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**7 day {Gluten Free} Plant Based Meal Plan**

*Grocery List and Recipes Included*

**Crockpot Quinoa Tacos**

[**https://www.chelseasmessyapron.com/crockpot-mexican-quinoa-tacos/**](https://www.chelseasmessyapron.com/crockpot-mexican-quinoa-tacos/)

* 1 cup quinoa
* 1 cup chicken stock or vegetable broth
* 2 cans (15 ounces EACH) black beans
* 1 can (14.5 ounces) diced tomatoes in tomato juice\*
* 1 can (10 ounces) enchilada sauce\*\*
* 1 can (15 ounces) corn
* 3 tablespoons or 1 packet (1.25 ounces) taco seasoning\*\*\*
* Corn or flour tortillas
* Top with your favorites: queso fresco cheese, diced avocado, cilantro, fresh lime

Directions:

1. Rinse the quinoa in a fine mesh sieve to remove bitter saponin coating.
2. In a large crockpot (I use a 6 quart crockpot), add in the quinoa, chicken stock (vegetable broth to keep vegetarian), drained and rinsed black beans, undrained diced tomatoes in tomato juice, enchilada sauce, drained corn, and packet taco seasoning (or homemade taco seasoning).
3. Stir. Cover and cook on high 2.5 hours to 4 hours depending on the heat of your slow cooker.
4. Important notes with cooking quinoa in slow cooker: slow cookers cook at different temperatures! You'll want to watch this carefully if you have a slow cooker that runs hot so the quinoa doesn't get mushy. This recipe doesn't work on low because quinoa will get mushy when cooked on low for long time periods.
5. When quinoa is cooked through, serve on corn or flour tortillas and top with your desired toppings.
6. Garnish with a squeeze of fresh lime, cilantro, a diced avocado, and lots of queso fresco cheese!

**Recipe Notes**

\*Use diced tomatoes with green chilies for more spice if desired. \*\*I like medium enchilada sauce in this recipe. I use Great Value, Rosarita, or Old El Paso all with great results. Homemade should also work -- just make sure it is to your heat preference. \*\*\*If Gluten intolerant, make sure to buy a gluten-free taco seasoning packet.

**Cajun Roasted Cauliflower Salad**

[**http://thehealthfulideas.com/cajun-roasted-cauliflower-salad/**](http://thehealthfulideas.com/cajun-roasted-cauliflower-salad/)

**(I will be doubling the veggies and sauce recipe)**

**Ingredients**

* 1 cauliflower, hard stem removed and chopped into bite-sized pieces
* 1 tsp coconut oil, melted
* 1 tbsp maple syrup
* 1½ tsp cajun seasoning
* 1 tsp dried thyme
* sea salt and pepper
* 4 cups shredded kale (5-6 leaves)
* 1 cup cooked red rice (optional, I happened to have some leftover on hand)
* 1-2 carrots, grated
* 1 beet, grated (red, yellow, or pink, I chose yellow)
* ¾ cucumber, diced
* 1 cup cherry tomatoes, halved or quartered
* 2-3 radishes, sliced (optional)

Tahini dressing:

* 2 tbsp tahini
* juice of 1 lemon
* sea salt and pepper
* 1 clove garlic, minced (optional)
* Water

**Instructions**

1. Preheat your oven to 200C (392F).
2. Line a baking tray with parchment paper and put the chopped cauliflower on it.
3. Mix the coconut oil with the maple syrup and pour over the cauliflower.\* Mix to evenly coat.
4. Sprinkle with the cajun seasoning and dried thyme and mix again to coat everything.
5. Roast for 30 minutes tossing once about halfway through.
6. While that's roasting, prepare all your veggies and the dressing. Make the dressing by mixing all the ingredients except the water in a small bowl. Then start adding water 1 tbsp at a time until you reach desired consistency.
7. Mix all your veggies in a big bowl and add some of the dressing if desired. Divide into smaller bowls, top with the cauliflower and drizzle with the dressing. Enjoy!

**Notes**

\*When melting the coconut oil, add the maple syrup too to warm it up because if you melt it and then add the maple syrup from the fridge, it'll harden again and won't be pourable.

