

Power Your Heart

A P L A N T - B A S E D R X F O R H E A R T H E A L T H

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About this Guide

This 7-day, plant-based Power Your Heart Meal Plan provides you with the science behind plant-forward eating and simple recipes to make eating healthily as easy and delicious as possible!

This guide serves as a challenge: Do your heart good by dedicating one week to whole-food plant-based eating. Each recipe has been carefully crafted to ensure that you get all the nutrients you need for the day. The recipes are designed to be simple make-ahead to save time during the week.

It's time to do your body a favor and give it the fuel it deserves to make you look and feel your best.

THE DETAILS

All of the recipes feed 4, unless otherwise noted.

The plan is organized by day, but you don't need to follow the schedule to a T. Mix up the meals to fit your tastes and lifestyle. Just making small changes every day can add up to big improvements in your overall health.

Love a savory breakfast? Swap avocado toast for chia pudding or oats.

Can't get enough pesto? Make a double batch and use it as a sauce all week long.

Want stir-fry every night? Go for it!



Why Plant-Based?

There are a lot of misconceptions out there about what constitutes a healthful diet.

Poor dietary choices are responsible for more premature deaths than any other risk factor. More than smoking, more than high blood pressure and more than obesity. In fact, nearly 50% of cardiovascular disease has been attributed to poor diet.

So what diet is best for our overall health? The healthiest diet is one that **maximizes the intake of foods-as-grown and minimizes the intake of processed and animal-based foods.**

Whole-food, plant-based nutrition is a general dietary recommendation in which you increase whole-plant foods in your diet and minimize or eliminate processed, animal-derived foods.

When you build your meals and snacks from a variety of fresh fruits & vegetables, whole grains, and beans you will begin to experience major improvements in your cholesterol, blood sugar, blood pressure and overall energy level. You will even find weight loss remarkably easier.

Many people wonder if they will get enough protein without animal products. **It's easy to get the protein you need on a plant-based diet,** and this guide provides you with all the macronutrients you need. Almost all vegetables, beans, grains and nuts contain some, and often lots, of protein.

DID YOU KNOW?

- ✗ High intake of **plant-based foods** is associated with a 30% reduction in Type 2 Diabetes Mellitus.
- ✗ For every serving (1/2 cup) of **dark green leafy vegetables**, studies show a 23% Coronary Heart Disease risk reduction.
- ✗ 1 cup of **beetroot juice** daily for 4 weeks leads to an average blood pressure reduction of 8mmHg/2mmHg.
- ✗ 1 cup of **blueberries** a day over 6 months leads to improved cholesterol levels and lower blood pressure.



Getting Started

Clean out your refrigerator and pantry.

The best way to stay on track is to remove access to processed foods. Start by eliminating packaged foods from your kitchen, including sugar-sweetened beverages, snacks, crackers, chips, sweets, and candy. If other family members want to keep these foods around, store them in a hard-to-reach place to avoid temptation.

Stock your kitchen

Replace processed foods with fresh fruits and vegetables, canned or dried beans, whole grains, nuts and spices. When shopping, stick to the perimeter of the grocery store and stock up mostly on produce.

Snack smart.

Stock up on healthy snacks like fresh berries, walnuts, brazil nuts, and almonds. Keep these on hand to fight temptation from processed foods.

Schedule prep time.

After gathering your ingredients, schedule time to prep for the week. See your "Sunday Checklist" for a few steps that will help keep you on track this week.



Staying On Track

As you pile your plate with whole grains and vegetables, there are a few things we would like you to be aware of.

If you have significantly reduced or eliminated animal products from your diet, you may need a **vitamin B12 supplement**. Vitamin B12 is an essential nutrient for human health and is mostly obtained through animal products. Please talk with your doctor about the supplements you need when adopting a plant based lifestyle, as dosing is individualized.

You may experience gas or other stomach upset. This doesn't mean you have an allergy or that plant-based is not for you. Instead, this is likely due to increased fiber, which is the indigestible part of plants not found in animal products and most processed foods. Fiber helps clean out “junk” to keep us regular. When transitioning to a plant-forward diet, you may need a more gradual shift to ease stomach discomfort. It might help to keep a journal of foods that cause any issues.

Legumes: Make sure beans are well cooked. Often, the firmer they are, the harder they are to digest. If you use dried beans, rinse them after soaking and before cooking to remove non-digestible parts. If you use canned beans, rinse well. Start with lentils or tofu and slowly increase the amount of this healthy food group in your diet.

Fruits and vegetables: Eat fruit with other food, as the acidity can cause stomach trouble. Raw vegetables can sometimes be harder to digest. Cooking helps the body get used to breaking down the fiber.

- Broccoli, kale, Brussels sprouts and cauliflower tend to be harder to digest. Cook these vegetables to minimize discomfort.
- Butternut squash, zucchini, carrots, cucumber and leafy greens are easier to digest and can be enjoyed raw.



