

Meal Plan, Week 3

Breakfast, Green Juices, 6:

2 Lizzie and Ama's Green Lemonade
2 One Love
2 Jugo Fabuloso!

Main Meal:

Monday: Avocado salad with rosemary p 226 with flax crackers

Tuesday: Walnut pate p 222

Wednesday: Pad Thai **OR** Cauliflower 'n' cheez (salted cauliflower florets with cheez sauce recipe from week 1)

Thursday: Hummus p. 213 **OR** Sour Cream (double recipe, p. 279) on carrots, celery, and cucumber, leafy green, cabbage, Nori sheet, and/or bell pepper, topped with clover sprouts

Friday: Pad Thai (leftover) **OR** Cauliflower 'n' cheez (leftover)

Saturday: Hummus (leftover) **OR** Sour Cream (leftover) on carrots, celery, and cucumber, leafy green, cabbage, Nori sheet, and/or bell pepper, topped with clover sprouts

Sunday: leftovers, shop

Secondary Meal, Smoothies, 6:

Cherry Vanilla Kale Smoothie

Strawberry Lime Smoothie

Raspberry Lemon Smoothie

Strawberry Basil Smoothie

Strawberry Mint Smoothie

Cherry Ginger Kale Smoothie

Blueberry Arugula Smoothie

Snacks:

Walnut butter and carrots/celery/apple slices

Fruit

Living Intentions Sprouted Sunflower & Greens Seeds (available online, or at Sprouts, raw food section)

SHOPPING LIST, WEEK 3:

juices:

2 bunches kale or other leafy greens
2+2+2 cucumbers
8+8+8 stalks celery
3 inches ginger
2+2 lemons with peel
stevia (grape, vanilla, orange, apricot, or combo)
8 carrots
2 heads Romaine
2 bunches broccoli
2 limes
1 bunch cilantro
1 bunch collard greens

Entrees:

(Some of the recipes are separated by -----, so you can choose just the ingredients you need, based upon which recipes you decide to make):

Avocado Salad with

Rosemary:

Flax crackers
2 avocados
1 tomato
clover sprouts
rosemary (dried or fresh)
lemon 1+2
garlic
Celtic salt
walnuts
leeks
olive oil
Italian seasoning
2 cucumbers
bell pepper

Pad Thai:

3-4 zucchini or yellow squash
¾ c shredded coconut flakes
spring water
½ c macadamia nuts
1+1 clove garlic
lime
apple cider vinegar
ginger powder
cayenne
black pepper

Hummus:

2 c raw, unpasteurized almonds (available online)
1 c sesame seeds (in bulk section, or online)
lemon juice
cumin

Cauliflower 'n' Cheez:

1 head cauliflower
1 ¾ c macadamia nuts
1 lemon
chili powder
turmeric

Sour cream:

1 c macadamia nuts
½ c sunflower seeds
1 lemon

Walnut Pate:

2 c walnuts
1 c leeks
olive oil
Italian seasoning
Celtic salt

smoothies:

1 bag frozen organic cherries
2 bags frozen organic strawberries
1 bag frozen 1 bag organic raspberries
1 bag organic blueberries
1 bunch red kale
1 bunch green kale
5-oz container arugula
20-oz container spring mix
20-oz container of 50/50 spinach and spring mix blend
2 limes
4 lemons
1 package hemp seeds
fresh ginger root
cinnamon
cardamom (optional)
fresh or dried mint
stevia, 1 plain, 1 orange, 1 vanilla, 1 peppermint, or substitute flavored with plain only

snacks:

Living Intentions Sprouted Sunflower & Greens Seeds (available online, or at Sprouts)
1-2 jars walnut butter
1 small bag carrots (also for sour cream and hummus dipping)
1 bunch celery (also for sour cream and hummus dipping)
fresh fruit: any combination of seasonal Phase 1.5 fruit - grapes, grapefruit, green apples

RECIPES

(See meal plan week 1 for juice and smoothie recipes.)

Hummus (from *Rainbow Green, Live Food Cuisine, Gabriel Cousens*)

2 c almonds
1 c sesame seeds
5 T lemon juice
1 clove garlic
1 C water
2 T olive oil
1 T cumin
½ t to 1 ½ t Celtic salt
1 t ground black pepper

Process almonds in food processor until finely chopped. Slowly add ½ c water and mix for 2-3 minutes, until creamy. In a dry blender container, grind dry sesame seeds to a powder, and then mix with ½ c water and the remaining ingredients, until the mixture is smooth. Add more water if necessary. Add creamed almond mixture and process for 1-2 minutes until the mixture is blended. Sprinkle parsley on top and serve.

Pad Thai (modified from *Rainbow Green, Live Food Cuisine, Gabriel Cousens*)

Sauce ingredients:

¾ c shredded coconut flakes
1 c water
½ c macadamia nuts, unsoaked
1 clove garlic
1/8 c lime juice
1 t apple cider vinegar
½ t Celtic salt
½ t ginger
¼ t cayenne
¼ t black pepper

Noodles:

3-4 zucchini and/or yellow squash

Process all ingredients in a blender until smooth. Mix with spiralized zucchini and/or yellow squash noodles. Garnish with coarsely chopped vegetables or dried/fresh cilantro, if desired.

Walnut Pate (from *Rainbow Green, Live Food Cuisine, Gabriel Cousens*)

2 c walnuts
1 c leeks
2 T olive oil
1 T Italian seasoning
½ - 1 t Celtic salt

Process all ingredients in a food processor until smooth and creamy; add a little water for consistency.

Sour Cream (from *Rainbow Green, Live Food Cuisine, Gabriel Cousens*)

1 c macadamia nuts
½ c sunflower seeds
1 T lemon juice
1 t Celtic salt
variation: stir in finely chopped chives

In a blender, process all ingredients until smooth. Serve with sliced veggies, ie cucumber, carrots, celery, bell pepper.

Avocado Salad with Rosemary (from *Rainbow Green, Live Food Cuisine, Gabriel Cousens*)

2 c avocado, diced (about 2 avocados)

1 c tomatoes

1 c clover sprouts

1 T rosemary

1 ½ T lemon juice

1 ½ T garlic, minced

½-1 t Celtic salt

Combine all ingredients in a mixing bowl; leave a slightly chunky consistency.

Cauliflower 'n' Cheez (adapted from recipe from *Tree of Life Rejuvenation Center*)

1 ¾ c macadamia nuts

2-4 T lemon juice

2 T water

½ c olive oil

½ t salt

½ t chili powder

pinch cayenne

pinch turmeric

black pepper to taste

Blend all ingredients until smooth. Serve over cauliflower florets. (Massage about 1/8 t salt into florets to soften them.)