK! Choose any item from the previous lunch options this week	YOU PICK! Choose any item from the previous dinner options this week
Monday	<ul style="list-style-type: none"> Half an avocado OR 1 serving of steel cut oats with handful of berries Green Smoothie 	Choose of one <ul style="list-style-type: none"> 10-15 raw or lightly roasted almonds Vegan Avocado Powersnack* Handmade gluten free snack bars 	YOU PICK! Choose any item from the previous lunch options this week	YOU PICK! Choose any item from the previous dinner options this week

Day	BREAKFAST (Eat within 1 hour after waking up)	SNACK (Morning or afternoon) optional	LUNCH	DINNER
Tuesday	<ul style="list-style-type: none"> • Half an avocado OR • 1 serving of steel cut oats with handful of berries • Green Smoothie 	Choose of one <ul style="list-style-type: none"> • 10-15 raw or lightly roasted almonds • Vegan Avocado Powersnack* • Handmade gluten free snack bars 	Profile for the week: Lunch should consist of a good source of protein and veggies with optional carbs ½ or a medium sweet potato or 1 serving of quinoa cooked in water or vegetable broth.	Profile for the week: Dinner should consist of protein and veggies, little to no carbs. "Pasta" casserole* or another option in this column
Wednesday	<ul style="list-style-type: none"> • Half an avocado OR • 1 serving of steel cut oats with handful of berries • Green Smoothie 	Choose of one <ul style="list-style-type: none"> • 10-15 raw or lightly roasted almonds • Vegan Avocado Powersnack* • Handmade gluten free snack bars 	Parsley Lemon Bean Salad or another option in this column.	Vegan chili* or another option in this column
Thursday	<ul style="list-style-type: none"> • Half an avocado OR • 1 serving of steel cut oats with handful of berries • Green Smoothie 	Choose of one <ul style="list-style-type: none"> • 10-15 raw or lightly roasted almonds • Vegan Avocado Powersnack* • Handmade gluten free snack bars 	Marinated Broccoli + Carrots or another option in this column	YOU PICK! Choose any item from the previous dinner options this week

Friday	<ul style="list-style-type: none"> • Half an avocado OR • 1 serving of steel cut oats with handful of berries • Green Smoothie 	Choose of one <ul style="list-style-type: none"> • 10-15 raw or lightly roasted almonds • Vegan Avocado Powersnack* • Handmade gluten free snack bars 	Asian Beet + Tofu Salad	Mashed Pumpkin Soup* or another option in this column
Saturday	<ul style="list-style-type: none"> • Half an avocado OR • 1 serving of steel cut oats with handful of berries • Green Smoothie 	Choose of one <ul style="list-style-type: none"> • 10-15 raw or lightly roasted almonds • Vegan Avocado Powersnack* • Handmade gluten free snack bars 	Orange and Date Salad* or another option in this column	YOU PICK! Choose any item from the previous dinner options this week
Sunday	<ul style="list-style-type: none"> • Half an avocado OR • 1 serving of steel cut oats with handful of berries • Green Smoothie 	Choose of one <ul style="list-style-type: none"> • 10-15 raw or lightly roasted almonds • Vegan Avocado Powersnack* • Handmade gluten free snack bars 	YOU PICK! Choose any item from the previous lunch options this week	YOU PICK! Choose any item from the previous dinner options this week
Monday	<ul style="list-style-type: none"> • Half an avocado OR • 1 serving of steel cut oats with handful of berries • Green Smoothie 	Choose of one <ul style="list-style-type: none"> • 10-15 raw or lightly roasted almonds • Vegan Avocado Powersnack* • Handmade gluten free snack bars 	YOU PICK! Choose any item from the previous lunch options this week	YOU PICK! Choose any item from the previous dinner options this week

