

HERE'S YOUR
meal plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Buckwheat porridge with nuts and seeds + kefir	Buckwheat porridge with nuts and seeds + kefir	Buckwheat porridge with nuts and seeds + kefir	Buckwheat porridge with nuts and seeds + kefir	Buckwheat porridge with nuts and seeds + kefir
LUNCH	Lentils and fried eggs with lemon yogurt and salad	Beans and sautéed garlic greens in brodo	Lentils and fried eggs with lemon yogurt and salad	Tuna salad and crackers	Mashed chickpea pita
DINNER	Beans and sautéed garlic greens in brodo	Mediterranean baked white fish over couscous	Harissa roasted cauliflower and chickpeas over couscous	Harissa roasted cauliflower and chickpeas over couscous	Pasta con tonno

Balanced snack recommendations: crackers and hummus; cottage cheese and fruit; or persimmon and walnuts

THIS WEEK'S

shopping list

Your environment directly impacts your health. Set yourself up for success with this weeks shopping list. It has everything you need to make all your recipes and it's organized to get you in and out of the store in no time. Happy shopping!

FRESH PRODUCE

- 1 piece fruit of choice
- 3 apples
- 1 avocado
- 4 cups kale
- 2 cups little gem lettuce
- 4 cups green of choice (spinach, kale, collard greens, chard)
- 1 cup persian cucumber
- 1 head cauliflower (3 cups)
- 2 cups cherry tomatoes
- 1/2 cup tomato (on the vine)
- 1 to 2 sprigs fresh oregano
- 1 small bunch parsley
- 1 Tbsp fresh dill
- 1/2 cup pearl red onion
- 3 Tbsp red onion
- 7 cloves garlic
- 2 lemons

DAIRY + EGGS

- 4 eggs
- 5 cups kefir, plain, low-fat
- 1 cup greek yogurt, plain, low-fat
- 2 Tbsp parmesan, grated

MEAT + SEAFOOD

- 4 oz halibut

PANTRY

- 1.25 cups buckwheat porridge
- 3/4 cup israeli couscous
- 1 cup lentils, cooked (or 1/2 cup dry)
- 1/2 cup whole wheat penne pasta
- 1/2 whole wheat pita
- 25 Simple Mills GF crackers
- 1.75 cups garbanzo beans
- 2 cups butter beans
- 4 cups vegetable broth, low-sodium
- 6 oz canned or jarred tuna fillets
- 10 Tbsp walnuts
- 2.5 Tbsp pumpkin seeds
- 2.5 Tbsp sunflower seeds
- 2.5 Tbsp hemp seeds
- 1 to 2 Tbsp harissa paste
- extra virgin olive oil
- 1 Tbsp nutritional yeast
- 1/2 tsp dried oregano
- 2 tsp italian herbs
- a dash or more cinnamon
- kosher salt
- pepper

PRO TIPS + NOTES

Freeze extra pita
Any cracker is fine

Find cooked lentils is the canned aisle or in a vacuum sealed package in the produce / refrigerated section

BATCH COOK

instructions

1. COOK 3/4 CUP ISRAELI COUSCOUS ACCORDING TO PACKAGE DIRECTIONS
2. ROAST HARISSA CAULIFLOWER AND CHICKPEAS
3. COOK 1/2 LENTILS IF NOT USING PRE-COOKED
4. COOK 1.25 CUPS BUCKWHEAT PORRIDGE IF YOU DON'T WANT TO MAKE IT AT MEALTIME

BATCH COOK RECIPE

harissa roasted cauliflower and chickpeas

This is an elevated batch cook recipe—the harissa lends depth and spice to an otherwise simple preparation technique.

INGREDIENTS

- + 3 cups cauliflower florets, halved lengthwise
- + 1 cup garbanzo beans, rinsed
- + 1 to 2 Tbsp harissa paste
- + 1 Tbsp extra virgin olive oil
- + kosher salt

INSTRUCTIONS

Preheat oven to 450°F with a sheet tray inside.

In a large mixing bowl, combine cauliflower, garbanzo beans, harissa paste, and olive oil. Toss well to combine; season with a few pinches of salt.

Remove sheet tray from oven and line with parchment paper or a silpat if available. Transfer seasoned cauliflower and garbanzo beans to sheet tray and return to oven; roast for 20 to 24 minutes, mixing / turning halfway through. The dish is done when the cauliflower is browned and the garbanzo beans are crunchy.

notes

1/2 cup fruit of choice can be used in place of apple.

