

# Plant Based Planner

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## **3 day DETOX Plant Based Meal Plan** *Grocery List and Recipes Included*

\*I've tried to include a lot of super-foods like Kale and Turmeric for their healing properties. Turmeric is such a powerful anti-inflammatory and the "tonic" recipe I included is one of my favorites especially for sore/swollen muscles or just when I'm feeling a bit "heavy". I also included a few chickpea recipes as they tend to fill you up and make you feel fuller longer.

ENJOY!

# BREAKFAST RECIPES

## Overnight Oats

<http://ohsheglows.com/2015/07/22/vegan-overnight-oats/>

### **Ingredients:**

- 1 large ripe/spotty banana, mashed
- 2 tablespoons chia seeds
- 1/4 teaspoon cinnamon
- 1/2 cup gluten-free rolled oats
- 3/4 cup almond milk
- 1/4 teaspoon pure vanilla extract (optional)

### **Suggested Toppings:**

- Granola
- Fresh fruit
- Coconut flakes
- Pure maple syrup
- Cinnamon
- Nuts and seeds
- Banana soft serve

### **Directions:**

1. In a small bowl, mash the banana until almost smooth. Now stir in the chia seeds and cinnamon until combined.
2. Stir in the oats, almond milk, and vanilla (if using). Cover and refrigerate overnight, or a minimum of 2 hours.
3. In the morning, stir the oat mixture to combine. If your Vegan Overnight Oats have a runny consistency even after they soak, simply stir in an additional 1 tablespoon chia seeds and place the mixture back in the fridge until it has thickened up. If the oat mixture is too thick, simply add a splash of milk and stir to combine.

## Raspberry Almond Butter Smoothie

### Ingredients:

- 1 cup Water
- 1TBS Flax
- 1 Cup Raspberries
- 1 Banana
- ¼ cup Spinach
- 1TBS Almond Butter
- 2 Tsp Lemon Juice

### Directions

- 1 .Blend and Enjoy!

## **Blackberry Turmeric Smoothie Bowl**

<http://katalysthealthblog.com/blackberry-turmeric-smoothie-bowl-vegan-paleo/>

### **Ingredients**

- 1 cup almond milk
- ½ banana, frozen
- ½ cup blackberries, fresh
- ¼-1/2 teaspoon turmeric, depending on preference
- 1 tablespoon chia seeds
- 1 tablespoon hemp seeds
- 6 ice cubes
- maple syrup, optional

### **Directions**

1. Place all of the ingredients into a high speed blender.
2. Blend on high until smooth.

# LUNCH RECIPES

## Detox Salad

[http://www.eatyourselfskinny.com/my-favorite-detox-salad/#\\_a5y\\_p=4982399](http://www.eatyourselfskinny.com/my-favorite-detox-salad/#_a5y_p=4982399)

### INGREDIENTS

- 2 cups kale
- 2 cups broccoli florets
- 2 cups brussels sprouts, roughly chopped
- 2 cups red cabbage, roughly chopped
- 1 cup carrots, roughly chopped
- ½ cup fresh parsley
- ½ cup almonds
- 1 to 2 Tbsp sunflower seeds

### For the dressing:

- 3 Tbsp olive oil
- ½ cup lemon juice (or juice of two lemons)
- 1 Tbsp fresh ginger, peeled and grated
- 3 tsp. Dijon mustard
- 2 tsp. honey (or maple syrup)
- ¼ tsp. sea salt

### INSTRUCTIONS

1. Using a food processor, process all the veggies up to the parsley until finely chopped and mix together in a large bowl. This may take a few batches.
2. Add almonds to the food processor and pulse, until roughly chopped, and mix in with the salad along with the sunflower seeds.
3. In a small bowl, whisk together all the ingredients for the dressing and drizzle over top of the salad OR place in a jar and use as needed. Enjoy!

## Kale Quinoa Power Bowl

<http://www.thekitchenofdanielle.com/kale-quinoa-power-bowl-2/>

### INGREDIENTS

- 1 bunch kale, de-steamed
- 1 tbsp olive oil
- 2 cups cooked quinoa
- 1 large sweet potato, diced
- ½ tsp chili powder
- ½ tsp cumin
- ½ tsp sea salt
- 1 whole avocado, diced
- ⅓ cup pumpkin seeds
- 1 pint cherry tomatoes

### INSTRUCTIONS

1. Pre-heat your oven to 450 F.
2. Toss the diced potatoes with the chili powder, cumin, olive oil, and sea salt. Cook for 25-30 minutes, until tender.
3. Meanwhile, de-steam your kale and massage in the olive oil using your hands. This will take a few minutes, so be patient! Evenly distribute the kale and cherry tomatoes into bowls.
4. Once the potatoes are almost done, add on the pumpkin seeds to the same tray and cook for 2 minutes (make sure to watch them, as they toast quickly!). Once done, add to the bowls along with quinoa and diced avocado.