**Warm Roasted Winter Salad Bowl**

**(+Cauliflower and Brussels Sprouts OPT.)**

[**http://ohsheglows.com/2015/01/21/warm-roasted-winter-salad-bowl/**](http://ohsheglows.com/2015/01/21/warm-roasted-winter-salad-bowl/)

#### Ingredients:

##### For the salad:

* 1 cup uncooked rainbow or regular quinoa + 1.5 cups water
* 3/4 pound Yukon Gold potatoes, chopped into 1/2-inch chunks (about 2 1/2 cups)
* 1 pound fresh green beans, trimmed and chopped into 1-inch pieces (about 3 cups)
* 2 extra-large or 3 large garlic cloves (peel left on)
* 1 tablespoon extra virgin olive oil
* 1 cup stemmed and finely chopped kale (I used lacinato, but curly works fine too)
* 3 green onions, thinly sliced
* 3 tablespoons pepita seeds (I added a handful of sesame seeds at the last minute too)
* Sliced avocado

##### For the dressing:

* 1/4 cup red wine vinegar
* 1/4 cup extra virgin olive oil
* 2 teaspoons Dijon mustard
* 1/4 teaspoon pink Himalayan salt or fine grain sea salt
* Freshly ground pepper, to taste

#### Directions:

1. Preheat oven to 400F and line one extra-large (or 2 large) baking sheets with parchment paper.
2. Place the chopped potatoes, green beans, and garlic cloves (leave the peel on) onto the baking sheet. Toss with the oil and season with a generous amount of salt and pepper. Spread into an even layer.
3. Roast for 15 minutes, remove from the oven and flip, and continue roasting about 10-20 more minutes until the potatoes and beans are tender and golden. Watch closely during the last 10 minutes to avoid burning.
4. Meanwhile, cook the quinoa by adding the quinoa into a medium pot along with 1.5 cups water. Bring to a low boil, reduce heat to medium-low, cover with lid, and cook for 13-17 minutes until the water is absorbed and the quinoa is fluffy. Remove from heat, fluff with a fork, and leave the lid on to keep warm.
5. Prepare the dressing by whisking the dressing ingredients together in a small bowl. Set aside.
6. Chop the kale and green onions.
7. When the vegetables are finished roasting, remove garlic cloves and set aside. Spoon the potatoes and beans into a large serving bowl. Stir in the quinoa and the other chopped vegetables.
8. Trim the end off each garlic clove and push the roasted garlic out. Finely chop or mash the garlic. Whisk the garlic into the dressing until combined. Pour all of the dressing onto the vegetables and toss to coat.
9. Season with salt and pepper to taste and serve immediately. Leftovers can be reheated in a saucepan with some oil and the salad will keep in the fridge for a few days.

#### Tips:

Tip: To boost the protein even more, try adding chickpeas, adzuki beans, great northern beans, or lentils. Roasted chickpeas would be nice too!

**Butternut Squash Lasagna with Cashew Cheese and Kale (OR Basil) Pesto**

[**http://foodbymars.com/home/2015/butternut-squash-lasagna-w-cashew-cheese-kale-pesto/#\_a5y\_p=3588374**](http://foodbymars.com/home/2015/butternut-squash-lasagna-w-cashew-cheese-kale-pesto/#_a5y_p=3588374)

Squash (noodle replacement!)

* 1 medium-large butternut squash
* 2 tsp olive oil

Kale Pesto:

* 4 cups kale, ripped (no stems)
* 1-2 cloves garlic
* 2 tsp nutritional yeast
* 1/3 cup+ olive oil
* dash of salt
* dash of pepper

Cashew Cheese:

* 2 cups cashews (soaked in water for at least 2 hours & drained)
* 1/2 cup water
* 1/2 tsp garlic powder
* 1 tsp salt
* Juice of 1 lemon
* 1 tsp nutritional yeast

Directions:

1. Make the cashew cheese first, submerge 2 cups of cashews in water and let sit for at least 2 hours to soften up. Drain cashews and add all cheese ingredients to a blender, mix until smooth and set aside.
2. Make the pesto next, mix all ingredients in a food processor, add more olive oil as necessary (I add maybe 1-2 tsp more). Set aside.
3. Pre-heat the oven to 450f degrees and line a baking sheet with parchment paper. Peel a butternut squash, and cut the bulb off and set aside. Half the top part and then cut into (approx. 1/4 inch thick) half-moon shaped slices. You should have enough for about 3 layers of the lasagna using an 8 inch dish.
4. Toss the butternut squash slices with 2 tsp olive oil and season with salt and pepper, arrange slices in a single layer on the baking sheet and roast for 20 minutes until tender.
5. Let squash cool for 10 minutes until you can handle the slices, reduce the heat to 350f degrees.
6. Lightly grease a glass dish or casserole dish and start by arranging the squash slices slightly overlapping. Next, add dollops of pesto all around, then the same for the cashew cheese. Add your 2nd layer and continue until you’re done,  you may have a little pesto or cheese leftover depending on how much you use.
7. Bake lasagna for approx. 25-30 minutes and serve!

**Zucchini Noodles with Creamy Avocado Pesto**

**(+Cauliflower and Sun-dried tomatoes OPT)**

[**http://www.eatyourselfskinny.com/zucchini-noodles-with-creamy-avocado-pesto/#\_a5y\_p=5026238**](http://www.eatyourselfskinny.com/zucchini-noodles-with-creamy-avocado-pesto/#_a5y_p=5026238)

**\*This serves 8**

* 6 large zucchini, spiralized
* 1 Tbsp olive oil

**For the Sauce:**

* 2 ripe avocados
* 1 cup fresh basil leaves
* 3 cloves garlic
* ¼ cup pine nuts
* 2 Tbsp lemon juice
* ½ tsp. sea salt
* 3 Tbsp olive oil
* Cracked black pepper, to taste

INSTRUCTIONS

1. Spiralize your zucchini and set aside on paper towels so that any excess water is soaked up.
2. In a food processor, add avocados, basil leaves, garlic, pine nuts, lemon juice and sea salt and pulse until finely chopped. Then with the motor still running, add olive oil in a slow stream until emulsified and creamy.
3. Drizzle olive oil in a large skillet over medium high heat then add zucchini noodles, cooking for about 1 to 2 minutes until tender.
4. Add zucchini noodles to a large bowl and toss with avocado pesto. Season with cracked pepper and a little Parmesan, serve and enjoy!

**Chickpea Chorizo Tostadas**

[**https://ohmyveggies.com/chickpea-chorizo-tostadas-with-avocado-crema/?utm\_source=oh+my+veggies&utm\_medium=email&utm\_campaign=2017-03-04**](https://ohmyveggies.com/chickpea-chorizo-tostadas-with-avocado-crema/?utm_source=oh+my+veggies&utm_medium=email&utm_campaign=2017-03-04)

**For the chickpea chorizo:**

* 1 (14 ounce) can chickpeas, drained and rinsed
* 1/2 cup chopped walnuts
* 2 tablespoons olive oil
* 1 small onion, diced
* 3 garlic cloves, minced
* 2 teaspoons smoked paprika
* 1 teaspoon ground cumin
* 1/2 teaspoon ancho chile powder
* 1/4 teaspoon dried thyme
* 1/4 teaspoon ground cinnamon
* 1/4 teaspoon cayenne pepper (or more, to taste)
* 1/4 teaspoon black pepper
* Generous pinch ground cloves
* 1/4 teaspoon salt (or more to taste)
* 1 tablespoon red wine vinegar

**For the shells:**

* 6 corn tortillas
* Cooking oil or spray

**For the avocado crema:**

* 1 ripe avocado, pitted and peeled
* 1 cup unflavored soy or almond milk
* 1 tablespoon lime juice
* 1/2 teaspoon salt, or more to taste

**For serving:**

* Shredded lettuce
* Diced tomato
* Place the chickpeas and walnuts into the bowl of a food processor fitted with an S-blade. Pulse 4 or 5 times, just until the chickpeas are chopped and crumbly, being careful not to overdo it.
* Coat the bottom of a medium skillet with oil and place it over medium heat. When the oil is hot, add the onion and sauté until soft and translucent, about 5 minutes. Add the garlic and sauté about 1 minute more, until very fragrant. Add the chickpea mixture, paprika, cumin, ancho chile powder, thyme, cinnamon, cayenne, black pepper, cloves, and 1/4 teaspoon of salt to the skillet. Gently flip a few times to incorporate the spices into the mixture. Cook, flipping occasionally, for about 5 minutes, until the mixture dries out a bit and begins to crisp in spots. Add vinegar and flip a few more times to incorporate. Remove from heat and season with additional salt and cayenne pepper if desired.