Day	BREAKFAST (Eat within 1 hour after waking up)	SNACK (Morning or afternoon optional)	LUNCH	DINNER
Tuesday	<ul style="list-style-type: none"> Half an avocado OR 1 serving of steel cut oats with handful of berries Green Smoothie 	Choose of one <ul style="list-style-type: none"> 10-15 raw or lightly roasted almonds Vegan Avocado Powersnack* Handmade gluten free snack bars Homemade cinnamon apple chips* 	Profile for the week: Lunch should consist of a good source of protein and veggies with optional carbs ½ or a medium sweet potato or 1 serving of quinoa cooked in water or vegetable broth.	Profile for the week: Dinner should consist of protein and veggies, little to no carbs. No Alcohol this week.
Wednesday	Try intermittent fasting	Try intermittent fasting	Paleo Salad with creamy avocado dressing*	Roasted Butternut Squash Soup and side of rosemary beets*
Thursday	<ul style="list-style-type: none"> Half an avocado OR 1 serving of steel cut oats with handful of berries Green Smoothie 	Choose of one <ul style="list-style-type: none"> 10-15 raw or lightly roasted almonds Vegan Avocado Powersnack* Handmade gluten free snack bars Homemade cinnamon apple chips* 	YOU PICK! Choose your favorite salad.	Steamed Eggplant with Green Onion*

Friday	Try intermittent fasting	Try intermittent fasting	YOU PICK! A previous option or leftovers from dinner or stay within the lunch profile	Spaghetti squash with Marinara
Saturday	<ul style="list-style-type: none"> Half an avocado OR 1 serving of steel cut oats with handful of berries Green Smoothie 	Choose of one <ul style="list-style-type: none"> 10-15 raw or lightly roasted almonds Powersnack Handmade gluten free snack bars Homemade cinnamon apple chips* 	YOU PICK! A previous option or leftovers from dinner or stay within the lunch profile	YOU PICK! A previous option or stay within the Dinner profile Try the chocolate mug cake*
Sunday	<ul style="list-style-type: none"> Half an avocado OR 1 serving of steel cut oats with handful of berries Green Smoothie 	Choose of one <ul style="list-style-type: none"> 10-15 raw or lightly roasted almonds Powersnack Handmade gluten free snack bars Homemade cinnamon apple chips* 	YOU PICK! A previous option or leftovers from dinner or stay within the lunch profile	YOU PICK! A previous option or stay within the Dinner profile
Monday	<ul style="list-style-type: none"> Half an avocado OR 1 serving of steel cut oats with handful of berries Green Smoothie 	Choose of one <ul style="list-style-type: none"> 10-15 raw or lightly roasted almonds Powersnack Handmade gluten free snack bars Homemade cinnamon apple chips* 	YOU PICK! A previous option or leftovers from dinner or stay within the lunch profile	YOU PICK! A previous option or stay within the Dinner profile

Day	BREAKFAST (Eat within 1 hour after waking up)	SNACK (Morning or afternoon) optional	LUNCH	DINNER
Tuesday	<ul style="list-style-type: none"> Half an avocado OR 1 serving of steel cut oats with handful of berries Green Smoothie 	Choose of one <ul style="list-style-type: none"> 10-15 raw or lightly roasted almonds Vegan Avocado Powersnack* Handmade gluten free snack bars Homemade cinnamon apple chips* 	Profile for the week: Lunch should consist of a good source of protein and veggies with optional carbs ½ or a medium sweet potato or 1 serving of quinoa cooked in water or vegetable broth.	Profile for the week: Dinner should consist of protein and veggies, little to no carbs. No Alcohol this week.
Wednesday	<ul style="list-style-type: none"> Half an avocado OR 1 serving of steel cut oats with handful of berries Green Smoothie 	Choose of one <ul style="list-style-type: none"> 10-15 raw or lightly roasted almonds Vegan Avocado Powersnack* Handmade gluten free snack bars Homemade cinnamon apple chips* 	Paleo Salad with creamy avocado dressing*	Warm Salad
Thursday	<ul style="list-style-type: none"> Half an avocado OR 1 serving of steel cut oats with handful of berries Green Smoothie 	Choose of one <ul style="list-style-type: none"> 10-15 raw or lightly roasted almonds Vegan Avocado Powersnack* Handmade gluten free snack bars Homemade cinnamon apple chips* 	YOU PICK! A previous option or leftovers from dinner or stay within the lunch profile	Broiled Tofu and Sugar Snap Peas*

