



28-DAY Affordable Meal Plan

Designed for one person, we have put together a plan that sets you up to eat healthy *and* save money doing so! Each week includes Engine 2 PlantStrong recipes for breakfast, lunch and dinner with an accompanying grocery list. Every breakfast recipe makes one serving for that meal. Some lunch and dinner recipes are designed to provide one serving for that meal plus additional servings to use for left-overs in the next few days and/or to freeze for meals later during the 28 days. Four weeks of groceries covering every meal for approximately \$300!

Many thanks to our amazing team of interns, all finishing their degrees in Nutrition at UT who crafted this plan for Engine 2: Lauren Hendrix, Molly McCauley, and Brianne Herman.

WEEK 1 GROCERIES

GROCERIES	Size	Amount to buy	Unit
Fresh Fruit			
Banana	1 banana	5	pieces
Fresh or frozen fruit	1 apple	1	piece
Kiwi	1 kiwi	2	pieces
Fresh Vegetables			
Onion	1 onion	7	pieces
Tomatoes	1 tomato	5	pieces
Large Jalapeño Pepper	1 pepper	2	pieces
Cilantro	1 bunch	1	bunch
Garlic	1 bulb	2	bulb
Green Onion	1 bunch	1	bunch
Lime	1 lime	1	piece
Mushrooms	8 oz package	2	packages
Lemons	1 lemon	1	piece
Bell Pepper, green	1 pepper	5	pieces
Baby Spinach, bulk	1 lb	0.25	pounds
Carrots	2 lb bag	1	bag
Kale	1 bunch	2	bunches
Parsley	1 bunch	1	bunch
Yukon Gold Potatoes	1 potato	2	pieces
Celery	1 bunch	1	bunch
Avocado	1 small avocado	1	piece
Jicama	1 lb	1	piece
Canned Fruit/Veggies			
Tomatoes	28 oz	2	cans
Pasta Sauce, 365, regular	15 oz	2	cans
Tomato Paste	8 oz	1	can
Vegetarian Chili Beans	15 oz	1	can
Applesauce	24 oz	1	can
Chickpeas	15 oz	1	can

Bulk for ENTIRE MONTH

Lentils	1 oz	12	oz
Brown Rice	1 oz	22	oz
Raisins	1 oz	6.24	oz
Oats, rolled	1 oz	12	oz
Split Peas	1 oz	8	oz
Nutritional Yeast	1 oz	0.48	oz
Quinoa	1 oz	8	oz
Walnuts	1 oz	8.64	oz
Cashews, raw	1 oz	6	oz

Frozen Section

Green Beans	16 oz bag	1	bag
Spinach	16 oz bag	1	bag
Vegetarian Hot Dogs	5 dogs	1	bag
Corn	16 oz bag	1	bag
Strawberries	16 oz bag	1	bag
Peas	16 oz bag	1	bag

Grains for ENTIRE MONTH

Ezekiel Brand Cereal	16 oz box	1	box
Shredded Wheat, Bite-sized	12 oz box	1	box
Uncle Sam Cereal	10.5 oz box	1	box
Whole Grain Cereal (Kashi Honey puffs)	10.75 oz box	1	box
Whole Grain Bread**	22 oz package	1	package
Whole Grain Buns**	18 oz package	1	package
Whole Grain Spaghetti	16 oz bag	1	bag
Corn Tortillas**	24 tortillas	1	bag
Whole Grain Pitas**, large	6 large	2	bag
Elbow pasta, whole grain	16 oz	1	box

**store in freezer and thaw in microwave or toaster

Dairy

Soy Milk

1/2 gallon

1 half gal

Soy Yogurt

32 oz

1 container

Miscellaneous

Seitan, 1 lb

8 oz

1 pound

Olives

6 oz can

1 can

Vegetable Broth

4 c, 32 oz

2 box

Tofu

14 oz

1 package

Peanut Butter

18 oz

1 jar

Roasted red peppers

8 oz jar

1 jar

Artichoke Hearts, in water

14 oz

1 can

~\$150.00

WEEK 1 RECIPES

DAY 1: SUNDAY

Breakfast: Lemon Cornmeal Pancakes

1/3 cups whole wheat flour
1/2 teaspoons baking powder
1/8 teaspoon salt
¼ cup cornmeal
1/2 cups soy milk
1/8 cup soy yogurt
Zest and juice from half a lemon

Mix the dry and wet ingredients in separate bowls. Add the dry ingredients to the wet ingredients, stirring to remove lumps. Heat a dry skillet until a drop of water dances on its surface. Spraying the skillet once should allow for three batches of pancakes. Ladle a large scoop of batter into the pan. Several pancakes can be cooked at once if you're using a large skillet. Cook until the batter begins to bubble and the bottom of the pancake is golden. Flip and cook on the other side until both sides are golden.

Lunch: Split Pea Soup with Whole Grain Pita

(Eat half for lunch with 1 pita and freeze other half for week 3.)

1/2 onion, chopped
1 bay leave
1 clove garlic, minced or pressed
8 ounces dried split peas, rinsed and drained
16 ounces low sodium vegetable stock
1 1/2 cups water
1 tablespoon Bragg Liquid Aminos
2 stalks celery with leaves, chopped
2 carrots, chopped
1/2 cup parsley, chopped
1/2 teaspoon ground thyme, or 2 sprigs fresh

1/2 tablespoon white vinegar

Cracked black or ground white pepper to taste

Sauté the onion and bay leaves on high heat in a sprayed soup pot for 5 minutes, until the onion browns. Add the garlic and split peas, stirring for 3 minutes, until warm. Add the vegetable stock, water, and Bragg's, and bring to a boil. Cover and cook over low heat, stirring occasionally, for 30 minutes. Add warm water as necessary to achieve desired consistency. Add the celery, carrots, parsley, thyme, and vinegar. Continue to cook until the peas achieve the desired consistency. Season with black or white pepper.

Dinner: Macaroni and Not Cheese

(Eat about 1/3 of dish for dinner and freeze the additional 2 servings in individual portions for week 3.)

