



# GROCERY GUIDE

DECEMBER 19-23

## PROTEIN

6 eggs  
vanilla plant protein powder  
almond butter  
walnuts

## PRODUCE

5 bananas  
blackberries  
2 persimmons  
2 containers mushrooms  
1 head cauliflower  
1 bundle of carrots  
2 avocado  
fresh basil  
1 bunch broccolini  
1 package fresh spinach  
1 bunch of beets  
grape tomatoes  
3 sweet potatoes  
2 onions  
3 limes  
garlic  
ginger

## GRAINS

brown rice wraps  
gluten free toast (freezer)  
brown rice cakes  
rolled oats  
gluten free buckwheat soba  
noodles

## CAN / CONDIMENTS

kimchi / sauerkraut  
coconut oil  
coconut aminos / soy sauce  
chick peas  
tahini

## DAIRY

almond milk  
nutritional yeast / parm cheese

## EXTRA

olive oil spray  
*(I used Chosen Food sprays - they are genuinely amazing and cover so much surface area)*

rice wine vinegar  
sesame oil  
coconut flakes  
dried cranberries  
dark chocolate  
cacao powder  
maple syrup  
honey  
cinnamon  
nutmeg  
vanilla extract  
garlic powder  
turmeric  
rosemary  
paprika  
flax seed  
baking powder  
baking soda

## FROZEN

frozen kale  
edamame  
frozen blueberries

## SUNDAY MEAL PREP

**prep:** soba noodle salad,  
quinoa almond cookies  
(recipes below)

**roast:** beets, 3/4 bag of carrots  
- save 3 carrots for the quinoa  
almond cookies. beets: preheat  
oven to 375F, coat beets lightly with  
oil, wrap beets in aluminum foil,  
place on a baking sheet, and roast  
in the oven until cooked through,  
approximately 45 to 60 minutes.  
Remove from the oven, let cool,  
peel and slice into 1/4-inch thick  
slices. carrots: peel, coat in olive  
oil and spices (salt, pepper, thyme,  
rosemary, garlic powder) and roast for  
30 minutes, or until tender.

**boil:** quinoa - 1/2 cup dry quinoa  
yields 1.5 cups cooked

**steam:** cauliflower (chop  
cauliflower, steam, place in food  
processor to form rice shape, then  
freeze)



## MEAL PLAN

### MONDAY

**breakfast:** handful of mushrooms, handful of spinach, 1/4 tsp fresh garlic, 2 egg scramble (spice it up with paprika, salt, pepper, and rosemary), with 1/2 avocado, forkful of kraut / kimchi, 1 brown rice wrap, blackberries

**snack:** rice cake with banana, almond butter, ground flax seed, cinnamon

**lunch:** sweet potato stuffed with beets, roasted carrots, chick peas, 1/2 sautéed onion, 1/4 cup quinoa with ginger tahini sauce, topped with basil

**snack:** 2 carrot quinoa cookies

**dinner:** soba noodle stir fry

### TUESDAY

**breakfast:** 1/4 cup frozen blueberries, 1 banana, 1/4 cup coconut flakes, 1/4 cup frozen kale, 1/4 cup frozen cauliflower, 1 scoop vanilla plant protein powder, 1 tbsp almond butter, 1 tbsp flax seed, cinnamon, nutmeg, almond milk

**snack:** brown rice cake or toast, 1/2 persimmon, ginger tahini sauce or 1 tbsp almond butter

**lunch:** soba noodle stir fry

**snack:** 2 carrot quinoa cookies

**dinner:** 1 cup frozen cauli rice, beets, roasted carrots, handful of spinach, chick peas sautéed with garlic, olive oil, salt, pepper, turmeric, rosemary, paprika, and topped with 1/2 avocado, fresh basil (chopped), and 1 forkful of kraut / kimchi

### WEDNESDAY

**breakfast:** sweet potato persimmon smoothie: 1 persimmon, banana, 1/2 cup frozen riced cauliflower, 1/2 roasted and peeled sweet potato, 1 scoop plant-based protein powder, cinnamon, nutmeg, almond butter, almond milk

**snack:** 2 carrot quinoa cookies

**lunch:** soba noodle stir fry

**snack:** carrots with guac (1/2 avo, diced tomatoes, garlic powder, paprika, squeeze of lime, salt, pepper)

**dinner:** quinoa, beets, mushrooms, with 1 egg, pesto (blend 1/2 avo, juice from 1/2 lime, 1 tbsp fresh basil, 2 tbsp olive oil, 1/4 cup walnuts, and 1/4 cup nutritional yeast) topped with 1 forkful of kraut / kimchi