Sunday Checklist

- Cook your grains.** Choose your favorite grain, or several, and cook up a whole bag. Grains store well in the fridge and freezer, so you'll always be one step closer to a tasty grain bowl.
Items listed in **green** will be repurposed throughout the week.
- Chop your vegetables.** As soon as you get home from the store, take a minute to wash and cut up your vegetables for the week. You'll be more apt to use them if you've already done the hard work.
- Make a sauce.** Sunday's lunch includes a recipe for homemade tahini sauce. Make plenty, as this sauce will bring flavor to your meals all week long.
- Read ahead.** Check out all of the recipes in the guide. Many items are repurposed throughout the week and most can be made ahead of time and stored in the fridge for up to 5 days.
In particular, the **overnight oats**, **chia pudding** and **butternut squash soup** can be prepped ahead for on-the-go breakfast and lunch. We've also left you some friendly reminders throughout the guide.



Meal Plan

	BREAKFAST	LUNCH	DINNER
SUN	Breakfast Scramble	Mango Grain Salad	Protein "Meatballs"
MON	Pumpkin Pie Oats	"Meatball" Power Bowls	Sheet Pan Veggies
TUES	Berry Cherry Smoothie Bowl	Creamy Red Curry Butternut Soup	Cauli-Power Black Bean Tacos
WED	Wake Up Wraps	Hearty Kale Salad with Balsamic Vinaigrette	Plant-Powered Pesto
THURS	Green Machine Smoothie	Pesto Avocado Toast	Tempeh Stir Fry
FRI	Carrot Cake Chia Pudding	Fresh Wraps	Stuffed Sweet Potatoes
SAT	Fluffy Blueberry Pancakes	Soba Noodles with Citrus-Scallion Dressing	Power Skillet

Grocery List

Prefer delivery? [Here](#) is a pre-filled grocery cart with everything you need for the week from Instacart!

Bakery

- 1 loaf whole grain bread
- 6 6-inch tortillas
- 10-inch whole wheat wraps

Baking

- Canola oil
- Chia seeds
- 2 tablespoons flaxseed meal (not whole seeds)
- 1 cup whole wheat flour (or gf all-purpose flour)
- Maple syrup
- 2 teaspoons vanilla extract
- 1 tablespoon baking powder

Canned Goods

- 1 14-oz can black beans
- 2 14-oz cans chickpeas
- 1 1/2 cups cooked green lentils
- Marinara sauce
- 1 14-oz can lite coconut milk
- Pickled jalapeños, optional
- 1/2 cup canned pumpkin purée
- 2 teaspoons sriracha or hot sauce of choice, optional
- 1 cup tahini
- 1 14-oz can fire-roasted diced tomatoes
- 1 tablespoon tomato paste
- 3 cups low-sodium vegetable stock

Refrigerated

- Unsweetened non-dairy milk of choice
- 1 8-oz package tempeh, preferably with flax or other grains added
- 2 14-oz packages extra-firm tofu

Frozen

- 3 cups frozen mixed berries
- 1 cup frozen blueberries
- 1 cup frozen corn
- 1 cup frozen kale or spinach
- 1 1/2 cups frozen tropical fruit

Spices

- Black pepper
- Chili powder
- Cinnamon
- Cumin
- Dried oregano
- Smoked paprika
- Red pepper flakes, optional
- Pumpkin pie spice, optional
- Italian seasoning
- Turmeric

Dry Goods

- Almond butter, or other nut butter, no sugar added
- 2 tablespoons balsamic vinegar
- 1 1/2 teaspoons beet powder, optional
- 3 brazil nuts
- 1/3 cup hemp seeds
- 4 medjool dates, pitted
- 2 teaspoons dijon mustard
- 26 oz grains of choice, such as quinoa, farro, brown rice
- Nutritional yeast
- 2 cups rolled oats
- Extra virgin olive oil
- 1/4 cup pine nuts
- 2 tablespoons plant-based Thai red curry paste
- 1 cup pumpkin seeds
- Kosher salt
- Sesame seeds, optional
- 1 package soba noodles, gluten-free if necessary
- 1/3 cup low-sodium soy sauce or tamari for gluten-free
- Low-sugar granola, optional (less than 7g sugar per serving)
- 1 1/2 cups chopped walnuts or other nuts of choice
- 1 cup whole wheat fusilli pasta, gluten-free if necessary
- 1/2 pound whole wheat spaghetti, gluten-free if necessary

Produce

- 1 apple
- 7 avocados
- 2 bananas, frozen
- 3 bunches fresh basil
- 4 cups green beans
- Fresh berries
- 4 heads baby bok choy
- 2 heads broccoli or 2 12-oz bags broccoli florets
- 1 butternut squash, or 20 oz cubed butternut
- 9 carrots
- 1 bag shredded carrots, or 3 more whole whole carrots
- 10 oz chopped cauliflower florets, or 1 head cauliflower
- 2 pints cherry tomatoes
- 1 bunch cilantro
- 1 baby cucumber
- 2 heads garlic
- 1 piece fresh ginger
- 2 jalapeños, optional
- 5 lemons
- 4 limes
- 1 mango, or 9 oz pre-cut mango
- 16 ounces sliced crimini mushrooms
- 6 onions, or 5 packages pre-diced onions
- 1 bunch fresh parsley
- 2 large parsnips
- 6 bell peppers
- 5 sweet potatoes
- 2 bunches scallions

Breakfast Scramble

Sunday Breakfast

INGREDIENTS

14 oz extra-firm tofu
1 tbsp olive oil
½ onion, diced
½ red bell pepper, diced
1 garlic clove, minced
1 tbsp nutritional yeast
1 tsp turmeric
¾ tsp kosher salt
Pepper to taste
Optional, to serve: whole wheat toast,
salsa, fresh cilantro
Fresh berries



DIRECTIONS

1. If you have time, dry the tofu. Drain the liquid and wrap the tofu in a clean dish towel. Place something heavy on top to press out moisture. You can let it sit like this for up to an hour, or for at least 10 minutes.
2. Heat the olive oil in a skillet over medium heat. Add the onion, bell pepper and garlic and cook, stirring, until softened.
3. Crumble the tofu into the skillet and add nutritional yeast, salt and pepper. Cook until heated through, tossing to combine fully.
4. Serve alongside fresh berries and whole wheat toast, with salsa and fresh cilantro, if you like.