1 onion, chopped

1 cup cashews

1/3 cup lemon juice

1 1/3 cups water

1/2 teaspoon sea salt

4-ounce jar roasted red peppers, drained

3 tablespoons nutritional yeast

1 teaspoon garlic powder

1 teaspoon onion powder

16 ounces whole grain elbow pasta, cooked

8 ounces frozen peas

Preheat oven to 425. Sauté the onion on medium heat in a nonstick skillet for 5 minutes, until translucent. In a food processor, combine the onion, cashews, lemon juice, water, and salt. Gradually blend in the roasted red peppers, nutritional yeast, garlic powder, and onion powder. Thoroughly toss the sauce with the pasta and peas. Bake in the oven for 20 minutes until golden brown on top.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

DAY 2: MONDAY

Breakfast: Rip's Big Bowl

- 1/4 cup raw old-fashioned oats
- 1/4 cup Grape Nuts or Ezekiel brand equivalent
- 1/4 cup bite-size shredded wheat
- 1/4 cup Uncle Sam Cereal
- 1 tablespoon ground flaxseed meal
- 2 tablespoons raisins
- 1/4 cup walnuts
- 1 banana, sliced
- 1 kiwi, sliced
- 3/4 cup milk substitute of choice

Toss all ingredients except the milk substitute into a bowl. Top the bowl with milk substitute.

Variations:

In a pinch, simply add water (the fruits blend with the water and give it a sweet taste).

Add any fresh or frozen fruit, such as peaches, cherries, mangoes, blueberries, or red grapes.

Lunch: Almighty Wrap

1/2 onion, chopped
1/2 bell pepper, chopped
2 ounces sliced mushrooms
1/4 cup of frozen corn
4 ounces roasted red bell pepper hummus (or 1 cup homemade)
2 corn tortillas
1/4 cup black beans, drained and rinsed
1/8 lb fresh spinach

Preheat oven to 450. Sauté the onion until translucent. Add the bell pepper and cook for 2–3 minutes. Add the mushrooms and corn. Spread a layer of hummus on the wrap. Add the sautéed vegetables, beans, and fresh spinach. Roll into a burrito. Place on a baking sheet, seam side down, and bake for 8–10 minutes. Serve the wrap warm, and top with Salsa (see pages 240).

Dinner: Shepherd's Pie: Make 3 servings.

(Eat about 1/3 dish for dinner and freeze 2 servings in individual portions for week 2 and week 4.)

3 Yukon Gold potatoes, cut into quarters
1/4 cup unsweetened soy milk
1 tablespoons rosemary
Cracked pepper to taste
8 ounces fresh or frozen green beans
1 onions, diced
4 ounces mushrooms, sliced
1 cloves garlic, minced
7 ounces of tofu, diced
1/4 teaspoon ground black pepper
1/2 tablespoon Bragg Liquid Aminos
1/2 - 6 ounce can tomato paste
1/2 tablespoon vegetarian Worcestershire sauce

Preheat oven to 400. Steam the potatoes for 15 minutes, until soft. Drain and mash them in a bowl with the soy milk, a tablespoon of rosemary, and pepper.

Set aside. Steam the green beans for 7 minutes, or until bright green and still firm. Sauté the onions on medium heat in a large skillet for 5 minutes, until translucent.

Add the mushrooms, garlic, and 1 tablespoon rosemary to the onions. Cook for 5 minutes, until the mushrooms begin to release their juices. Add the tofu, black pepper, and Bragg's. Stir in the tomato paste and Worcestershire sauce, adding a small amount of water as necessary to combine ingredients.

Place the vegetable meat crumble mixture in a 10-inch cast-iron skillet or casserole dish. Spread the green beans atop the mixture. Spread the mashed potatoes over the top. Cover with aluminum foil and bake for 30 minutes. Remove the foil and bake another 5 minutes, or until the potatoes begin to brown lightly.

Variation:

Use frozen peas in place of green beans.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

DAY 3: TUESDAY

Breakfast: Banana Kale Smoothie

2 bananas
¼ bunch kale
2 tbsp nut butter
1 cup milk substitute
Ice

Blend all ingredients together in a blender.

Lunch: Chili Dog with Applesauce

1 low-fat vegetarian hot dogs (we like the Yves chili dogs)
1/2 whole grain pita or 1 whole grain hot dog buns
1/4 can vegetarian chili beans or homemade chili
1/8 onion, finely chopped
1/2 tablespoons chopped cilantro
Applesauce

Instructions:

Warm the hot dogs in the microwave or in a pan of boiling water according to directions on packaging. Toast the pitas or buns. Place a hot dog inside a pita or bun and top with chili, onions, and cilantro. Serve with a side of applesauce

Variations: Steam a whole peeled carrot until soft. Replace with vegetarian hot dog.

Dinner: Veggie Stir Fry: Make 2 servings.

(Eat about half the dish for dinner and refrigerate left-overs for Wednesday.)

1/3 pound seitan, sliced into strips
1/3 onion, sliced into half rounds
5 ounces mushrooms, sliced
2/3 bell pepper, seeded and sliced thin
1 1/2 carrots, sliced
1 1/2 celery stalks, sliced

- 1/2 lb jicama
- 2/3 clove garlic, minced or pressed
- 1 1/2 tablespoons low-sodium tamari and 1 tablespoon date sugar, combined
- 2 cups cooked brown rice
- 2/3 tbsp basil for garnish

Heat a large, sprayed skillet or wok for 3 minutes. Add the first nine ingredients in the order listed, stirring for 1 minute after each addition. Serve warm over rice. Garnish with basil.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

DAY 4: WEDNESDAY

Breakfast: Rip's Big Bowl

- 1/4 cup raw old-fashioned oats
- 1/4 cup Grape Nuts or Ezekiel brand equivalent
- 1/4 cup bite-size shredded wheat
- 1/4 cup Uncle Sam Cereal
- 1 tablespoon ground flaxseed meal
- 2 tablespoons raisins
- 1/4 cup walnuts
- 1 banana, sliced

1 kiwi, sliced
3/4 cup milk substitute of choice

Toss all ingredients except the milk substitute into a bowl. Top the bowl with milk substitute.

Variations:

In a pinch, simply add water (the fruits blend with the water and give it a sweet taste).

Add any fresh or frozen fruit, such as peaches, cherries, mangoes, blueberries, or red grapes.

Lunch: Left Over Veggie Stir Fry

Heat up in microwave safe dish.

Dinner: Savory Lentils and Greens Soup with whole grain pita

(Eat about 1/5 of dish for dinner with one pita, refrigerate 1/5 for Thursday and freeze the additional 3 servings in individual portions for following weeks.)

1 medium onion, chopped
1 stalk celery, chopped
2 cloves garlic, chopped
1 1/2 carrots, chopped
2 tomatoes, chopped
1 1/4 cups lentils
2 1/2 cups low sodium vegetable broth
2 1/2 cups water
Ground pepper, to taste
1 large head of leafy greens, chopped in bite size pieces.

Use kale, collards, spinach, Swiss chard, or a combination of as many as you wish.