Friday	<ul style="list-style-type: none"> Half an avocado OR 1 serving of steel cut oats with handful of berries Green Smoothie 	Choose of one <ul style="list-style-type: none"> 10-15 raw or lightly roasted almonds Vegan Avocado Powersnack* Handmade gluten free snack bars Homemade cinnamon apple chips* 	YOU PICK! A previous option or leftovers from dinner or stay within the lunch profile	Roasted Butternut Squash
Saturday	<ul style="list-style-type: none"> Half an avocado OR 1 serving of steel cut oats with handful of berries Green Smoothie 	Choose of one <ul style="list-style-type: none"> 10-15 raw or lightly roasted almonds Vegan Avocado Powersnack* Handmade gluten free snack bars Homemade cinnamon apple chips* 	Blood Orange Salad*	YOU PICK! A previous option or stay within the Dinner profile
Sunday	<ul style="list-style-type: none"> Half an avocado OR 1 serving of steel cut oats with handful of berries Green Smoothie 	Choose of one <ul style="list-style-type: none"> 10-15 raw or lightly roasted almonds Vegan Avocado Powersnack* Handmade gluten free snack bars Homemade cinnamon apple chips* 	YOU PICK! A previous option or leftovers from dinner or stay within the lunch profile	YOU PICK! A previous option or stay within the Dinner profile
Monday	<ul style="list-style-type: none"> Half an avocado OR 1 serving of steel cut oats with handful of berries Green Smoothie 	Choose of one <ul style="list-style-type: none"> 10-15 raw or lightly roasted almonds Vegan Avocado Powersnack* Handmade gluten free snack bars Homemade cinnamon apple chips* 	YOU PICK! A previous option or leftovers from dinner or stay within the lunch profile	YOU PICK! A previous option or stay within the Dinner profile

AVOCADO POWER SNACK

INGREDIENTS:

- 1/2 Avocado
- 1/3 Cup Soy Greek Yogurt
- 1/2 tsp Paprika
- 1/2 tsp Salt
- 1/2 tsp Garlic Powder

METHOD

1. Place the yogurt in the empty pit part of the avocado half. Sprinkle with all the seasonings and enjoy.



GLUTEN-FREE ENERGY BARS

INGREDIENTS:

- 1 cup almonds
- 1 cup dried cranberries
- 1 cup pitted dates
- 1 tbsp unsweetened coconut flakes
- 1/4 cup mini dark chocolate chips

METHOD

1. Combine all of the ingredients in a blender or food processor. Pulse a few times to break everything up. Then blend continuously until the ingredients have broken down and start to clump together into a ball.
2. Using a spatula to scrape down the sides, turn out the mixture onto a piece of wax paper or plastic wrap. Press into an even square and chill, wrapped, for at least an hour. Cut into desired size of bars, wrapping each bar in plastic wrap to store in the fridge.



QUINOA + GRILLED VEGETABLES WITH TOMATO SAUCE

recipe by:
Chef Laura Hahn

INGREDIENTS:

Tomato Dressing

- 5 oz tomatoes, coarsley chopped
- 4 sun-dried tomatoes, sliced
- 5 tbsp extra virgin olive oil
- 2 tbsp white wine vinegar
- 2 basil leaves
- ½ tsp sea salt

Quinoa

- 1 cup quinoa
- 1 ½ cups water
- 2 zucchini cut on the diagonal into ½ in ch slices
- sea salt
- 12 cherry tomatoes

METHOD

1. Preheat the broiler (grill) to a high setting or preheat a ridged grill (griddle) pan until hot.
2. Place all ingredients for tomato dressing in a food processor or blender and blend for 30 seconds, then let stand for 3-4 minutes to allow the sun-dried tomatoes to rehydrate. Blend again for 30 seconds to obtain a smooth, thin puree.
3. Put the quinoa and water into a small saucepan, bring to a boil, cover and simmer for 12 minutes, then remove from heat.
4. Lightly season the zucchini with salt, transfer to a baking sheet and place under the broiler or onto the the grill pan for 10 minutes or until lightly browned. Repeat this process with the cherry tomatoes.