PREP TIME

5 min

COOK TIME

25 min

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INDIVIDUAL RECIPE

porridge with nuts and seeds plus kefir

A hearty and warm breakfast bowl to start your day on the right foot.

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INGREDIENTS

- + 1/4 cup buckwheat porridge
- + 1/2 apple, diced
- + 2 Tbsp walnuts, coarsely chopped
- + 1/2 Tbsp pumpkin seeds
- + 1/2 Tbsp sunflower seeds
- + 1/2 Tbsp hemp seeds
- + a dash or more cinnamon
- + 1 cup kefir, plain, low-fat

INSTRUCTIONS

Cook porridge according to package directions or reheat if already made. Top with apple, nuts and seeds, and cinnamon. Serve with a glass of kefir.

notes

1/2 cup fruit of choice can be used in place of apple—switch it up if you'd like some variety!

Add a splash of milk if you'd like.

CALORIES	CARBS	PROTEIN	FAT
454	58g	20g	17g

lentils and fried eggs with lemon yogurt and greens

A quick and easy balance meal that's earthy and delicious—enjoy any time of the day!

INGREDIENTS

- + 2 eggs
- + 1/2 cup lentils, cooked and rinsed
- + 2 cups green of choice (spinach, kale, collard greens, chard)
- + 1 clove garlic, thinly sliced
- + 1/4 cup greek yogurt, plain, low-fat
- + juice from 1/4 to 1/2 lemon
- + 2 tsp extra virgin olive oil
- + kosher salt

INSTRUCTIONS

Heat olive oil in a nonstick pan over medium heat. Sauté garlic until fragrant; add greens and season with a pinch or two of salt. Sauté until the greens are wilted, about 3 to 5 minutes. Remove from pan and cook eggs to desired doneness.

Meanwhile, reheat lentils with a splash of water on the stovetop or in the microwave.

In a bowl, mix together the yogurt and lemon juice; season with a pinch or two of salt. Top with lentils, garlic greens, and eggs.

notes

Some fresh herbs would be great here!

Add fresh cracked pepper if you'd like.

CALORIES	CARBS	PROTEIN	FAT
425	40g	31g	15g

INDIVIDUAL RECIPE

beans and sautéed garlic greens in brodo

A simple meal that comes together in no time.

INGREDIENTS

- + 2 cups kale, destemmed and sliced
- + 2 cloves garlic, thinly sliced
- + 1 cup butter beans, rinsed
- + 2 cups vegetable broth, low-sodium
- + 1 tsp italian herbs
- + 1 Tbsp parmesan, grated
- + 2 tsp extra virgin olive oil
- + kosher salt

INSTRUCTIONS

Heat olive oil over medium heat in a medium pot. Add garlic and sauté until fragrant, about a minute to two. Add greens and sauté until slightly wilted, about 2 to 3 minutes. Add beans and season with Italian herbs and a few pinches of salt. Add broth and bring to a simmer; season to taste. Serve with parmesan cheese and some red pepper flake if you'd like some spice.

notes

Any green works here—kale, spinach, chard, etc.

Chicken bone broth can be used in place of vegetable broth.

Feel free to add cooked farro or serve with rustic bread if you'd like a more substantial meal.

CALORIES	CARBS	PROTEIN	FAT
389	48g	19g	13g

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INDIVIDUAL RECIPE

mediterranean baked white fish over COUSCOUS

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A really good fish that's really easy to prepare.

INGREDIENTS

- + 3/4 cup israeli couscous, cooked (1/3 of batch cook)
- + 4 oz halibut
- + 1 cup cherry tomatoes, halved lengthwise
- + 1/2 cup pearl red onion, halved lengthwise
- + 1/2 Tbsp extra virgin olive oil
- + 1 to 2 sprigs fresh oregano
- + 1/2 tsp lemon zest
- + 1/2 Tbsp lemon juice
- + kosher salt

notes

This dish also works well with cod.

Golden couscous can be used in place of Israeli couscous.

Shallot or red onion can be used in place of pearl onion.

1/2 tsp dried oregano can be used in place of fresh.

INSTRUCTIONS

Heat oven to 400°F.

In a medium baking dish, combine cherry tomatoes, onion, and 1/2 Tbsp of olive oil. Season with a pinch or two of salt and bake for 10 to 15 minutes, until the tomatoes are bubbling and the onions are slightly soft.

Meanwhile, cook couscous according to package directions.