In a large soup pot, add onion, celery, garlic, and carrots and stir-fry over low heat for ten minutes, stirring frequently. Add the tomatoes and stir-fry for 5 more minutes. Add the lentils, broth, water, and pepper, and bring to a boil uncovered over high heat. Cover, turn the heat down, and simmer for 45 minutes. Add the greens and simmer for another 10 minutes or, for especially green and fresh

looking greens, boil or steam the greens first, then add them to the soup pot just before serving.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

DAY 5: THURSDAY

Breakfast: Spinach Berry Smoothie

- 1 ½ cups milk substitute
- 1 ½ cups baby spinach
- 1 ½ cups frozen strawberries

Blend ingredients together in a blender.

Lunch: Left Over Savory Lentils and Greens Soup with Whole Grain Pita

Heat in saucepan or in microwave safe dish. Microwave pita until warm.

Dinner: E2 Beans and Rice

- Eat about ½ dish for dinner and refrigerate left overs for Friday.
- 1 cans black beans, rinsed and drained
- 1/2 to 3/4 cups water or vegetable stock
- 1/2 tablespoon Bragg Liquid Aminos

1/2 teaspoon red chili powder
1 tomatoes, chopped
1/2 bunch green onions, chopped
1/3 lb jicama
1/2 cup frozen corn
1 green bell peppers, seeded and chopped
1/2 bunch cilantro, rinsed and chopped
1/2 avocado, peeled and sliced
1 1/2 cups cooked E2 Brown Rice
Salsa

Heat the beans with water or stock, Bragg's, and chili powder. Chop the vegetables and cilantro, slice the avocados, and place in individual bowls. To serve, place several big spoonfuls of brown rice onto large plates and ladle beans on top. Add generous handfuls of chopped vegetables, cilantro, and avocado on top of the beans. Add salsa to taste.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

DAY 6: FRIDAY

Breakfast: Simple Cereal

1 cup whole grain cereal (see E2 Approved Foods)
1 banana, sliced, or any other fresh or frozen fruit
½ cup milk alternative (soy, rice, oat, almond, hemp)

Instructions: Place cereal in bowl, and top with fruit and milk substitute.

Lunch: Left Over E2 Beans and Rice

Heat up in microwave safe dish.

Dinner: E2 Greek Pizza

- 1/3 jar pasta sauce
- 1 large pita, whole wheat
- 1/3 small onion, sliced thin
- 1 1/2 roma tomatoes, sliced
- 1/6 cup Kalamata olives, chopped
- 1/3 can artichoke hearts packed in water, drained

Preheat oven to 425. Generously spread the sauce on the crusts, and layer with the remaining ingredients. Bake on a sprayed cooking sheet or pizza stone for 15 minutes.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

DAY 7: SATURDAY

Breakfast: French Toast

- 1/2 banana, mashed
- 1/4 cup milk substitute of choice
- 1/2 teaspoon vanilla
- 1/4 teaspoon cinnamon
- 3 slices whole grain bread

Combine the banana, milk substitute, vanilla, and cinnamon in a shallow bowl. Dip the bread slices in the mixture and cook in a nonstick skillet on medium heat for 2 minutes on each side, or until lightly browned.

Lunch: Candle Café Brown Rice and Lentil Burgers

(Eat one burger for lunch, refrigerate one for Monday and freeze two for following weeks.)

- 1 3/4 cups water
- 1/4 cup lentils, rinsed and drained
- 1/2 cup brown rice
- 1 garlic clove, chopped
- 1/2 medium red onion, chopped
- 1 green bell peppers, seeded, deveined, and diced
- 1/2 teaspoon sea salt
- 1/2 teaspoon chili powder
- Whole grain flour
- 4 whole grain buns

Preheat oven to 350. In a medium saucepan, bring 3/4 cups of water to a boil. Add the lentils, reduce the heat, and cook until the beans are softened, about 15 minutes. Drain and set aside. Meanwhile, in another medium saucepan, bring 1 cup of water to a boil, add the rice, reduce the heat, cover, and simmer until the rice is just tender, about 40 minutes. Drain and set aside. In a sauté pan, sauté the garlic, onion, and peppers until lightly browned.

In a large bowl, combine the lentils, rice, and vegetables. Add the salt and chili powder and mix well. Add a bit of flour to hold the mixture together, if needed. Form into 4 burger-sized patties and place on a baking sheet or press into a loaf pan. Bake the burgers until slightly firm, about 15 minutes, or bake the loaf for about 25 minutes. Serve burgers on warmed buns.

Dinner: Pasta Primavera

(Eat about ¼ of dish for dinner, refrigerate ¼ for Monday and freeze the additional 2 servings in individual portions for following weeks.)

- 1 onion, chopped
- 1 clove garlic, minced
- 1 /2 cups frozen corn
- 1 jalapeño pepper, minced (remove seeds to reduce heat)
- 1 green bell pepper, seeded and chopped
- 1/2 bunch fresh kale, rinsed and chopped
- 1 can diced tomatoes
- 1 large jar pasta sauce (see E2-Approved Foods)
- 16 ounces whole-grain spaghetti, cooked

Sauté the onion, garlic, and corn in a large skillet on medium heat for 5 minutes. Add the jalapeño, bell pepper, and kale to the skillet and cook for 3 minutes. Add the diced tomatoes and pasta sauce to the vegetables. Ladle the sauce over the pasta.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

WEEK 2 GROCERIES

GROCERIES	Size	Amount to buy	Unit
Fresh Fruit			
Banana	1 banana	5	pieces
Fresh or frozen fruit	1 apple	2	piece
Kiwi	1 kiwi	2	pieces
Mango	1 mango	1	piece
Fresh Vegetables			
Onion	1 onion	3	pieces
Tomatoes	1 tomato	5	pieces
Large Jalapeño Pepper	1 pepper	1	pieces
Cilantro	1 bunch	1	bunch
Green Onion	1 bunch	1	bunch
Mushrooms	8 oz package	2	packages
Lemons	1 lemon	1	piece
Bell Pepper, green	1 pepper	6	pieces
Baby Spinach, bulk	1 lb	0.38	pounds
Kale	1 bunch	1	bunches
Celery	1 bunch	1	bunch
Avocado	1 small avocado	1	piece
Sweet Potatoes	1 potato	3	piece
Broccoli	1 bunch	1	bunch
Romaine Lettuce	1 bunch	1	bunch
Canned Fruit/Veggies			
Tomatoes	28 oz	2	cans
Black Beans	15 oz	2	cans