BROCCOLI STIR FRY

INGREDIENTS

For the stir-fry sauce:

- 1 1/2 tablespoons reduced-sodium soy sauce
- 2 tablespoons rice wine vinegar
- 2 tablespoons ginger, grated with microplane

For the broccoli slaw stir-fry:

- 1 1/2 tablespoons sesame oil
- 1/2 red pepper, diced
- 1 zucchini, diced
- 1/2 cup mushrooms, sliced
- 1/2 cup baked or braised tofu (I used Hodo Soy brand)
- 2 cloves garlic, minced
- 4 cups broccoli slaw (I used one bag of Trader Joe's)
- Sesame seeds, to garnish

METHOD

1. Combine the soy sauce, rice wine vinegar, and fresh ginger in a small bowl. Mix well and refrigerate.
2. Heat sesame oil in a large skillet or wok over medium-high heat.
3. Add the red peppers and zucchini, and cook for about 3 minutes.
4. Add the mushrooms, tofu, and garlic, and cook for another 2 minutes, stirring well to make sure the garlic doesn't burn.
5. Add the broccoli slaw to the skillet, pour the soy-ginger sauce into the skillet, and stir to combine all the vegetables into the slaw. Continue stirring for about 4 minutes, or until the broccoli slaw starts to soften.
6. Serve with sesame seeds and enjoy.

recipe by:
Chef Rebecca Bohler



AVOCADO LETTUCE WRAPS

INGREDIENTS

- 2 very ripe avocados
 - 3 tomatoes, diced
 - 1/4-1/2 jalapeno pepper, diced
 - 2 tablespoons red onions, diced
 - 3 fresh garlic cloves, minced
 - 1/4 cup fresh cilantro, chopped
 - 1 ear of corn, kernels cut off
 - 2 teaspoons fresh lime juice
- 6 -8 large romaine lettuce leaves (or lettuce of choice)

METHOD

1. In a medium sized bowl, mash the avocado.
2. Add the remaining ingredients and stir until well mixed.
3. Spread 2-3 tablespoons of the mixture onto lettuce leaves and wrap. I like to use butter lettuce or red leaf lettuce.





VEGETABLE POT-AU-FE

INGREDIENTS

- 4 baby carrots, peeled and cut into quarters
- 4 small turnips, peeled and cut into quarters
- 1 small parsnip, peeled and cut into quarters
- 2 leeks, trimmed, cleaned and cut into thick slices
- 8 brussels sprouts, trimmed and halved
- 4 small onions, halved
- ¼ celeriac, peeled and cut into chunks
- 8 garlic cloves
- 1 sprig thyme
- 1 bay leaf
- 10 coriander seeds
- 1 clove
- 1 tbsp sea salt
- 8 ½ cups water
- 3 cups drained, canned lima beans
- extra virgin olive oil, to serve

METHOD

1. To make sure the vegetables cook evenly, try to cut all the pieces to the same size.
2. Put all the ingredients except the beans into a large saucepan and bring to a boil over medium heat, then reduce the heat to low and simmer for 15 minutes. Add the beans and simmer for another 10 minutes, until the vegetables are tender.
3. Serve in shallow bowls with a drizzle of extra virgin olive oil

DETOX SALAD

INGREDIENTS:

- For salad:
- ½ celeriac peeled and julienned or finely grated
- 4 carrots peeled and julienned or finely grated
- 1 firm zucchini julienned or finely grated
- 1 trimmed fennel finely sliced
- 2 cups green or white cabbage finely sliced
- 2 cups red cabbage finely sliced
- 2 cups arugula

For dressing:

- 4 tsp pumpkin seeds
- 4 tsp flax seeds
- 4 tsp poppy seeds
- 1 tsp seaweed flakes
- 1 tsp sea salt
- ½ tsp dried chili

METHOD

Dressing

1. Put all ingredients into a food processor and process in short bursts until you have a medium-coarse mixture. Set aside

Salad

2. Lace the celeriac, carrot, zucchini, fennel, cabbages and arugula in a large bowl with 4 tablespoons of the dressing and mix well



“PASTA” CASSEROLE

INGREDIENTS:

- 1 medium spaghetti squash, halved and seeded
- Extra virgin olive oil, for drizzling
- 1 large bunch of kale, de-stemmed, and chopped
- 1/2 red onion, sliced thin
- 1/3 cup vegetable broth
- 1/2 cup coconut milk
- 1 clove garlic, minced
- 2 tsp Italian seasoning
- Salt and freshly ground pepper, to taste

METHOD

1. Preheat the oven to 400 degrees F. Place the squash in the microwave for 3-4 minutes to soften. Using a sharp knife, cut the squash in half lengthwise. Scoop out the seeds and discard. Place the halves, with the cut side up, on a rimmed baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Roast in the oven for 45-50 minutes, until you can poke the squash easily with a fork. Let it cool until you can handle it safely. Then scrape the insides with a fork to shred the squash into strands
2. Meanwhile, melt the coconut oil in a large oven-safe skillet over medium heat. Add the onion and sauté for 3-4 minutes. Next add the garlic, Italian seasoning, and kale and cook for 2-3 minutes to slightly wilt the kale. Pour in the broth and coconut milk and simmer for an additional 2-3 minutes. Remove from heat
3. Stir in the cooked sausage. Add the spaghetti squash into the skillet and stir well to combine. Bake for 15-18 minutes, until the top has slightly browned. Serve hot.





ASIAN BEET AND TOFU SALAD

INGREDIENTS

Salad

- 4 fresh beets, roots and stems removed
- 1 cake of tofu (16 oz)
- 10 ounces spinach, rinsed and stemmed
- 1 scallion, sliced on the extreme diagonal
- 1 tablespoon grated daikon (optional)

Marinade

- $\frac{1}{3}$ cup soy sauce
- $\frac{1}{2}$ cup fresh lemon juice
- 3 garlic cloves, minced or pressed
- 1 tablespoon grated fresh ginger root
- $\frac{1}{4}$ cup chopped scallions

METHOD

1. In a covered saucepan, simmer the beets in boiling water to cover for 25-35 minutes, until tender and easily pierced with a knife. Meanwhile, place the tofu between two plates, weight the top plate with a heavy object and press for 20 minutes.
2. In a saucepan bring $\frac{1}{2}$ inches of water to a boil. Add the spinach, cover and steam for 3-4 minutes until just wilted but still bright green. Place the spinach in a colander and set aside to drain and cool. Press to remove some liquid and coarsely chop.
3. While the spinach cools, whisk together the marinade ingredients and pour into a large shallow bowl. Cut the pressed tofu into $\frac{3}{4}$ inch cubes and add it to the bowl. Stir to coat evenly and set aside for about 10 minutes.
4. When the beets are tender, drain and rinse with cold water until they can be handled comfortably. Remove the skins by gently squeezing the beets under cold running water. Quarter each beet and cut into $\frac{1}{4}$ inch thick slices.
5. Set aside the tofu, leaving the marinade in the bowl. Add the beet slices to the marinade, stir well, and set aside for 10 minutes. Transfer the beets from the marinade to the serving dish. Add the chopped spinach to the marinade and toss lightly, then arrange it around the beets. Mound the tofu in the center and top with the sliced scallions. If you like, garnish with the grated daikon, which will add a peppery, radish accent.