Remove the vegetables from the oven and give them a quick stir. Place halibut in the center of the baking dish, drizzle with remaining olive oil, and season with a pinch or two of salt. Top with oregano, lemon zest, and lemon juice; return to the oven and bake for 8 to 12 minutes or until the fish is opaque and cooked throughout. Serve over couscous.

CALORIES	CARBS	PROTEIN	FAT
414	53g	31g	10g

INDIVIDUAL RECIPE

harissa roasted cauliflower and chickpeas over couscous

A vegetarian dish that'll leave you happy and satisfied.

INGREDIENTS

- + 3/4 cup israeli couscous, cooked (1/3 of batch cook)
- + 2 cups harissa roasted cauliflower and chickpeas (1/2 of batch cook)
- + 1/4 cup greek yogurt, plain, low-fat
- + 1 to 2 Tbsp parsley, chopped
- + juice from 1/4 to 1/2 lemon
- + kosher salt

INSTRUCTIONS

Reheat harissa roasted cauliflower and chickpeas on the stovetop or in the microwave. Reheat couscous with a splash of water on the stovetop or in the microwave.

In a bowl, mix together the yogurt and lemon juice; season with a pinch or two of salt. Top with couscous, harissa roasted cauliflower and chickpeas, and parsley.

notes

Whole milk yogurt can be used in place of low-fat.

CALORIES	CARBS	PROTEIN	FAT
406	61g	20g	10g

INDIVIDUAL RECIPE

tuna salad with crackers

A quick and easy balanced lunch that requires no cooking.

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INGREDIENTS

- + 3 oz canned or jarred tuna fillets, drained
- + 1/4 avocado
- + 1/2 cup persian cucumber, diced
- + 1/2 cup cherry tomatoes, quartered
- + 1 Tbsp red onion, finely diced
- + 25 Simple Mills GF crackers
- + 1 piece of fruit
- + kosher salt
- + pepper

INSTRUCTIONS

Mash avocado in a medium bowl. Fold in tuna, cucumber, tomato, and onion. Season to taste and serve with crackers and fruit.

notes

Any fruit is fine—use what you have!

Any cracker is fine—use what you have!

CALORIES	CARBS	PROTEIN	FAT
485	56g	29g	19g

mashed chickpea pita

A refreshing and delicious packable lunch that's comparable to an egg salad sandwich.

INGREDIENTS

- + 1/2 whole wheat pita
- + 3/4 cup garbanzo beans, rinsed
- + 1/4 cup greek yogurt, plain, low-fat
- + 1/2 cup persian cucumber, finely diced
- + 2 Tbsp red onion, finely diced
- + 1 Tbsp fresh dill, chopped
- + 1 Tbsp nutritional yeast
- + 2 cups little gem lettuce, chopped
- + 1 tsp extra virgin olive oil
- + juice from 1/4 lemon
- + kosher salt
- + pepper

notes

Stuff pita at meal time if prepping filling in advance / packing.

INSTRUCTIONS

In a medium bowl, mash garbanzo beans with a fork or potato masher. Fold in yogurt, cucumber, onion, dill, and nutritional yeast; season with salt and pepper.

Toast whole wheat pita; stuff with mashed chickpea mixture. Serve with a simple side salad dressed with olive oil, lemon juice, and a pinch of salt.

CALORIES	CARBS	PROTEIN	FAT
383	49g	23g	11g

INDIVIDUAL RECIPE

pasta con tonno

An excellent end-of-the-week meal that utilizes several pantry ingredients.

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INGREDIENTS

- + 1/2 cup whole wheat penne pasta
- + 3 oz canned or jarred tuna fillets, drained
- + 1/2 cup tomato, diced
- + 1/2 cup cherry tomatoes, halved
- + 1 clove garlic, minced
- + 1 tsp extra virgin olive oil
- + 1/2 tsp dried oregano
- + 2 Tbsp parsley, chopped
- + kosher salt

INSTRUCTIONS

Cook pasta in a pot of boiling salted water, stirring occasionally, until al dente. Reserve a small amount of pasta water before draining.

Meanwhile, add olive oil and fresh minced garlic to a pan over medium-high. Cook for 2 minutes, then add diced tomatoes (on the vine) and cherry tomatoes and cook for 5 minutes, stirring frequently; season to taste with a pinch or two of. Add tuna and pasta, and a splash of pasta water; heat until warm; fold in parsley, and serve.

notes

Spaghetti can be used in place of penne. Use GF pasta to make GF.

CALORIES	CARBS	PROTEIN	FAT
404	46g	26g	13g