Mango Grain Salad

Sunday Lunch

INGREDIENTS

Dressing - makes enough for later in the week, but feel free to make a larger batch!

1 cup tahini, almond or peanut butter

3 tbsp extra virgin olive oil

2 lemons, juiced

1-2 tsp red pepper flakes, optional

3 garlic cloves, minced or grated (or left whole if using a blender)

$\frac{3}{4}$ tsp kosher salt, to taste

A few cracks of pepper, to taste

3-4 tbsp water (use more for a thinner dressing)

Salad

6 cups **cooked farro, quinoa, wild rice, or other grain**, cooled (about 3 cups uncooked)

1 mango, peeled, deseeded and diced, or 9 oz pre-cut mango, cut into smaller pieces

1 red bell pepper, diced

$\frac{1}{2}$ small onion, diced, or 2 scallions, sliced thinly

$\frac{1}{2}$ cup cherry tomatoes, halved

1 jalapeño, deseeded and minced, optional

1 bunch fresh parsley or cilantro, chopped

2 tbsp olive oil

1 lime, juiced

1 tsp cumin

Salt and pepper, to taste

4 cups mixed greens

1 avocado, sliced thinly

$\frac{1}{2}$ cup pumpkin seeds or other nuts of choice

DIRECTIONS

1. To make the tahini sauce, whisk or blend all of the ingredients together until smooth and creamy. Use water as necessary to achieve the desired consistency. Taste and adjust seasoning with salt and pepper.
2. Reserve 5 cups of cooked grains for the rest of the week. Combine the remaining 1 cup of grains, mango, pepper, onion, greens, jalapeño (if using), parsley or cilantro, olive oil, lime juice, cumin, salt and pepper in a medium bowl. Taste and adjust seasoning with salt and pepper.
3. Divide the mixed greens between bowls, top with mango grain salad, avocado and pumpkin seeds or favorite nuts.

Protein "Meatballs"

Sunday Dinner

INGREDIENTS

1½ cups cooked green lentils
1 tbsp flaxseed meal
1 tbsp olive oil
1 onion, diced
2 carrots, diced
2 garlic cloves, minced or grated
1 tbsp Italian seasoning
1-2 tsp red pepper flakes, to taste
16 oz mushrooms, chopped
2 tbsp low-sodium soy sauce or tamari
1 cup rolled oats
1 tbsp tomato paste
½ cup fresh parsley, chopped, plus more for topping
Pasta sauce of choice
½ lb whole wheat spaghetti
3 cups baby spinach
Nutritional yeast, for topping, optional



1. Preheat the oven to 400°F. Line a baking sheet with parchment paper. Cook the lentils according to package instructions.
2. In a small bowl, whisk the flaxseed meal with 1½ tbsp water. Set aside to gel for at least 5 minutes.
3. In a large skillet, heat the olive oil. When the oil is hot, add the onion, carrots and mushrooms and cook until softened, about 5 minutes. Add the garlic, Italian seasoning and red pepper flakes and cook, stirring, until fragrant, about 1 minute. Continue cooking until the mushrooms release their moisture and the pan is dry. Stir in the tamari and remove from heat. Let the vegetables cool slightly.
4. In a food processor, combine the lentils, flax egg, cooked vegetables, oats, tomato paste, and parsley and pulse a few times to combine fully. You can also do this in a large mixing bowl by hand. If the mixture is too wet, add additional oats and process until smooth. Taste and adjust seasoning with salt, pepper, and/or red pepper flakes. The mixture will be sticky at the end, but smooth enough to roll into balls.
5. Roll the dough into 1 inch balls and arrange on the prepared baking sheet. Bake for 25-30 minutes, until crispy on the outside. Flip the meatballs after 10 minutes for even browning. Let the meatballs cool on the baking sheet for 5-10 minutes after removing from the oven to help them firm up.
6. Meanwhile, bring a large pot of heavily salted water to a boil. Add the spaghetti, stir, and cook until al dente, according to package instructions. Reserve 1 cup of pasta water to loosen the sauce if necessary and drain the pasta. Immediately return the pasta to the pot, off of the heat, and add in spinach and olive oil. Stir to combine, cover and allow the spinach to wilt for a few minutes.
7. Serve the meatballs over the spinach pasta with sauce. Top with a dusting of nutritional yeast and more fresh parsley if desired.

Prep your oats tonight for tomorrow's breakfast!