MARINATED BROCCOLI & CARROTS

INGREDIENTS:

- 1 large garlic clove, minced or pressed
- 1 teaspoon grated fresh ginger root
- 2 tablespoons canola or other vegetable oil
- 2 tablespoons rice vinegar
- 2 teaspoons rice vinegar
- 2 teaspoons soy sauce
- 1 large broccoli stalk, peeled and cut into spears
- 2 medium carrots, peeled and cut into 2 ½ x ¼ inch sticks

METHOD

1. Whisk together all of the marinade ingredients and set aside
2. In a large saucepan, blanch the broccoli spears in boiling water for about 2 minutes
3. Stir in the carrots and continue to simmer for 5 minutes or less, until both vegetables are just tender and still brightly colored. Drain them and transfer to a serving bowl.
4. Pour the marinade on the vegetables and toss well.
5. Refrigerate or set aside at room temperature for about 20 minutes to allow the flavors to mingle and permeate.



MASHED PUMPKIN SOUP

INGREDIENTS:

- 1 tbsp extra virgin olive oil
- 1 onion, chopped
- 1 garlic clove sliced
- 1 sprig fresh thyme
- 1 bay leaf
- 1 ¾ lb (12 oz) pumpkin peeled and cut into large chunks
- 5 ¼ cups water
- 2 tsp sea salt

METHOD

1. Heat olive oil in large saucepan, then add onion, garlic, thyme and bay leaf.
2. Cover the pan and sweat over medium heat for 4 minutes, until softened.
3. Add the pumpkin, water and salt.
4. Bring to a boil, then cover and cook over low heat for 15 minutes, until the pumpkin is soft and beginning to break up, then remove from the heat.
5. Mash the pumpkin into a lumpy soup.
6. To serve sprinkle with pumpkin seeds and drizzle 1 tablespoon of pumpkin seed oil each serving.



BAKED CINNAMON APPLE CHIPS

INGREDIENTS

- 1-2 apples (I used Honeycrisp)
- 1 tsp cinnamon

METHOD

1. Preheat oven to 200 degrees.
2. Using a sharp knife or mandolin, slice apples thinly. Discard seeds. Prepare a baking sheet with parchment paper and arrange apple slices on it without overlapping. Sprinkle cinnamon over apples.
3. Bake for approximately 1 hour, then flip. Continue baking for 1-2 hours, flipping occasionally, until the apple slices are no longer moist. Store in airtight container.



ORANGE AND DATE SALAD

INGREDIENTS

Salad

- 5 medium oranges
- 3 large Medjool dates, pitted and quartered length-wise
- 4 oz radishes, sliced paper-thin
- ⅓ small red onion, very thinly sliced into rings
- 3 cups arugula
- 1 oz Lollo Rosso lettuce torn into 1 ¼ pieces
- 1 cup cilantro leaves coarsely chopped
- ½ cup flat-leaf parsley leaves, coarsely chopped
- ½ cup mint leaves, coarsely torn

Dressing

- 2 tbsp lemon juice
- 1 clove garlic, crushed
- 1 tsp orange blossom water
- ½ tsp ground cinnamon
- 2 tsp fennel seeds, toasted and lightly crushed
- 3 tbsp olive oil
- salt and black pepper

METHOD

1. To make the dressing, whisk together the lemon juice, garlic, orange blossom water, cinnamon, and fennel seeds. Add the olive oil, ½ tsp salt and a generous grind of pepper and whisk until well combined. Set aside.
2. Using a small, sharp serrated knife, slice off the top and tail of each orange. Cut down the sides of each orange, following its natural curve, to remove the skin and white pith. Cut crosswise into slices ¼ inch thick and remove the seeds.
3. Put the oranges, dates, radishes, onion, arugula, lettuce, cilantro, parsley, and mint in a large salad bowl,. Stir the dressing and pour it over the salad. Gently stir everything together, pile into a large but shallow bowl, and serve.