***\*\*\*I would add a tahini dressing to this! Mix desired amount of tahini and water together until the consistency is "pourable". Add salt and pepper and a squeeze of fresh lemon juice if you desire! My favorite quick dressing for roasted veggies!***

## Smashed Pesto Chickpea Avocado Sandwich

<https://www.closetcooking.com/2017/08/pesto-smashed-chickpea-and-avocado.html?m=1>

### **Ingredients**

- 1 (15 ounce) can chickpeas, drained and rinsed
- 1 avocado
- 1/4 cup basil pesto (*2 Cups packed basil, 1/2 cup walnuts, 1/3 cup olive oil, 1/2 lemon juiced, salt and pepper; opt: 1-2 tbs. nutritional yeast*) OR store bought!
- 2 tablespoons green or red onion, finely sliced or diced
- 1 tablespoon lemon juice
- salt to taste
- 8 slices bread (optionally lightly toasted) OR Rice cakes/gluten free bread.
- 1 large tomato, sliced
- 1 cup baby spinach or arugula or other greens

### **Directions**

1. Smash/mash the chickpeas and avocado with a potato masher or a fork, mix in the pesto, onion, lemon juice and salt to taste.
2. Assemble the sandwiches and enjoy!

# SNACK RECIPES

## Rice cakes with Hummus and Cucumbers

(Plant Based Planner Original Recipe)

### Ingredients:

- 2 brown rice cakes
- 10-12 thinly sliced cucumber slices
- Everything Bagel Seasoning (optional)
- Red Pepper Flakes (optional)

### Hummus:

- 2 cans chickpeas, drained and rinsed
- 1/3 cup Tahini
- ¼ cup Olive Oil
- 1-2 tsp. Cumin
- 2 cloves garlic
- ½-1 tsp salt
- Pepper to taste
- Juice of 1 lemon
- ½ cup of water

### Directions

1. Make the hummus by combining all ingredients except for water into a food processor. Process until combined. Scrape down the sides and slowly add in the water until your desired texture is achieved.
2. Spread 1-2 TBS of hummus on each rice cake.
3. Layer on your cucumber slices and top with seasonings of choice!

***\*\*\*Tip: This is a great snack but if you'd like to make it a meal add a hearty roasted veggie like sweet potato or a cruciferous veggie that will keep you fuller longer!***

## **Energy Bites**

### **Ingredients**

- $\frac{3}{4}$  cup walnuts
- $\frac{3}{4}$  cup pitted Medjool dates (about 9 dates)
- 2 TBS peanut butter
- 3 TBS Cocoa Powder
- Pinch of Salt

### **Directions**

1. Place all ingredients in a food processor until everything is combined.
2. Roll into 1 inch balls (will make 10-12).
3. Keep in an airtight container in the refrigerator.

## **Chili Lime Roasted Chickpeas**

<https://www.runninginaskirt.com/chili-lime-crispy-chickpeas-recipe/>

### **Ingredients**

- 2 cans chickpeas rinsed and drained
- 2 teaspoons olive oil
- 1 tablespoon chili powder
- 1 teaspoon chipotle powder
- 1 teaspoon cumin
- 1/2 lime \*\* juiced
- 1/2 teaspoon salt

### **Instructions**

1. Lay the chickpeas on paper towels and get as much moisture off them as possible. If you have time allow them to sit and dry for a few hours. The drier they are, the crispier your chickpeas will be.
2. Preheat the oven to 425 degrees.
3. Toss the dried chickpeas in the spices, olive oil, salt and lime.
4. Roast for 25 minutes. Shake the pan and roast for 20 minutes more or until the chickpeas are crispy. Watch carefully near the end because there is a fine line between crispy and burnt!
5. Allow to cool and store in an airtight container.

# DINNER RECIPES

## **Broccoli Mushroom Stir-Fry**

<https://skinnymys.com/broccoli-and-mushroom-stir-fry-vegan-stir-fry-recipes/>

### **Ingredients**

- 2 cups broccoli, cut into small florets
- 1/4 cup red onion, chopped small
- 3 cloves garlic, minced
- 2 cups mushrooms, sliced
- 1/4 teaspoons crushed red pepper (optional)
- 2 teaspoons fresh ginger, grated
- 3 tablespoons water (more as needed)
- 1/2 cup carrot, shredded
- 1/4 cup cashews
- 2 tablespoons rice wine vinegar
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon sesame seeds

### **Directions**

1. In a large skillet on high heat, add the broccoli, onion, garlic, mushrooms, red pepper, ginger, and water. Cook, stirring often until broccoli is soft and onions are translucent. Add water as needed to prevent the vegetables from sticking.
2. Stir in the carrot, cashews, vinegar, and soy sauce. Stir well and simmer for about 2 minutes. Sprinkle with sesame seeds. Serve alone or on top of quinoa or brown rice.