Pumpkin Pie Overnight Oats

Monday Breakfast
Makes 2 Servings

INGREDIENTS

1 cup rolled oats
1 cup almond or other non-dairy milk
½ cup pumpkin purée
3 tbsp chopped walnuts or pecans
¼ tsp cinnamon
1 tsp vanilla extract
Pinch of salt
2 tbsp maple syrup, optional
:Pinch of pumpkin pie spice, optional
Optional toppings: low-sugar granola, fresh berries,
chopped nuts



DIRECTIONS

1. Whisk all ingredients (except for the toppings) together in a mixing bowl or container with a lid. Cover and refrigerate overnight or for at least 8 hours.
2. Transfer the oats to a serving bowl or to-go container and top with toppings of choice. The oats will keep in the fridge for 4-5 days.

“Meatball” Power Bowls

Monday Lunch

INGREDIENTS

2 cups cooked grains
Baby arugula or baby kale
Remaining meatballs
Marinara sauce
Optional nutritional yeast

DIRECTIONS

1. Divide the grains between bowls. Top with greens, meatballs, sauce and sprinkle with nutritional yeast if you like.

Sheet Pan Veggies

Monday Dinner

INGREDIENTS

- 3 sweet potatoes, diced (peel on)
- 2 large parsnips, chopped
- 1 large onion, sliced into wedges
- 1 bunch carrots (about 5), chopped
- 2 tbsp olive oil, divided
- 2 tsp salt, divided
- ½ tsp black pepper, divided
- 1 can chickpeas, drained, rinsed and dried.
- 1 head broccoli, cut into florets, or 20 oz florets
- 1 bell pepper, sliced into wedges



TO SERVE

Tahini/nut butter sauce (save enough for the stuffed sweet potatoes on Friday)

2 cups cooked grains

Sesame seeds, optional

Fresh herbs, such as basil, cilantro or parsley, optional

DIRECTIONS

1. Preheat the oven to 425°F. Line two baking sheets with parchment paper.
2. On one baking sheet, add the sweet potatoes, parsnips, carrots and onion. Drizzle with 1 tbsp olive oil, 1 tsp salt and ¼ tsp black pepper. Toss to coat the veggies fully. Roast for 20 minutes, then remove the vegetables from the oven and add the chickpeas to the baking sheet. Toss the veggies with the chickpeas and roast for another 10-20 minutes, until the vegetables are easily pierced with a fork.
3. Meanwhile, on the second baking sheet, add the broccoli and bell pepper. Toss with remaining 1 tbsp olive oil, 1 tsp salt and ¼ tsp black pepper. Roast for 10 minutes, toss everything, and roast for another 5-10 minutes, depending on how tender you like your vegetables. Test them with a fork for doneness.
4. If using remaining tahini sauce, taste it and adjust seasoning with more lemon, red pepper flakes, etc as needed. The sauce may be thicker the next day.
5. Serve the roasted vegetables and chickpeas over grains, drizzled with sauce and topped with optional sesame seeds and any fresh herbs you like. Save some of the vegetables to make wraps for lunch on Wednesday.

If you haven't made it yet, you may want to prep the Butternut Soup for Tuesday's Lunch tonight.

Berry Cherry Smoothie Bowl

Tuesday Breakfast
Make 2 Smoothies

INGREDIENTS

1 frozen banana

3 cups frozen mixed berries

1 tbsp almond or peanut butter (no sugar added)

½ cup plant-based milk of choice

Large handful kale (fresh or frozen, optional)

¼ cup hemp seeds

½ tsp beet powder (optional)

Pinch salt

Optional toppings: fresh berries, chopped nuts, chia seeds, low-sugar granola (under 7 grams of sugar per serving)

DIRECTIONS

1. Blend all of the ingredients in a blender, divide between two bowls and top with toppings of choice. Or, simply enjoy as a smoothie.



Creamy Red Curry Butternut Soup with Quinoa

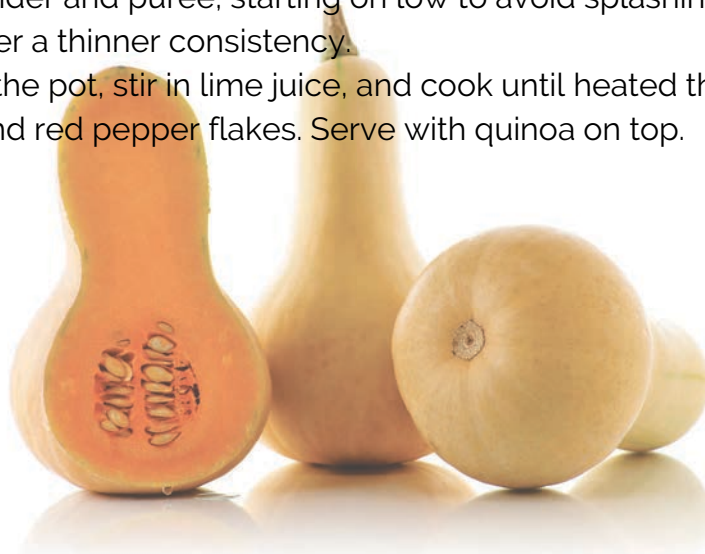
Tuesday Lunch

INGREDIENTS

- 1 butternut squash, or 20 oz cubed butternut
- 2 tbsp olive oil
- 1 yellow onion, diced
- 2 garlic cloves, grated or minced
- 1½ tbsp fresh ginger, grated or minced
- 2 tbsp plant-based Thai red curry paste
- 3 cups low-sodium vegetable stock, plus more to achieve desired consistency
- 1 14-oz can lite coconut milk
- 1 tsp salt
- 1 lime, juiced
- 1 cup cooked quinoa or other grain**