BROILED TOFU & SUGAR SNAP PEAS

INGREDIENTS

- 1 tablespoon grated fresh ginger root
- ¼ teaspoon chinese chili paste with garlic
- 1 tablespoon soy sauce
- 2 tablespoons dark sesame oil
- 1 ½ teaspoons light miso
- 1 ½ tablespoons mirin
- 1 ½ tablespoons rice vinegar
- 3 tablespoons finely ground walnuts
- 1 tablespoon water
- 1 cake of firm tofu, pressed
- 2 cups sugar snap peas, stem ends and strings removed
- 6 cups salad greens, such as mesclun, baby lettuce, young spinach, or Asian mustard greens, loosely packed
- finely diced red or yellow bell peppers
- finely slivered red cabbage

METHOD

1. Whisk together all of the dressing ingredients in a bowl to form a smooth paste and set aside.
2. Cut the pressed tofu horizontally into ½ inch thick slices. Stack the slices and then either cut them into ½ inch wide strips or slice through both diagonals to form bite-sized triangles. Spread ⅓ of the dressing on a nonreactive baking sheet or broiler pan.
3. Arrange the tofu pieces close together in a single layer on top of the dressing and spread ⅓ of the dressing on top of the tofu. Set aside for at least 15 minutes.
4. Preheat the broiler. Broil the tofu for 5-15 minutes, until the tops are firm and browned. Using a metal spatula, carefully turn them over and broil the other side for another 5-15 minutes, until browned. Meanwhile, steam or boil the sugar snaps until crisp-tender, 4-5 minutes. Drain and let cool.
5. In a large salad bowl or on individual plates, arrange a bed of greens and top with the sugar snaps, the warm tofu, and the remaining dressing. Sprinkle on the peppers and red cabbage and serve at once.



PALEO SALAD WITH AVOCADO DRESSING

INGREDIENTS:

Salad

- 2-3 cups shredded romaine lettuce
- 1/4 cup red onion, diced
- 3 tbsp sliced black olives
- 3 green onions, chopped
- Salt and pepper, to taste

Dressing

- 1/2 avocado, pit removed
- 2 tbsp olive oil
- 1 tbsp lime juice
- 1 clove garlic, minced
- 1 tsp fresh cilantro, chopped
- 1 tbsp water
- Pinch of salt

METHOD

1. To make the dressing, blend the ingredients with an immersion blender or in a regular blender and process until smooth. Add more water if necessary to reach desired consistency, and taste for seasoning. Set aside.
2. Assemble salad by combining all of the salad ingredients in a large bowl. Toss well to combine. Top with dressing to serve.



recipe by:
Chef Rebecca Bohl



ROASTED BUTTERNUT SQUASH SOUP

INGREDIENTS:

- 1 large butternut squash (about 5 lbs)
- 1 green apple, sliced and cored
- 1 small yellow onion, chopped
- 2 carrots, chopped
- 3 tbsp olive oil
- 2 tsp cinnamon
- 1 1/2 tsp salt
- 1/2 tsp cumin
- 1 tsp chili powder

METHOD

1. Preheat oven to 400 degrees F. In a large bowl, combine the butternut squash, olive oil, 1 tsp cinnamon, 1/2 tsp salt, and 1/2 tsp cumin. Mix together, coating the squash well. Spread out on a rimmed baking sheet.
2. Next, in the same bowl that the butternut squash was in, toss the apple slices, onion, and carrots to coat with the remnants. Place on a second rimmed baking sheet and add both baking sheets to the oven. Roast for 35-40 minutes until soft, stirring once.
3. Heat up oil over medium heat in a large pot on the stove. Add the roasted ingredients. Add 1 teaspoon each of salt, cinnamon and chili powder. Bring to a boil, then reduce heat to low and simmer, covered, for 20 minutes.
4. Using an immersion blender, combine the ingredients until smooth, or transfer to a blender to puree. Serve warm.