# MEAL PLAN

## THURSDAY

**breakfast:** dice up a few roasted beets carrots and 1/2 sweet potatoes. add 1/4 cup cooked quinoa and heat. add poached egg, forkful of kraut / kimchi and 1/2 avocado

**snack:** hot chocolate: 1 cup almond milk, 2 tbsp cacao powder, 1 tsp coconut oil, 1/2 tsp vanilla extract, 1 tsp maple syrup or honey) with sautéed 1/2 persimmon drizzled in almond butter

**lunch:** brown rice wrap, chick peas (mashed), handful of spinach, tomato, kraut, drizzled with ginger tahini sauce. blackberries

**snack:** 2 carrot quinoa cookies

**dinner:** soba noodle stir fry

**do:** prep over night oats (1/3 cup oats, 1 cup almond milk, 1 tbsp chia seeds, 1 tbsp ground flax, cinnamon, nutmeg, 1/4 tsp vanilla extract)

## FRIDAY

**breakfast:** overnight oats with blueberry compote and almond butter. In the morning: 1/3 cup frozen blueberries sautéed in the morning with cinnamon. top with almond butter.

**snack:** 2 carrot quinoa cookies

**lunch:** 2 egg scrambled with mushrooms, add roasted beets, fresh basil, kraut and a banana

**snack:** walnuts, dried cranberries, dark chocolate trail mix

**dinner:** stuffed sweet potato, cauliflower rice unfrozen, roasted carrots, sautéed mushrooms, chick peas with ginger tahini sauce

## SOBA NOODLE STIR FRY

### ingredients

1 package gluten free buckwheat soba noodles  
broccolini  
1 package mushrooms  
1/2 package spinach  
frozen edamame  
1 tbsp olive oil  
1/2 tsp garlic  
Salt and black pepper

### instructions

1. Cook soba noodles to package directions. Heat a large skillet with 1 tbs olive oil over medium heat. Add minced garlic and cook for 1 minute. Add broccolini, 1 box of mushrooms (sliced), and frozen edamame until tender. Add salt and pepper to taste. Add 1/2 box of spinach at the end, until wilted.
2. Mix in soba noodle sauce (below) until evenly coats

## SOBA NOODLE SAUCE

### ingredients

1/4 cup coconut amino or soy sauce  
2 tablespoons olive oil  
juice of 1 lime  
1 tablespoon sesame oil  
1 tablespoon honey  
1 tsp grated ginger  
2 tbsp almond butter  
1-2 tbsp hot water to thin

## GINGER TAHINI SAUCE

### ingredients

1 tsp finely grated fresh ginger  
1/4 cup tahini  
1 lime, juiced (about 2 tablespoons of juice)  
1-2 tablespoons coconut aminos  
2-3 tablespoons pure maple syrup  
hot water to thin. about 2-3 tablespoons

## CARROT QUINOA COOKIES - MAKES 12 COOKIES (FROM LOVE AND LEMONS)

### ingredients

1 cup oat flour (made from 1 1/4 cups whole rolled oats)\*  
1 cup (additional) whole rolled oats\* (see note)  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon cinnamon  
1/2 teaspoon sea salt  
1/2 cup cooked quinoa  
1 cup finely shredded carrots  
2 tablespoon ground flaxseed + 5 tablespoons warm water  
1/2 cup almond butter  
1/4 cup coconut oil, melted  
1/2 cup maple syrup  
1/2 cup walnuts  
1/2 cup dried cranberries  
1 scoop vanilla plant protein powder

### instructions

1. Preheat the oven to 350°F and line a large baking sheet with parchment paper.
2. Use a food processor or a blender to process the 1 1/4 cups rolled oats into a fine flour and measure out one level cup. In a large bowl, stir together the flour, 1 cup whole oats, baking powder, baking soda, cinnamon and sea salt. Fold in the quinoa and then the shredded carrots, stirring until the carrots are completely coated with flour.
3. Combine the flaxseed and warm water and set aside to thicken for about 5 minutes. In a medium bowl, combine the almond butter, coconut oil, and maple syrup and stir well to incorporate. Stir in the flaxseed mixture.
4. Add the wet ingredients to the bowl of dry ingredients and fold in just until combined. Stir in the walnuts, pepitas, and cranberries
5. Scoop about 1/4 cup of batter for each cookie onto the baking sheet. Bake for 15 to 18 minutes, or until lightly browned. Cool on the pan for 5 minutes