Pasta Sauce, 365, regular	15 oz	2	cans
Tomato Paste	8 oz	1	can
Pinto Beans	15 oz	1	can
Kidney Beans	15 oz	1	can
Chickpeas	15 oz	1	can
Frozen Section			
Corn	16 oz bag	1	bag
Grains			
Whole grain lasagna noodles	16 oz box	1	box
Whole Grain Wraps**	10.5 oz bag	1	box
**store in freezer and thaw in microwave or toaster			
Dairy			
Soy Milk	1/2 gallon	1	half gal
Soy Yogurt	32 oz	1	container
Miscellaneous			
Tofu	14 oz	1	package

~\$75.00

WEEK 2 RECIPES

DAY 1: SUNDAY

Breakfast: Lemon Cornmeal Pancakes

1/3 cups whole wheat flour
1/2 teaspoons baking powder
1/8 teaspoon salt
1/4 cup cornmeal
1/2 cups soy milk
1/8 cup soy yogurt
Zest and juice from half a lemon

Mix the dry and wet ingredients in separate bowls. Add the dry ingredients to the wet ingredients, stirring to remove lumps. Heat a dry skillet until a drop of water dances on its surface. Spraying the skillet once should allow for three batches of pancakes. Ladle a large scoop of batter into the pan. Several pancakes can be cooked at once if you're using a large skillet. Cook until the batter begins to bubble and the bottom of the pancake is golden. Flip and cook on the other side until both sides are golden.

Lunch: Rice Salad

1 cup cooked brown rice
1/2 cups pinto beans, rinsed and drained
1/2 cups corn, frozen
2/3 bell peppers, seeded and chopped
1 1/3 green onions, chopped
1 tablespoon raisins
1/12 bunch cilantro, chopped
1 tablespoon cider vinegar
Cracked pepper, to taste
1 tablespoon home-toasted walnuts

Toss all ingredients except nuts together in large bowl. Season with pepper. Sprinkle walnuts over salad before serving.

Variations:

Spice it up with a diced jalapeno. Serve with avocado slices and salsa. Add broiled fish or chicken on top of the salad.

Dinner: Sweet Potato Veggie Lasagna

(Eat about 1/6 dish for dinner, refrigerate 1/6 for Tuesday and freeze the additional 4 servings in individual portions for following weeks.)

1/2 onion, chopped
1/2 small head of garlic, all cloves chopped or pressed
4 ounces mushrooms, sliced
1/2 head broccoli, chopped
1 carrots, chopped
1 green bell peppers, seeded and chopped
3/4 cup corn, frozen
1/2-14oz package firm tofu
1/4 teaspoon cayenne pepper
1/2 teaspoon oregano
1/2 teaspoon basil
1/2 teaspoon rosemary
1 jars pasta sauce (see E2-Approved Foods)
1 box whole grain lasagna noodles
8 ounces frozen spinach, thawed and drained
1 sweet potatoes, cooked and mashed
3 roma tomatoes, sliced thin
1/2 cup raw cashews, ground

Preheat oven to 400. Sauté the onion and garlic on high heat for 3 minutes in a wok or nonstick pan. Add the mushrooms and cook until the onions are limp and the mushrooms give up their liquid. Remove them to a large bowl with a slotted spoon. Reserve the mushroom liquid in the pan. Sauté the broccoli and carrots for 5 minutes and add to the mushroom bowl. Sauté the peppers and corn until just beginning to soften. Add them to the vegetable bowl. Drain the tofu by wrapping in paper towels. Break it up directly in the towel and mix into the vegetable bowl. Add spices to the vegetable bowl and combine.

To Assemble:

Cover the bottom of a 9-by-13-inch casserole with a layer of sauce. Add a layer of noodles. Cover the noodles with sauce. This way the noodles cook in the oven, saving time and energy. Spread the vegetable mixture over the sauced noodles. Cover with a layer of noodles and another dressing of sauce. Add the spinach to the second layer of sauced noodles. Cover the spinach with the mashed sweet potatoes. Add another layer of sauce, the final layer of noodles, and a last topping of sauce. Cover the lasagna with thinly sliced roma tomatoes.

Cover with foil and bake in the oven for 45 minutes. Remove the foil, sprinkle with the cashews, and return to the oven for 15 minutes. Let sit for 15 minutes before.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

DAY 2: MONDAY

Breakfast: Rip's Big Bowl

- 1/4 cup raw old-fashioned oats
- 1/4 cup Grape Nuts or Ezekiel brand equivalent
- 1/4 cup bite-size shredded wheat
- 1/4 cup Uncle Sam Cereal
- 1 tablespoon ground flaxseed meal
- 2 tablespoons raisins
- 1/4 cup walnuts

1 banana, sliced
1 kiwi, sliced
3/4 cup milk substitute of choice

Toss all ingredients except the milk substitute into a bowl. Top the bowl with milk substitute.

Variations:

In a pinch, simply add water (the fruits blend with the water and give it a sweet taste).

Add any fresh or frozen fruit, such as peaches, cherries, mangoes, blueberries, or red grapes.

Lunch: Left Over Candle Café Brown Rice and Lentil Burgers

Heat burger up in oven until hot and toast bun from freezer.

Dinner: Left Over Pasta Primavera

Heat up in microwave safe dish.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

DAY 3: TUESDAY

Breakfast: Banana Kale Smoothie

2 bananas

¼ bunch kale
2 tbsp nut butter
1 cup milk substitute
Ice

Blend all ingredients together in a blender.

Lunch: Almighty Wrap

1/2 onion, chopped
1/2 bell pepper, chopped
2 ounces sliced mushrooms
1/4 cup of frozen corn
4 ounces roasted red bell pepper hummus (or 1 cup homemade)
2 corn tortillas
1/4 cup black beans, drained and rinsed
1/8 lb fresh spinach

Preheat oven to 450. Sauté the onion until translucent. Add the bell pepper and cook for 2–3 minutes. Add the mushrooms and corn. Spread a layer of hummus on the wrap. Add the sautéed vegetables, beans, and fresh spinach. Roll into a burrito. Place on a baking sheet, seam side down, and bake for 8–10 minutes. Serve the wrap warm, and top with Salsa (see pages 240).

Dinner: Left Over Sweet Potato Veggie Lasagna

Heat up in oven or microwave safe dish.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

DAY 4: WEDNESDAY

Breakfast: Rip's Big Bowl

- 1/4 cup raw old-fashioned oats
- 1/4 cup Grape Nuts or Ezekiel brand equivalent
- 1/4 cup bite-size shredded wheat
- 1/4 cup Uncle Sam Cereal
- 1 tablespoon ground flaxseed meal
- 2 tablespoons raisins
- 1/4 cup walnuts
- 1 banana, sliced
- 1 kiwi, sliced
- 3/4 cup milk substitute of choice

Toss all ingredients except the milk substitute into a bowl. Top the bowl with milk substitute.