DIRECTIONS

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. If you're using a whole squash, wash it and trim the ends. Slice in half and scoop out the seeds. Place the squash flesh side down on the prepared baking sheet. Roast until very fork-tender, about 50-60 minutes. Remove from oven and let cool slightly. If you're short on time, you can peel the squash and dice into smaller pieces for faster cooking (25-30 minutes). Or, if you have pre-cut squash, simply add it to the prepared baking sheet and roast until fork-tender, about 25-30 minutes.
3. Meanwhile, heat the oil in large stock pot over medium heat. Add onion and sauté 7-10 minutes, stirring frequently. Add the minced garlic and ginger and cook 3-4 more minutes. Add the curry paste and cook until fragrant, stirring, about 1 minute.
4. Scoop the cooked butternut squash into the pot with the aromatics. Add the stock, coconut milk, and salt. Stir to combine everything.
5. If you have an immersion blender, use it to purée the soup directly in the pot. Or transfer the soup to a regular blender and purée, starting on low to avoid splashing. You can add more stock here if you prefer a thinner consistency.
6. Return everything to the pot, stir in lime juice, and cook until heated through. Taste and adjust seasoning with salt and red pepper flakes. Serve with quinoa on top.



Cauli-Power Tacos

Tuesday Dinner

INGREDIENTS

- 1 head of cauliflower, cut into small florets, or 10 oz pre-chopped cauliflower florets
- 1 can chickpeas, lentils or favorite beans, drained, rinsed and patted dry with a paper towel
- 1 tbsp olive oil
- 3 tbsp nutritional yeast
- 2 garlic cloves, minced or grated
- 2 tsp chili powder, depending on how much spice you like
- 2 tsp cumin
- 1 tsp smoked paprika
- 1 tsp salt
- 8 6-inch tortillas
- 1 avocado, sliced thinly
- Cherry tomatoes, chopped
- Fresh cilantro, chopped
- Pickled jalapeños, optional
- 1 lime, optional

DIRECTIONS

1. Preheat the oven to 450°F. Line a sheet pan with parchment paper.
2. Add the cauliflower, beans, olive oil, nutritional yeast, garlic, chili powder, cumin, smoked paprika and salt to the prepared sheet pan. Toss to coat the cauliflower evenly.
3. Roast for 15-20 minutes, until the cauliflower is soft and beginning to brown, rotating the pan and stirring halfway through.
4. Divide the filling between the tortillas. Top with avocado, tomatoes, cilantro, pickled jalapeños, and lime juice.



Wake Up Wraps

Wednesday Breakfast

INGREDIENTS

14 oz extra-firm tofu
1 tbsp olive oil
1 tbsp nutritional yeast
1 tsp turmeric
 $\frac{3}{4}$ tsp kosher salt
Pepper to taste
Handful of baby spinach, arugula or other greens
1 avocado, sliced thinly
4 10-inch whole wheat wraps
Optional: hot sauce, chopped fresh herbs

DIRECTIONS

1. If you have time, drain the tofu. Wrap in a clean dish towel and place something heavy on top to press out moisture. Let it sit for up to an hour and at least 10 minutes.
2. Heat the olive oil in a skillet over medium heat. Crumble the tofu into the skillet and add nutritional yeast, salt and pepper. Cook until heated through, tossing to combine fully.
3. Lay the wraps on a work surface and divide the tofu scramble between them. Top with greens, avocado and any other toppings you like. Wrap tightly to close.



Hearty Kale Salad with Balsamic Vinaigrette

Wednesday Lunch
Makes 2 Servings

INGREDIENTS

¼ cup olive oil

2 tbsp balsamic vinegar

2 tsp dijon mustard

¼ tsp salt, to taste

Black pepper, to taste

3 cups baby kale or baby arugula

Leftover roasted vegetables (leave some for wraps for lunch on Friday)

Any leftover grains, optional

1 apple, diced

¼ cup toasted pumpkin seeds

DIRECTIONS

1. Make the dressing by whisking together the olive oil, balsamic vinegar, mustard, salt and pepper in a large mixing bowl. Add the greens, roasted vegetables, grains (if using), apple and pumpkin seeds and toss to coat.



Plant-Powered Pesto

Wednesday Dinner

INGREDIENTS

- 1 cup dry whole wheat fusilli
- 2 zucchini, cut into half moons
- 2 packed cups fresh basil
- ¼ cup pine nuts or walnuts
- 2 garlic cloves
- ½ lemon, juiced
- ¼ tsp salt, to taste
- Pepper to taste
- ¼ cup nutritional yeast
- ¼ cup olive oil

DIRECTIONS

1. Bring a large pot of salted water to a boil. Add the fusilli, stir a couple of times, and reduce heat to a simmer. After 8 minutes, add the zucchini and simmer for 1-2 minutes, until the pasta is al dente and the zucchini is just tender. Reserve ½ cup of pasta water and drain the pasta and zucchini.
2. To make the pesto, add the basil, nuts, garlic, lemon juice, salt, pepper, and nutritional yeast to a food processor or blender.
3. Pulse a few times to combine, then slowly stream in the olive oil while you blend. Process until you reach desired texture, adding more olive oil and/or lemon juice if you like a thinner sauce. Taste and adjust seasoning with salt and pepper.
4. Toss the pasta with about half of the pesto, using reserved pasta water to help coat the noodles. Save the remaining pesto for lunch tomorrow.