**Make the shells:**

* Preheat the oven to 400°F. Lightly spray both sides of the tortillas with oil or cooking spray, then place them in the over, arranging them flat, directly on the oven rack. Bake until they begin to brown and crisp, about 8 minutes.

**Make the avocado crema:**

* While the shells bake, place all ingredients into a blender and blend until smooth. Taste test and season with additional salt if desired.

**Assemble the tostadas:**

* Divide the chickpea chorizo among the shells and top with lettuce, tomato and avocado crema. Serve.

**Loaded Lentil Salad**

[**https://www.hummusapien.com/loaded-lentil-salad/**](https://www.hummusapien.com/loaded-lentil-salad/)

**\*Double recipe, add more grains like quinoa, double the veggies!**

* 3 medium sweet potatoes, diced into ½ inch cubes
* 2 tsp Herbs de Provence
* 2 tsp pure maple syrup or honey
* ¼ cup extra virgin olive oil, divided
* 2 red onions, diced
* 16oz brussels sprouts, thinly sliced
* 1 cup French lentils\*
* 3 cups water
* ¼ cup balsamic vinegar
* ⅓ cup pepitas
* ½ tsp salt + pepper to taste

**INSTRUCTIONS**

1. Preheat oven to 425F. Line a baking sheet with foil or parchment paper.
2. Combine sweet potatoes, Herbs de Provence, maple or honey, 1 tbsp olive oil, and a pinch of salt in a medium boil. Spread onto prepared baking sheet and roast for about 11-13 minutes. Toss and roast until golden, another 11-13 minutes.
3. Heat ½ tbsp olive oil in a medium pot over medium heat. Add onion and cook until softened, about 5 minutes. Add lentils and water. Bring to a boil then reduce heat to low and simmer until tender, about 15-20 minutes. Season with another pinch of salt and drain any excess water. Return to pot.
4. Heat ½ tbsp olive oil in a medium pan over medium heat. Add Brussels sprouts and cook until golden brown, 4-5 minutes. Season with salt and pepper to taste.
5. Add balsamic vinegar and remaining 2 tbsp olive oil to pot with lentils. Add Brussels, roasted sweet potatoes, and salt and pepper to taste. Top with pepitas and serve!

**Grocery List**

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| --- | --- | --- | --- |
| **Produce** | **Pantry** | **Cold** | **Spices** |
| Cauliflower | -Quinoa  -Red Rice (or grain of your choice)  -Green Lentils | Frozen corn (omit if using canned) | Taco Seasoning |
| -Kale (2 bunches)  -Romaine (opt) | Vegetable Stock | Non-dairy Milk | Cajun Seasoning (Tony C’s!) |
| Carrots | -2-15oz Cans Black Beans  -1 15 oz Can Chickpeas |  | Thyme |
| 1-2 Beets | 1 14oz Can Diced Tomatoes |  | Garlic Powder |
| -Cucumber (1-2)  -6 large Zucchini (\*for a serving of 8) | 1 Can (10oz) Enchilada Sauce |  | Ancho Chile Powder |
| Cherry Tomatoes | 1 Can Corn (or frozen) |  | Cumin |
| -Garlic  -1 small onion  -2 Red onions | Corn Tortillas |  | Smoked Paprika |
| -Yukon Gold Potatoes (3/4 pound)  -3 Medium Sweet Potatoes | -Oil (Coconut, EVOO, etc)  -Red Wine Vinegar  -Balsamic Vinegar |  | Cayenne |
| -1 lb Green Beans  -1 lb Brussels Sprouts | Pure Maple Syrup |  | Cinnamon |
| Avocado (3-4) | -Tahini  -Dijon or Stone Ground Dijon Mustard |  | Herbs De Provence |
| Butternut Squash | -Pepita Seeds (or seeds of your choosing)  -Raw Cashews  -Pine nuts  -Walnuts |  |  |
| -Lemons (1-2)  -Limes (2-3) | Nutritional Yeast |  |  |
| Fresh Basil |  |  |  |
|  |  |  |  |

**\*\*\*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 then you n eed to be!**