Variations:

In a pinch, simply add water (the fruits blend with the water and give it a sweet taste).

Add any fresh or frozen fruit, such as peaches, cherries, mangoes, blueberries, or red grapes.

Lunch: Left Over Frozen Savory Lentils and Greens Soup with whole grain pita

Heat in saucepan or in microwave safe dish. Microwave pita until warm.

Dinner: Left Over Frozen Shepherd's Pie

Heat in oven or microwave safe dish.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

DAY 5: THURSDAY

Breakfast: Spinach Berry Smoothie

- 1 ½ cups milk substitute
- 1 ½ cups baby spinach
- 1 ½ cups frozen strawberries

Blend ingredients together in a blender.

Lunch: Almighty Wrap

- 1/2 onion, chopped
- 1/2 bell pepper, chopped
- 2 ounces sliced mushrooms
- 1/4 cup of frozen corn
- 4 ounces roasted red bell pepper hummus (or 1 cup homemade)
- 2 corn tortillas
- 1/4 cup black beans, drained and rinsed
- 1/8 lb fresh spinach

Preheat oven to 450. Sauté the onion until translucent. Add the bell pepper and cook for 2–3 minutes. Add the mushrooms and corn. Spread a layer of hummus on the wrap. Add the sautéed vegetables, beans, and fresh spinach. Roll into a burrito. Place on a baking sheet, seam side down, and bake for 8–10 minutes. Serve the wrap warm, and top with Salsa (see pages 240).

Dinner: Veggie Burger with Sweet Potato Fries

Eat 1 burger for dinner with sweet potato fries, and freeze 3 burgers individually for following weeks.

1/2 can black beans, rinsed and drained

1/2 can tomatoes with zesty mild chilies, drained

1/2 garlic clove, minced or pressed, or 1 teaspoon garlic powder

1/2 teaspoon onion powder

1 green onions, chopped

1/2 cup chopped carrots

1/2 cup parsley or cilantro

1 cup quick rolled oats

4 whole grain buns

Fresh veggie toppings and healthy condiments

Preheat oven to 450. Process the first seven ingredients using an immersion or a regular blender or food processor. Remove contents into a large bowl and stir in the oats. Form into 4 patties, place on a sprayed baking sheet, and bake for 8 minutes. Turn oven up to broil and cook for 2 more minutes, until the tops are nicely browned. Toast the buns and pile on your favorite toppings.

Variation:

Sauté the burgers on medium heat in a sprayed nonstick skillet for 5 minutes on each side, until both sides are browned.

Fries:

1 sweet potato with skins on, scrubbed and cut into slices

Preheat oven to 450 degrees. Place the potato slices on a sprayed baking sheet and cover with aluminum foil. Cook for 30-40 minutes, turning once. Remove the foil after 20 minutes to allow the slices to brown.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

DAY 6: FRIDAY

Breakfast: Simple Cereal

- 1 cup whole grain cereal (see E2 Approved Foods)
- 1 banana, sliced, or any other fresh or frozen fruit
- ½ cup milk alternative (soy, rice, oat, almond, hemp)

Place cereal in bowl, and top with fruit and milk substitute.

Lunch: Left Over Frozen Sweet Potato Veggie Lasagna

Heat up in oven or microwave safe dish.

Dinner: E2 Supreme Pizza

- 1/3 jar pizza sauce (see E2-Approved Foods)
- 1 large whole wheat pitas
- 2 1/2 ounces frozen spinach, thawed, rinsed, and drained
- 2 1/2 ounces mushrooms, sliced
- 1/3 onion, sliced thinly
- 2/3 cloves garlic, minced
- 2/3 green bell peppers, sliced
- 1/6 cup olives, sliced
- 1 1/2 roma tomatoes, sliced
- 1/3–2/3 tablespoons nutritional yeast

Preheat oven to 425. Spread a thick layer of sauce on the crusts. Cover with a generous amount of spinach and top with the remaining ingredients except for the yeast. Cook on a sprayed baking sheet or pizza stone for 15–20 minutes.

Sprinkle the pizzas with nutritional yeast before serving.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

Day 7: SATURDAY

Breakfast: French Toast

- 1/2 banana, mashed
- 1/4 cup milk substitute of choice
- 1/2 teaspoon vanilla
- 1/4 teaspoon cinnamon
- 3 slices whole grain bread

Combine the banana, milk substitute, vanilla, and cinnamon in a shallow bowl. Dip the bread slices in the mixture and cook in a nonstick skillet on medium heat for 2 minutes on each side, or until lightly browned.

Lunch: Rip's Sweet Potato Bowl

- 1/2 large cooked sweet potato, skin removed, cut into cubes
- 1/2 mango, peeled, seeded, and cut into cubes
- 1/2 green bell pepper, seeded and chopped
- 1/2 can black beans, rinsed and drained

1/2 avocado, peeled and chopped
1/4 bunch chopped cilantro
1/2 tbsp lemon juice
Balsamic vinegar to taste

Warm the sweet potatoes if using chilled leftovers. Place a generous portion of sweet potatoes into a large serving bowl. Top with mango, bell pepper, black beans, avocado, and cilantro. Drizzle with lime juice and vinegar, stir gently, and serve.

Dinner: 3 Bean Chili Soup

Eat about 1/4 soup for dinner, refrigerate 1/4 for Tuesday and freeze the additional 2 servings in individual portions for the following weeks.

1/2 large onion, chopped
1 clove garlic, minced or pressed
1 bay leaf
1 green bell pepper, seeded and chopped
1 stalk celery, chopped
1 carrot, chopped
1/2 cup mushrooms, chopped
1/2 jalapeño pepper, chopped
1/2 can kidney beans, rinsed and drained
1/2 can black beans, rinsed and drained
1/2 can chickpeas, rinsed and drained
1 1/2 cups water
1 28-ounce can, plum tomatoes, with juice, chopped
1/2 6-ounce can of tomato paste
1/2 pound firm tofu, crumbled
3/4 cups corn, frozen
1/2 apple, chopped
1 tablespoon chili powder
1 teaspoon coriander
1 tablespoon Dijon mustard
1/2 tablespoon blackstrap molasses
1/4 cup chopped cilantro
Salt and pepper, to taste

Sauté onion on medium-high heat in a large sprayed soup pot for 5 minutes. Add garlic, bay leaves, bell peppers, celery, carrots, mushrooms, and jalapeño, then cook on medium for 5 more minutes. Add rinsed beans, water, tomatoes, tomato paste, apple, tofu, corn, remaining seasonings, mustard, molasses, and parsley or cilantro. Cover and simmer on low heat for 15 to 20 minutes.