Green Machine Smoothie

Thursday Breakfast
Makes 2 Smoothies

INGREDIENTS

- 1 frozen banana
- 1½ cups frozen tropical fruit (pineapple, mango)
- 1 cup frozen greens or 2 big handfuls of fresh
- 1 - 2 cups plant-based milk of choice
- 1 tbsp hemp seeds
- 3 brazil nuts

DIRECTIONS

1. Add all ingredients to a blender or food processor and blend until smooth. Use more or less milk, depending on desired thickness.



Pesto Avocado Toast

Thursday Lunch
Makes 2 Servings

INGREDIENTS

- 4 pieces whole grain bread
- Remaining pesto**
- 2 avocados
- ½ cup cherry tomatoes, sliced
- ¼ cup pumpkin seeds or nuts of choice

DIRECTIONS

1. Toast the bread. Halve the avocados, remove the pits and thinly slice the flesh.
2. Spread pesto on each slice of toast and top with half an avocado. Gently mash the avocado and top with cherry tomatoes.
3. Sprinkle with a pinch of salt and pumpkin seeds or other nuts/seeds.



Tempeh Stir Fry

Thursday Dinner

INGREDIENTS

1 tbsp fresh ginger, grated or minced
2 garlic cloves, grated or minced
1 lime, juiced
2 tsp sriracha, to taste
2½ tbsp low-sodium soy sauce or tamari
1-2 tsp maple syrup, to taste
2 tbsp canola oil, divided
1 8-oz package tempeh, cut into cubes
1 onion
2 carrots
4 heads baby bok choy
2 cups green beans
1 cup cooked brown rice, for serving
2 scallions, sliced thinly, optional
Fresh basil, optional



DIRECTIONS

1. In a medium bowl, combine the ginger, garlic, lime juice, sriracha, soy sauce and maple syrup. Taste and adjust seasoning with more lime for brightness, sriracha for spice, maple for sweetness and tamari for saltiness.
2. Add the tempeh and toss to coat evenly. Set this aside to marinate while you thinly slice the onion, carrots, and baby bok choy and trim and half the green beans. You want everything to be roughly the same size.
3. Heat a large skillet over medium-high heat with 1 tbsp canola oil. When the oil is hot, remove the tempeh from the sauce (leave the remaining sauce in the bowl), and transfer to the hot pan. Cook, tossing regularly, until browned on all sides. Transfer the tempeh to a clean bowl.
4. Add remaining 1 tbsp vegetable oil to the now empty skillet over medium heat. Add the sliced onion, carrots, baby bok choy, green beans and remaining sauce and cook, tossing frequently, until crisp-tender. Add the tempeh and stir to combine fully. Cook until heated through. Serve over brown rice, topped with scallions and fresh basil if you like.

Prep your Chia Pudding tonight for tomorrow's breakfast!

Carrot Cake Chia Pudding

Friday Breakfast
Makes 2 Servings

INGREDIENTS

¼ cup chia seeds
1 cup almond or other non-dairy milk
½ cup shredded carrot
2 tbsp walnuts, chopped
4 medjool dates, pitted and chopped into small pieces
¼ tsp cinnamon
1 tsp vanilla extract
Pinch of salt
Optional: 2 tbsp maple syrup
Fresh berries

DIRECTIONS

1. Whisk all ingredients together in a mixing bowl or container with a lid. Cover and refrigerate overnight or for at least 8 hours. Top with fresh berries and enjoy in the morning.

Fresh Wraps

Friday Lunch
Makes 2 Servings

INGREDIENTS

2 whole wheat wraps
1 avocado, sliced thinly
1 cup brown rice or grain of choice
Remaining roasted vegetables
Handful of baby kale or baby arugula
Hot sauce, to taste or **any remaining balsamic dressing**

DIRECTIONS

1. Lay the wraps on a flat work surface.
2. Divide the avocado between the wraps, laying the slices in a line down the center of each.
3. Top with grains, roasted vegetables, greens, and drizzle with hot sauce or balsamic dressing, if using. Fold the wraps tightly to close.



