

SAMPLE MENU FOR 7-DAY MEAL PLAN

Winter Minestrone Soup

Swiss chard, cabbage, escarole, cannellini beans, garlic, celery, carrot, red onion, tomatoes, vegetable broth, rosemary, thyme

Grilled Apple and Pear Salad with Orange Citrus Dressing

apples, pears, pecans, arugula, red onion, basil, orange juice, lemon zest, olive oil

Kelp Noodles with Matcha Pistachio Pesto

kelp noodles, basil, pistachios, garlic, olive oil, nutritional yeast, matcha, lemon juice

Orange-Cashew Tempeh Stir-Fry

tempeh, orange juice, ginger, garlic, tamari, red curry paste, cilantro, carrots, onion, celery, snow peas, cashews, coconut oil

Artichoke Heart Paella

artichokes, chickpeas, tomatoes, brown basmati rice, vegetable broth, red wine, lemon juice, parsley

Potatoes Mélange

russet, sweet, and purple potatoes, garlic, vegetable broth, nondairy milk

Roasted Heirloom Cherry Tomatoes with Thyme

heirloom cherry tomatoes, garlic, thyme, lemon juice, olive oil