Variations:

Garnish Chili with sliced avocado, chopped raw onion, minced jalapeños, Southwest Relish, or E2 Sour Cream (see page 239).

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

WEEK 3 GROCERIES

GROCERIES	Size	Amount to buy	Unit
Fresh Fruit			
Banana	1 banana	5	pieces
Fresh or frozen fruit	1 apple	1	piece
Kiwi	1 kiwi	2	pieces
Mango	1 mango	1	piece
Fresh Vegetables			
Onion	1 onion	1	pieces
Tomatoes	1 tomato	1	pieces

Cilantro	1 bunch	1	bunch
Green Onion	1 bunch	1	bunch
	8 oz		
Mushrooms	package	1	packages
Lemons	1 lemon	1	piece
Bell Pepper, green	1 pepper	2	pieces
Baby Spinach, bulk	1 lb	0.13	pounds
Kale	1 bunch	1	bunches
Cucumber	1 cucumber	1	piece
	1 small		
Avocado	avocado	1	piece
Sweet Potatoes	1 potato	1	piece
Broccoli	1 bunch	1	bunch
Alfalfa Sprouts	1 oz box	1	box
Canned Fruit/Veggies			
Black Beans	15 oz	1	can
Pasta Sauce, 365, regular	15 oz	1	cans
Chickpeas	15 oz	1	can
Dairy			
Soy Milk	1/2 gallon	1	half gal
Soy Yogurt	32 oz	1	container

~\$45.00

WEEK 3 RECIPES

DAY 1: SUNDAY

Breakfast: Lemon Cornmeal Pancakes

1/3 cups whole wheat flour
1/2 teaspoons baking powder
1/8 teaspoon salt
¼ cup cornmeal
1/2 cups soy milk
1/8 cup soy yogurt
Zest and juice from half a lemon

Mix the dry and wet ingredients in separate bowls. Add the dry ingredients to the wet ingredients, stirring to remove lumps. Heat a dry skillet until a drop of water dances on its surface. Spraying the skillet once should allow for three batches of pancakes. Ladle a large scoop of batter into the pan. Several pancakes can be cooked at once if you're using a large skillet. Cook until the batter begins to bubble and the bottom of the pancake is golden. Flip and cook on the other side until both sides are golden.

Lunch: Kale, Lemon, and Cilantro Sandwich

1/2 bunch kale, rinsed and drained
2 slices whole grain bread, toasted
Healthy Homemade Hummus, 1/4 recipe
2 green onions
1/4 bunch cilantro or parsley, rinsed and chopped
2 Tbsp lemon juice
Zest and juice of 1/2 lemon

Tear the kale leaves away from the thick stem. Discard the stem and chop the leaves into bite-size pieces. Put the kale in a pot filled with about 4 inches of water. Bring to a boil, cover, and cook for 2–3 minutes, until the kale is tender. Check frequently.

Toast the bread until brown and crispy, about 3 minutes. Spread the toast thickly with hummus, sprinkle on the green onions, pile cilantro on top, then place a few

very thin slices of lemons on the cilantro.

When the kale is tender, drain well. Shake the strainer so all the water is gone, then sprinkle the kale in the strainer with lemon zest and the juice from the remaining lemon. Lots of lemon makes this good! Place a large handful of lemon-filled kale on top of each sandwich half and top with remaining toast slices.

Variation:

Add a thick slice of tomato to each sandwich.

Dinner: Left Over Frozen Mac and Not Cheese

Heat up in oven or microwave safe dish.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

DAY 2: MONDAY

Breakfast: Rip's Big Bowl

- 1/4 cup raw old-fashioned oats
- 1/4 cup Grape Nuts or Ezekiel brand equivalent
- 1/4 cup bite-size shredded wheat
- 1/4 cup Uncle Sam Cereal
- 1 tablespoon ground flaxseed meal
- 2 tablespoons raisins

- 1/4 cup walnuts
- 1 banana, sliced
- 1 kiwi, sliced
- 3/4 cup milk substitute of choice

Toss all ingredients except the milk substitute into a bowl. Top the bowl with milk substitute.

Variations:

In a pinch, simply add water (the fruits blend with the water and give it a sweet taste).

Add any fresh or frozen fruit, such as peaches, cherries, mangoes, blueberries, or red grapes.

Lunch: Left Over Frozen Sweet Potato Veggie Lasagna

Heat up in oven or microwave safe dish.

Dinner: Left Over Frozen Pasta Primavera

Heat up in oven or microwave safe dish.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

DAY 3: TUESDAY

Breakfast: Banana Kale Smoothie

2 bananas

¼ bunch kale

2 tbsp nut butter

1 cup milk substitute

Ice

Blend all ingredients together in a blender.

Lunch: Left Over Frozen Veggie Burger w/ Side Salad

Heat up in microwave safe dish or in the oven and toast bun from freezer.

Dinner: Left Over 3 Bean Chili Soup

Heat in saucepan or in microwave safe dish.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

DAY 4: WEDNESDAY

Breakfast: Rip's Big Bowl

- 1/4 cup raw old-fashioned oats
- 1/4 cup Grape Nuts or Ezekiel brand equivalent
- 1/4 cup bite-size shredded wheat
- 1/4 cup Uncle Sam Cereal
- 1 tablespoon ground flaxseed meal
- 2 tablespoons raisins
- 1/4 cup walnuts
- 1 banana, sliced
- 1 kiwi, sliced
- 3/4 cup milk substitute of choice

Toss all ingredients except the milk substitute into a bowl. Top the bowl with milk substitute.

Variations:

In a pinch, simply add water (the fruits blend with the water and give it a sweet taste). Add any fresh or frozen fruit, such as peaches, cherries, mangoes, blueberries, or red grapes.

Lunch: Left Over Frozen Split Pea Soup with whole grain pita

Heat up in microwave safe dish or on the stove top. Microwave pita until warm.

Dinner: Left Over Frozen Candle Café Brown Rice and Lentil Burger

Heat burger up in oven until hot and toast bun from freezer.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

DAY 5: THURSDAY

Breakfast: Spinach Berry Smoothie

- 1 ½ cups milk substitute
- 1 ½ cups baby spinach
- 1 ½ cups frozen strawberries

Blend ingredients together in a blender.

Lunch: Left Over Frozen Mac and Not Cheese

Heat up in oven or microwave safe dish.

Dinner: Left Over Frozen Savory Lentils and Greens Soup with whole grain pita

Heat in saucepan or in microwave safe dish. Microwave pita until warm.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

DAY 6: FRIDAY

Breakfast: Simple Cereal

- 1 cup whole grain cereal (see E2 Approved Foods)
- 1 banana, sliced, or any other fresh or frozen fruit
- ½ cup milk alternative (soy, rice, oat, almond, hemp)

Place cereal in bowl, and top with fruit and milk substitute.

