



21-Day Whole Plant Challenge

Set 3 – Sunday, June 14th – Tuesday, June 16th

Breakfast: Cherry Smoothie

Modified from *The Watering Mouth*

1 serving, with leftovers for dessert at lunch or dinner

Ingredients

- 6 leaves (6 ounces) red cabbage (use the large outer leaves)
- 1 medium head Romaine lettuce
- 1 cup pineapple chunks, frozen
- 1 cup dark cherries, frozen
- 1 frozen banana
- 1 Tablespoon ground flaxseed
- 2 Tablespoons shredded coconut, unsweetened
- ½ inch piece of fresh ginger OR ½ teaspoon ginger powder (optional)
- 2 cups water

Ready-to-eat directions (each day)

In high-powered blender, combine all ingredients and whirl until smooth.

Lunch: California Quinoa Mango Salad

Modified from *Nutmeg Notebook*

3 servings

Ingredients

- 1 cup tri-colored quinoa, rinsed and drained (you can use any color quinoa)
- 2 cups water (you can also use veggie broth if you have any on hand you need to use)
- 1 cup shelled edamame, cooked according to pkg directions, cooled
- ½ red bell pepper, finely diced
- ¼ cup slivered almonds
- ¼ cup dried cranberries (can substitute raisins)
- ¼ cup unsweetened shredded coconut
- ¼ cup fresh cilantro, chopped (leave out if you don't like it)

½ red onion, finely diced

2 limes, juiced

3 Tablespoons balsamic vinegar

1 ½ cups fresh mango (about 3 mangoes), diced (can substitute pineapple or peaches)

9 ounces baby spinach (or other green you prefer) – 3 ounces for each day

First day or make-ahead directions (once)

Prepare the quinoa

Place the quinoa in a fine mesh strainer, and rinse thoroughly under cool running water. In a medium saucepan, heat the quinoa and water to boiling. Reduce heat to low, cover, and simmer for 15-20 minutes. Let sit for 5 minutes before you fluff with a fork. If the quinoa isn't soft enough, or if water still remains, cook for another 5 minutes or until the desired tenderness. Store in the fridge until ready with other ingredients.

Prepare the edamame

Follow the package directions, which usually involves boiling on the stove or steaming in the microwave. Store in the fridge until ready with other ingredients.

Ready-to-eat directions (each day)

In a large mixing bowl, combine quinoa and edamame with the rest of the ingredients, except the spinach. Store in fridge until ready to eat.

To serve, chop or shred 1/3 of the spinach (about 3 ounces) and line a large bowl with it. Top with 1/3 of the salad mixture each day of the set.

Dinner: Smoky Greens, Beans & Veg

Modified from *The Watering Mouth*

3 servings

Ingredients

Water Sauté:

1 onion, medium dice

1 bell pepper, medium dice (your choice of color)

5 cloves garlic, minced

4 ounces white button or baby bella mushrooms

12 ounces cut green beans, fresh OR frozen

1 15-ounce can low- or no-sodium cooked beans (your choice), drained and rinsed

1 head kale (your choice), OR chard OR collards, stems removed, chopped small

Topping:

¼ cup raw no-oil tahini

1 lemon, juiced

2 teaspoons no-salt seasoning of choice (like Mrs. Dash)

½ teaspoon chipotle seasoning

¼ teaspoon smoked paprika

Water to thin (each day)

Sprinkle of nutritional yeast

First day or make-ahead directions (once)

Water sauté:

First, rinse and chop 8 ounces of mushrooms. Half of these are for this set, half for set 4. In large skillet over medium to medium-high heat, you'll start by water sautéing all 8 ounces of mushrooms until they start to put out water. Separate half of the mushrooms and store in fridge for the next set. Continue water sautéing the 4 ounces of mushrooms, adding in the onion, bell pepper, and green beans and cook until onions are just starting to soften, adding 1 Tablespoon of water at a time if they stick to the pan. Add garlic and kale and sauté until kale is wilted, about 3-4 minutes. Toss in the beans and stir to combine. Remove from heat, let cool and divide up into 3 containers to refrigerate until needed.

Topping:

In a blender, add all ingredients and whirl to combine. Store covered in fridge until ready to use.

Ready-to-eat directions (each day)

Reheat veggie mixture before serving, and top with 1/3 of the topping sauce. Sprinkle with nutritional yeast for a cheesy flavor!

Serve with **1 cup of berries** of your choice.