Stuffed Sweet Potatoes

Friday Dinner

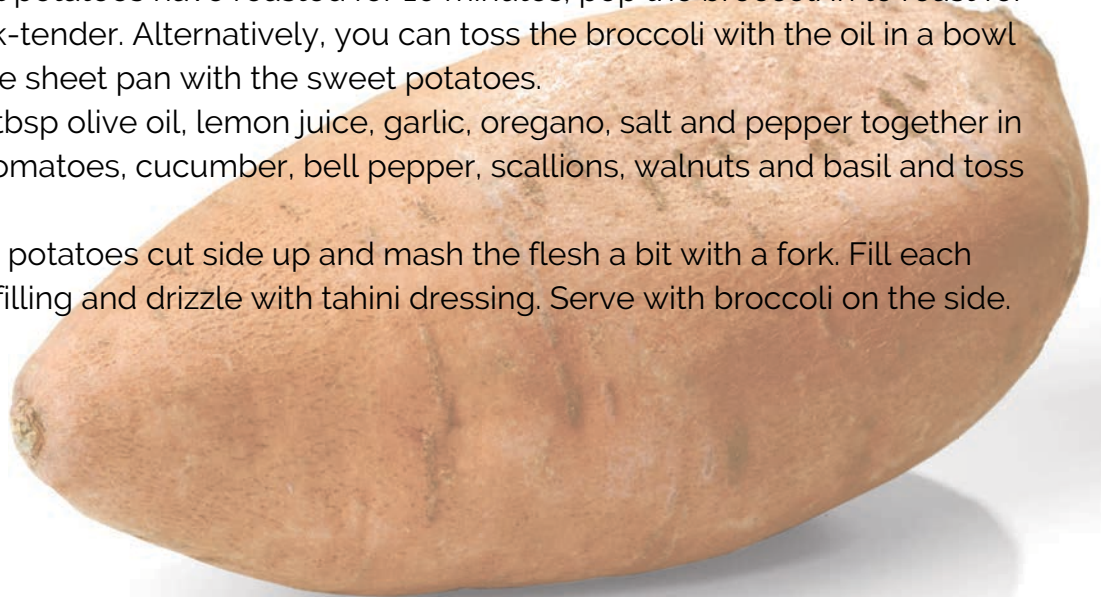
INGREDIENTS

- 2 sweet potatoes, halved
- 3 tbsp olive oil, divided
- 1 head broccoli, cut into florets, or 10 oz pre-chopped broccoli florets
- 1 lemon, juiced
- 1 garlic clove, minced or grated
- ½ tsp dried oregano or 1 tbsp fresh oregano
- ¼ tsp black pepper, to taste
- ¼ tsp salt, to taste
- 1 cup cherry tomatoes, halved
- 1 baby cucumber, diced
- 1 yellow pepper, diced
- 2 scallions, sliced thinly
- ½ cup chopped walnuts or pine nuts
- ½ cup fresh basil, chopped

Remaining nut butter/tahini dressing

DIRECTIONS

1. Preheat the oven to 400°F. Place the sweet potatoes on a baking sheet, drizzle with 1 tsp olive oil each and sprinkle with salt and pepper. Rub to coat the potatoes evenly and place cut side down. Roast for 25-30 minutes, until the potatoes are fork-tender.
2. Add the broccoli to a second sheet pan and toss with 1 tsp olive oil and a pinch of salt and pepper. After the sweet potatoes have roasted for 10 minutes, pop the broccoli in to roast for 10-15 minutes, until fork-tender. Alternatively, you can toss the broccoli with the oil in a bowl and add it directly to the sheet pan with the sweet potatoes.
3. Whisk the remaining 2 tbsp olive oil, lemon juice, garlic, oregano, salt and pepper together in a large bowl. Add the tomatoes, cucumber, bell pepper, scallions, walnuts and basil and toss to coat.
4. Turn the roasted sweet potatoes cut side up and mash the flesh a bit with a fork. Fill each sweet potato half with filling and drizzle with tahini dressing. Serve with broccoli on the side.



Fluffy Blueberry Pancakes

Saturday Breakfast

INGREDIENTS

- 1 tbsp flaxseed meal
- 1 cup whole wheat flour (gluten-free if necessary)
- 1 tbsp baking powder
- ¼ tsp salt
- 1¼ cups non-dairy milk of choice
- 3 tbsp maple syrup, plus more for serving
- 1 cup fresh or frozen blueberries
- ½ cup chopped walnuts, optional



DIRECTIONS

1. In a small bowl, make a flax egg by whisking the flaxseed meal with 1½ tbsp water. Let it sit for at least 5 minutes, until it gels.
2. In a mixing bowl, combine the flour, baking powder and salt. Add the flax egg, milk and maple syrup and stir until just combined. A few clumps are fine. Gently fold in the blueberries and walnuts if using (you can also reserve the nuts for topping if you like). Let the mixture rest for 5 minutes.
3. Meanwhile, heat a large skillet over medium-low heat with a coating of olive oil or cooking spray. When the oil is hot, scoop the batter onto the skillet in roughly ¼ cup scoops (you can use a measuring cup if you want to be precise). Cook until you see bubbles all over the surface of the pancakes, flip, and cook for another 1-2 minutes, until the underside reaches your preferred doneness. Enjoy the pancakes while they're hot.



Soba Noodles with Citrus-Scallion Dressing

Saturday Lunch

INGREDIENTS

Salad

- 1 package soba noodles, gluten-free if necessary
- 1 red bell pepper, sliced thinly
- 3 medium carrots, sliced thinly into matchsticks, or ½ bag matchstick cut carrots
- 2 cups baby arugula

Dressing

- 4 tablespoons + 1 tsp olive oil or sesame oil
- 1 bunch scallions, thinly sliced into rounds. Reserve half of the dark green for topping
- 1 jalapeño, minced
- 1½ tsp salt
- 1 lemon, juiced
- ½ - 1 tbsp rice vinegar, to taste
- ½ cup cilantro, roughly chopped
- Sesame seeds for topping, optional



DIRECTIONS

1. Bring a medium pot of salted water to a boil. Add the sliced carrots and blanch until just tender, about 1 minute. Using a slotted spoon, transfer the carrots to a colander in the sink and run cold water over them to stop the cooking process.
2. Place the sliced scallions, minced jalapeño and salt in a heat-proof bowl.
3. In a small saucepan, heat the olive oil. When the oil is hot (it will be shimmering, but shouldn't be smoking), carefully pour the hot oil over the scallion mixture in the bowl. Immediately stir to combine, using a spoon to lightly bruise the scallions and jalapeño to release their flavors into the oil. Add the lemon juice and rice vinegar and stir the dressing. Let it cool, then taste and adjust seasoning with salt, jalapeño, and/or rice vinegar.
4. Place the baby arugula in a large serving bowl. Return the water in the large pot to a boil and add the soba noodles. Reduce heat to medium and cook until tender, according to package instructions. Drain and immediately place the still-hot noodles on top of the greens in the bowl. Allow them to sit so the heat wilts the greens.
5. Add the red bell pepper, carrots, dressing and cilantro, toss well, and top with reserved scallion greens and sesame seeds.

Power Skillet

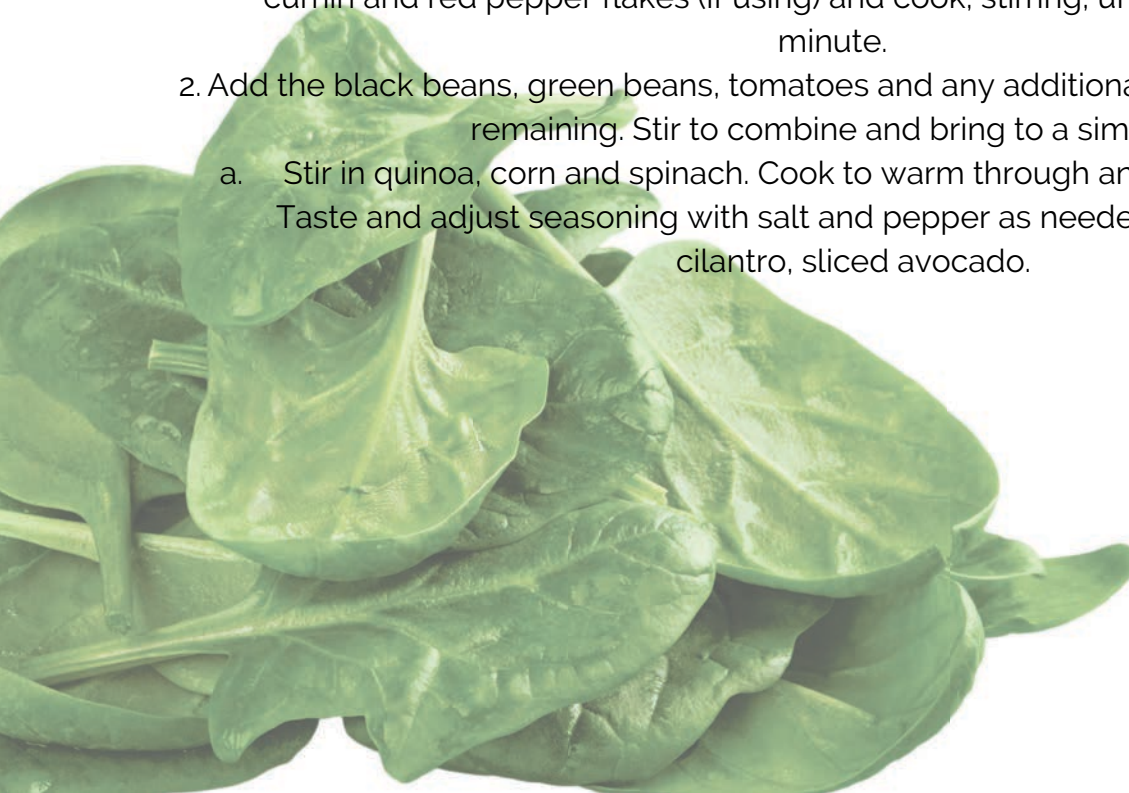
Saturday Dinner

INGREDIENTS

1 tbsp olive oil
1 onion, diced
1 bell pepper, diced
1 garlic clove, minced or grated
1 tbsp dried oregano
1 tsp cumin
1 can black beans, drained and rinsed
2 cups green beans, trimmed and cut in half
1 can fire-roasted diced tomatoes
Red pepper flakes or Sriracha to taste, optional
1½ cups cooked quinoa
1 cup frozen corn, thawed
3 cups baby spinach
½ tsp salt
Pepper to taste
Fresh cilantro, chopped
1 Avocado, sliced, for topping

DIRECTIONS

1. Heat the olive oil in a large skillet over medium heat. When the oil is hot, add the onion and bell pepper and cook, stirring, until softened. Add the garlic, oregano, cumin and red pepper flakes (if using) and cook, stirring, until fragrant, about 1 minute.
2. Add the black beans, green beans, tomatoes and any additional vegetables you have remaining. Stir to combine and bring to a simmer.
 - a. Stir in quinoa, corn and spinach. Cook to warm through and until spinach wilts. Taste and adjust seasoning with salt and pepper as needed. Top with chopped cilantro, sliced avocado.



Way to Go!

This week, you've taken a big step to benefit your heart and the planet.

What's next?

We hope some of these plant-based recipes become staples in your kitchen.

Maybe you pick one day a week to avoid animal products.

Or, maybe you start every month by following this guide!

However you move forward, eating more plants will power you to live a longer, healthier life.

Questions?

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