Lunch: Left Over Frozen Sweet Potato Veggie Lasagna

Heat up in oven or microwave safe dish.

Dinner: E2 Green Pizza

- 1/3 jar pasta sauce (see E2-Approved Foods)
- 1 large pita, whole wheat
- 2 1/2 ounces frozen spinach, thawed, rinsed and drained
- 1/6 cup fresh whole basil leaves
- 2/3 green bell peppers, diced
- 2/3 cups broccoli florets
- 1/6 cup sliced mushrooms
- 1/3 onion, diced
- 2/3 cloves garlic, minced
- 1/2 tablespoons nutritional yeast

Preheat oven to 425. Generously spread the sauce on the crusts, and layer with the remaining ingredients. Sprinkle the nutritional yeast on top. Bake on a sprayed cooking sheet or pizza stone for 15 minutes.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

DAY 7: SATURDAY

Breakfast: French Toast

1/2 banana, mashed
1/4 cup milk substitute of choice
1/2 teaspoon vanilla
1/4 teaspoon cinnamon
3 slices whole grain bread

Combine the banana, milk substitute, vanilla, and cinnamon in a shallow bowl. Dip the bread slices in the mixture and cook in a nonstick skillet on medium heat for 2 minutes on each side, or until lightly browned.

Lunch: Left Over Frozen 3 Bean Chili Soup

Heat up in microwave safe plate or on the stove top.

Dinner: Rip's Sweet Potato Bowl

1/2 large cooked sweet potato, skin removed, cut into cubes
1/2 mango, peeled, seeded, and cut into cubes
1/2 green bell pepper, seeded and chopped
3/4 cups canned black beans
1/2 avocado, peeled and chopped
1/4 bunch chopped cilantro
Juice of 1/2 lime
Balsamic vinegar to taste

Warm the sweet potatoes if using chilled leftovers. Place a generous portion of sweet potatoes into a large serving bowl. Top with mango, bell pepper, black beans, avocado, and cilantro. Drizzle with lime juice and vinegar, stir gently, and serve.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

WEEK 4 GROCERIES

GROCERIES	Size	Amount to buy	Unit
Fresh Fruit			
Banana	1 banana	5	pieces
Fresh or frozen fruit	1 apple	2	piece
Kiwi	1 kiwi	2	pieces
Fresh Vegetables			
Onion	1 onion	1	pieces
Tomatoes	1 tomato	1	pieces
Cilantro	1 bunch	1	bunch
Green Onion	1 bunch	1	bunch
Lemons	1 lemon	1	piece
Bell Pepper, green	1 pepper	4	pieces
Baby Spinach, bulk	1 lb	0.46	pounds
Kale	1 bunch	1	bunches
Cucumber	1 cucumber	1	piece
Baby Field Green	1 package	1	package
Sweet Potatoes	1 potato	1	piece
Romaine Lettuce	1 bunch	1	bunch
Alfalfa Sprouts	1 oz box	1	box

Canned Fruit/Veggies

Tomato Paste	8 oz	1	can
Pinto Beans	15 oz	1	can
Kidney Beans	15 oz	1	can
Pineapple Chunks	20 oz	1	can

Dairy

Soy Milk	1/2 gallon	1	half gal
Soy Yogurt	32 oz	1	container

~\$40.00

Total monthly grocery cost ~\$310.00

WEEK 4 RECIPES

DAY 1: SUNDAY

Breakfast: Lemon Cornmeal Pancakes

1/3 cups whole wheat flour
 1/2 teaspoons baking powder
 1/8 teaspoon salt
 ¼ cup cornmeal
 1/2 cups soy milk
 1/8 cup soy yogurt
 Zest and juice from half a lemon

Mix the dry and wet ingredients in separate bowls. Add the dry ingredients to the wet ingredients, stirring to remove lumps. Heat a dry skillet until a drop of water dances on its surface. Spraying the skillet once should allow for three batches of pancakes. Ladle a large scoop of batter into the pan. Several pancakes can be cooked at once if you're using a large skillet. Cook until the batter begins to bubble and the bottom of the pancake is golden. Flip and cook on the other side until both sides are golden.

Lunch: Rice Salad

1 cup cooked brown rice
1/2 cups pinto beans, rinsed and drained
1/2 cups corn, frozen
2/3 bell peppers, seeded and chopped
1 1/3 green onions, chopped
1 tablespoon raisins
1/12 bunch cilantro, chopped
1 tablespoon cider vinegar
Cracked pepper, to taste
1 tablespoon home-toasted walnuts

Toss all ingredients except nuts together in large bowl. Season with pepper. Sprinkle walnuts over salad before serving.

Variations:

Spice it up with a diced jalapeno. Serve with avocado slices and salsa. Add broiled fish or chicken on top of the salad.

Dinner: Red Beans with Quinoa

Eat half dish for dinner and freeze left overs for Saturday.

2 cups water
1 cup quinoa, rinsed in mesh sieve
1/2 onion, chopped
1 bay leave
1/2 clove garlic, minced
1 green bell peppers, seeded and chopped
1/2 teaspoon dried thyme
1/2 tablespoon cider vinegar
1 can kidney beans, drained and rinsed
1/2 cup water
1/4 bunch kale, rinsed and coarsely chopped

Instructions for cooking quinoa:

Bring water to a boil. Add rinsed quinoa, stir once, and cover. Cook on medium heat for 25 minutes. If any water remains, cook uncovered for a few minutes

longer. The quinoa should not be soggy. Remove from heat, and let quinoa sit covered for 10 minutes. Fluff gently with a fork.

Instructions for kidney beans:

Sauté onion and bay leaves on medium heat in sprayed saucepan for 5 minutes, until onions are translucent. Add garlic and bell pepper, and cook for 5 minutes, until peppers soften. Add thyme, vinegar, beans, and water, and cook on low heat for 5 minutes, until broth thickens. You can speed this process by mashing the beans a few times with a potato masher.

Instructions for cooking kale:

Place coarsely chopped kale with ¼ cup of water in a large covered pot on medium heat.

Cook greens for 3 to 5 minutes, stirring occasionally, until wilted and tender. Serve on a plate with each ingredient nestled side by side.