## **Turmeric Tomato Detox Soup**

<http://detoxdiy.com/turmeric-tomato-detox-soup>

### **INGREDIENTS**

- 5 oz cherry tomatoes, rinsed and cut in halves
- 1 can diced tomatoes with their sauce
- ½ cup low-sodium vegetable stock
- 1 small onion, finely diced
- 2 garlic cloves, minced
- 2 tsp turmeric powder
- 1 tsp coconut oil
- ½ tsp sea salt
- 1 tsp dried basil
- 1 tbsp apple cider vinegar
- Freshly ground black pepper
- Mixed seeds and nuts, to garnish

### **INSTRUCTIONS**

1. Heat the coconut oil in a sauce pan and fry the onion and garlic for one minute.
2. Add turmeric and cherry tomatoes, and cook until the tomatoes softens and leave their juices.
3. Add the tomato can, vegetable stock, apple cider vinegar and basil, bring to boil, cover with a lid and let simmer for five minutes.
4. Transfer into the blender and pulse to obtain a creamy liquid.
5. Season with salt and pepper and serve garnished with mixed seeds and nuts.

## Vegan Roasted Cauliflower Bowl with Tahini Dressing

<https://garlicmatters.com/vegan-roasted-cauliflower-bowl-with-tahini-dressing-recipe/>

### Ingredients

#### Roasted Cauliflower

- 1 medium head of **cauliflower**, core and leaves removed, florets cut into bite size
- 1 teaspoon **turmeric**
- 1 teaspoon **cumin**
- ½ teaspoon **salt**
- Splash of **olive oil**

#### Avocado Smashed Peas

- 340g (12 oz) frozen or fresh **green peas**
- 1 large **Hass avocado**
- Juice of 1 **lime** and ½ medium **lemon**
- Pinch of **salt**, or to taste

#### Tahini Sauce

- 4 tablespoons **tahini**
- 2 raw **garlic** cloves, minced
- ½ teaspoon **salt**
- 3 tablespoons **lemon** juice
- 2 tablespoons **olive oil**
- 6 tablespoons water
- ½ teaspoon **cumin**, ground

#### To serve

Small bunch **mint** leaves, toasted **nuts**

#### Instructions

1. Preheat oven to 200C (393F).
2. Toss cauliflower florets with olive oil, salt, turmeric and cumin until well coated. Pour it onto a baking tray in one layer and bake for 30 min.
3. Meanwhile, whisk all tahini sauce ingredients and when done, place it in refrigerator until the roasted cauliflower is ready.
4. Fill up your kettle with water and bring to boil. Place edamame in a small pan, cover with hot water and cook until the edamame loses its crunch. When done, drain and reserve.
5. Place peas in a medium bowl and pour some hot water over, just to cover. No need to boil the peas, you only want it to defrost and soften enough to smash it. After a few minutes, drain the peas really well and, using a fork or a potato masher, smash the peas keeping some chunky bits – they'll improve the texture of the final mixture. Stir in juice of lime and lemon and crush the avocado over. Mix it in, but don't worry about making the mixture smooth. Season with salt and mix again.

6. *Put it all together:* Divide the avocado pea smash between 4 bowls, top it up with cauliflower and edamame and drizzle generously with the tahini sauce. Serve.

## Turmeric Tonic

Minimalist Baker

### Ingredients

- 1 TBS freshly grated ginger
- 1 TBS freshly grated turmeric
- Juice of 1 lemon
- 1-2 TBS Maple Syrup (optional)
- Black Pepper (increases the body's ability to absorb the nutrients in the turmeric)
- Pinch of Cayenne
- 3 Cups filtered water

### Directions

1. Place all ingredients, included lemon rind, in sauce pan and bring to a simmer for 3 minutes. Remove from heat. Drink warm right away or store in airtight jar in the fridge and drink cold.

***\*\*\*I usually make a double batch and it lasts me 2-3 days!***

### Grocery List

PRODUCE	PANTRY	COLD	SPICES
Bananas (will need 3)	Chia Seeds Hemp Seeds	Almond Milk	Cinnamon
Raspberries Blackberries	Ground Flax	Frozen Peas (or use fresh)	Turmeric (powder)
Lemons (6)	Oats		Cumin
Limes (2-3)	Almond Butter		Chili Powder
FRESH Ginger	Peanut Butter Tahini		Chipotle Powder
FRESH Turmeric	Maple Syrup		Everything Bagel Seasoning (Trader Joes, opt)
Spinach Kale	Dijon Mustard		Red Pepper Flakes
Broccoli (4 crowns total)	Olive Oil Coconut Oil		Basil
Brussels Sprouts	Sunflower Seeds		
Carrots	Pumpkin Seeds Sesame Seeds		
Red Cabbage	Almonds Walnuts Cashews		
Avocados (3)	Quinoa		
Sweet Potato (1)	Chickpeas (5 15oz Cans)		
1 Large Tomato	Whole Grain Bread		
Basil (if making homemade pesto)	Rice Cakes		
	Pesto (if getting store-bought)		
Cucumber	Nutritional Yeast (if making homemade pesto)		
Red Onion Yellow Onion	Cacao Powder		
Dates	Soy Sauce		
Garlic	Rice Wine Vinegar		
Cherry Tomatoes	Apple Cider Vinegar		
Mushrooms (will need 2 cups)	Vegetable Stock		
Green Peas (or frozen)			
Cauliflower			

**\*\*\*Please note: this grocery list contains all ingredients found in the recipes. You likely already have a lot of these items in your pantry so do a quick inventory so you're not spending more than you need to be!**