STEAMED EGGPLANT WITH SESAME AND GREEN ONION

INGREDIENTS:

Eggplant

- 2 medium eggplants, topped and peeled
- 5 green onions, white and green parts, thinly sliced on the diagonal
- 1 tbsp mixed black and white sesame seeds toasted

Dressing

- 2 ½ tsp mirin
- ½ tsp sesame oil
- 1 ½ tbsp light soy sauce
- 2 ½ tsp rice vinegar
- 1 ½ tsp maple syrup
- 2 tsp peeled and finely chopped fresh ginger
- 1 clove garlic
- crushed salt

METHOD

1. Steam the eggplant for 30 minutes turning the eggplants once. When the eggplants are cooked, remove the steamer from the pot and cool eggplants in the steamer. Shred the flesh by hand into long thin strips and then continue to drain for another 20 minutes
2. Mix dressing ingredients together
3. Once eggplants are completely cool, gently toss them with the dressing before adding the green onions and sesame seeds. Leave to marinate for 10 minutes





SPAGHETTI SQUASH WITH MARINARA

INGREDIENTS

- Spaghetti Squash
- Olive oil
- Salt and Pepper to taste
- Store bought Marinara

METHOD

1. Split Spaghetti in half lengthwise
2. Remove inner seed core
3. Drizzle olive oil and add salt and pepper
4. Roast in oven for 30-40 minutes at 350 degrees
5. Allow squash to cool for 10 minutes
6. With a fork scrape inside of squash to create spaghetti like strings
7. Cover with heated marinara sauce

WARM SALAD

INGREDIENTS:

- 3 Tbs. olive oil
- 1 small bunch escarole, chopped
- 1 medium bunch red or green chard, chopped
- 8 large leaves Napa or savoy cabbage, chopped
- 2 cups (packed) chopped mustard greens
- 1-2 tsp salt
- 2 large cloves garlic, minced
- 2 medium leeks, chopped
- 2 cups chopped red onion
- ¼ lb. mushrooms, sliced
- 1 stalked celery, sliced
- ½ small cauliflower, chopped
- 3 tbs balsamic or wine vinegar
- 6 tbs parmesan
- fresh black pepper

METHOD

1. Heat 1 tbs olive oil in a large wok or deep skillet. Add the escarole, chard, cabbage, and mustard greens, a little at a time, salting lightly after each addition, and adding more greens as soon as the ones in the pot cook down enough to make room. Use a fairly intense level of heat under the pot, and stir as you cook. When all the greens are wilted and tender, stir in the garlic, Cook and stir just a minute or two more, then transfer to a platter.
2. Add the remaining oil to the wok or skillet, and when it is hot, add leeks, onion, mushrooms, celery, and cauliflower. Salt lightly and stir-fry quickly over medium-high heat until just tender (about 5-8 minutes). Add to the platter, mix gently to incorporate the greens, and sprinkle with vinegar and parmesan while still hot. Grind black pepper over the top, and serve hot.



VEGAN CHILI



INGREDIENTS

- 1 tablespoon sunflower oil
- 1 medium yellow onion, diced
- 1 cup shredded carrots
- 1-2 jalapeño peppers, stemmed, seeded, and minced
- 3 garlic cloves, minced
- 1/2 cup bulgur, rinsed
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 2 cups diced fresh tomatoes (about 2 medium or 6 plum tomatoes)
- 1 1/2 cups tomato sauce
- 1 (15-ounce) can kidney beans, drained and rinsed
- 1 1/2 (15-ounce) cans black beans, drained and rinsed
- 1 1/2 teaspoons kosher salt, or to taste
- Chopped fresh cilantro

METHOD

1. Heat the oil in a Dutch oven or large heavy pot over medium-high heat. Add the onion, carrots, and jalapeño and sauté, stirring often, until the onion is soft and translucent, about 5 minutes. Add the garlic and sauté for 1 minute. Add the bulgur, chili powder, and cumin and stir until well combined.
2. Stir in the tomatoes, tomato sauce, and beans. Bring to a boil, then reduce the heat, cover, and simmer, stirring occasionally, until the beans are tender, about 1 hour. Season with salt to taste. Serve with a sprinkling of cilantro, if desired.

DWS
Donavan's Wellness Solutions

WWW.DONAVANSWELLNESSOLUTIONS.COM