Rip's Tip: To rinse quinoa, use a coffee filter or hand-held mesh strainer with small holes because the grains are very small.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

DAY 2: MONDAY

Breakfast: Rip's Big Bowl

- 1/4 cup raw old-fashioned oats
- 1/4 cup Grape Nuts or Ezekiel brand equivalent
- 1/4 cup bite-size shredded wheat
- 1/4 cup Uncle Sam Cereal
- 1 tablespoon ground flaxseed meal
- 2 tablespoons raisins
- 1/4 cup walnuts
- 1 banana, sliced
- 1 kiwi, sliced
- 3/4 cup milk substitute of choice

Toss all ingredients except the milk substitute into a bowl. Top the bowl with milk substitute.

Variations:

In a pinch, simply add water (the fruits blend with the water and give it a sweet taste).

Add any fresh or frozen fruit, such as peaches, cherries, mangoes, blueberries, or red grapes.

Lunch: Left Over Frozen Shepherd's Pie

Heat in oven or microwave safe dish.

Dinner: Left Over Frozen Sweet Potato Veggie Lasagna

Heat up in oven or microwave safe dish.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

DAY 3: TUESDAY

Breakfast: Banana Kale Smoothie

- 2 bananas
- ¼ bunch kale
- 2 tbsp nut butter
- 1 cup milk substitute
- Ice

Blend all ingredients together in a blender.

Lunch: Left Over Frozen Veggie Burger w/ Side Salad

Heat up in microwave safe dish or in the oven and toast bun from freezer.

Dinner: Left Over Frozen 3 Bean Chili Soup

Heat up in microwave safe plate or on the stove top.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

DAY 4: WEDNESDAY

Breakfast: Rip's Big Bowl

- 1/4 cup raw old-fashioned oats
- 1/4 cup Grape Nuts or Ezekiel brand equivalent
- 1/4 cup bite-size shredded wheat
- 1/4 cup Uncle Sam Cereal
- 1 tablespoon ground flaxseed meal
- 2 tablespoons raisins
- 1/4 cup walnuts
- 1 banana, sliced
- 1 kiwi, sliced
- 3/4 cup milk substitute of choice

Toss all ingredients except the milk substitute into a bowl. Top the bowl with milk substitute.

Variations:

In a pinch, simply add water (the fruits blend with the water and give it a sweet taste).

Add any fresh or frozen fruit, such as peaches, cherries, mangoes, blueberries, or red grapes.

Lunch: Left Over Frozen Pasta Primavera

Heat up in oven or microwave safe dish.

Dinner: Left Over Frozen Candle Café Brown Rice and Lentil Burger

Heat burger up in oven until hot and toast bun from freezer.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

DAY 5: THURSDAY

Breakfast: Spinach Berry Smoothie

- 1 ½ cups milk substitute
- 1 ½ cups baby spinach
- 1 ½ cups frozen strawberries

Blend ingredients together in a blender.

Lunch: Left Over Frozen Savory Lentils and Greens Soup with whole grain pita

Heat in saucepan or in microwave safe dish. Microwave pita until warm.

Dinner: Left Over Frozen Veggie Burger w/ Sweet Potato Fries

(Make 1 serving.)

Heat burger up in oven until hot and toast bun from freezer.

Fries:

1 sweet potato with skins on, scrubbed and cut into slices

Preheat oven to 450 degrees. Place the potato slices on a sprayed baking sheet and cover with aluminum foil. Cook for 30-40 minutes, turning once. Remove the foil after 20 minutes to allow the slices to brown.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

DAY 6: FRIDAY

Breakfast: Simple Cereal

- 1 cup whole grain cereal (see E2 Approved Foods)
- 1 banana, sliced, or any other fresh or frozen fruit
- 1/2 cup milk alternative (soy, rice, oat, almond, hemp)

Instructions: Place cereal in bowl, and top with fruit and milk substitute.

Lunch: Kale, Lemon, and Cilantro Sandwich

- 1/4 bunch kale, rinsed and drained
- 2 slices whole grain bread, toasted
- Healthy Homemade Hummus, ¼ recipe
- 2 green onions
- 1/4 bunch cilantro or parsley, rinsed and chopped
- 2 Tbsp lemon juice
- Zest and juice of 1/2 lemon

Tear the kale leaves away from the thick stem. Discard the stem and chop the leaves into bite-size pieces. Put the kale in a pot filled with about 4 inches of water. Bring to a boil, cover, and cook for 2–3 minutes, until the kale is tender. Check frequently.

Toast the bread until brown and crispy, about 3 minutes. Spread the toast thickly

with hummus, sprinkle on the green onions, pile cilantro on top, then place a few very thin slices of lemons on the cilantro.

When the kale is tender, drain well. Shake the strainer so all the water is gone, then sprinkle the kale in the strainer with lemon zest and the juice from the remaining lemon. Lots of lemon makes this good! Place a large handful of lemon-filled kale on top of each sandwich half and top with remaining toast slices.

Variation:

Add a thick slice of tomato to each sandwich.

Dinner: E2 Burt's BBQ Pizza

- 1 1/3 ounces tomato paste
- 1/3 cup barbecue sauce (see E2-Approved Foods)
- 2/3 teaspoons dried oregano
- 1 large pita, whole wheat
- 1/3 small onion, sliced
- 1/3 green bell pepper, seeded and sliced
- 2/3 handfuls fresh spinach
- 1/3 jar pineapple chunks, drained

Preheat oven to 425. Mix the tomato paste, barbecue sauce, and oregano together in a bowl. Generously spread the sauce on the crusts, and layer with the vegetables and pineapple. Top with the cashews. Bake on a sprayed cooking sheet or pizza stone for 15 minutes.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:

DAY 7: SATURDAY

Breakfast: French Toast

1/2 banana, mashed
1/4 cup milk substitute of choice
1/2 teaspoon vanilla
1/4 teaspoon cinnamon
3 slices whole grain bread

Combine the banana, milk substitute, vanilla, and cinnamon in a shallow bowl. Dip the bread slices in the mixture and cook in a nonstick skillet on medium heat for 2 minutes on each side, or until lightly browned.

Lunch: E2 Open-Faced Sandwich

2 slices whole grain bread, toasted
Homemade hummus, 2 Tbsp
1/2 cucumber with skin on, scrubbed and sliced into thin rounds
1/2 large tomato, sliced
1/8 bunch cilantro
1/2 cup alfalfa sprouts
Lemon pepper to taste (we like the Mrs. Dash brand)
Lemon or lime juice

Spread each side of bread thickly with hummus spread of choice. Top with vegetables and sprouts. Season with lemon pepper and a squeeze of lemon or lime juice.

Variations:

Top the sandwich with chopped cilantro, green onions, salad greens, shredded raw beets, or carrots.

Dinner: Left Over Frozen Red Beans w/ Quinoa

Heat up in microwave safe dish or in the oven.

DAILY ACTIVITIES:

THOUGHTS/OBSERVATIONS:
