

WHOLE FOODIE CHALLENGE

Oh She Glows 30 Day Challenge

The Recipes – Week 1

This meal plan is currently set up for one person; please adjust according to family size.

BREAKFASTS

1. Healthy Chocolate Chia Pudding
<http://ohsheglows.com/2012/01/11/healthy-chocolate-chia-pudding/>
2. Tropical Pineapple Boozy Baked Oatmeal (freeze half the recipe for lazy days)
<http://ohsheglows.com/2013/05/10/tropical-pineapple-boozy-baked-oatmeal/>
3. Winter Detox Green Smoothie
Recipe found in bonus recipe bundle
<http://ohsheglows.com/2014/01/28/the-bonus-recipe-bundle-is-here/>

MEALS

1. Mushroom Walnut Pesto Tart (on Spelt Flatbread) (half the recipe – or freeze)
<http://ohsheglows.com/2014/04/14/easiest-5-ingredient-spelt-flatbread/>
Tart recipe found in cookbook
2. Eat your Greens Detox Soup
Recipe found in cookbook
3. Jumbo Stuffed Shells (half the recipe – or freeze)
<http://ohsheglows.com/2013/03/13/jumbo-stuffed-shells/>
4. Raw Rainbow Pad Thai (double batch)
<http://ohsheglows.com/2013/07/01/rad-rainbow-raw-pad-thai/>
5. Cheaters Maple Baked Beans on Toast
<http://ohsheglows.com/2014/07/10/an-ode-to-toast-4-easy-but-drool-worthy-vegan-combos/>

SNACKS

1. Oil Free Zucchini Muffins
Recipe found in cookbook
2. Salt and Vinegar Roasted Chickpeas
Recipe found in cookbook

DESSERT

1. Coconut Oil “Chocolate” Bark
<http://ohsheglows.com/2015/03/18/crazy-good-coconut-oil-chocolate-bark/>

*Also make the Grapeseed mayo this week (found in cookbook) to use throughout month

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Grocery List – Week 1

**This is an approximate measurement for one person – please modify if feeding more than one*

CONDIMENTS/OILS	SEEDS, NUTS & LEGUMES
<ul style="list-style-type: none">○ Apple cider vinegar (1/3 cup)○ Coconut oil (0.6 cup)○ Grapeseed oil (1 cup)○ Ketchup (2 tbsp)○ Lemon juice (5.5 tbsp)○ Lime juice (4 tbsp)○ Olive Oil (0.25 cup)○ Sesame oil (1 tbsp)○ Tamari (4 tbsp)○ White vinegar (2.5 cups)○ Worcestershire sauce (0.5 tsp)	<ul style="list-style-type: none">○ Almonds (2.5 cups)○ Chickpeas (15 oz.)○ Edamame (1.5 cup)○ Flax Seed (1 tbsp)○ Hazelnuts (0.25 cup)○ Hemp Seed (2 tbsp)○ Navy beans (1.5 cups)○ Peanut butter (0.5 cup)○ Sesame seeds (2 tsp)○ Walnuts (0.75 cup)
BAKING	FRUITS AND VEGETABLES
<ul style="list-style-type: none">○ Baking powder (2.5 tsp)○ Baking soda (1 tsp)○ Blackstrap Molasses (1 tsp)○ Brown rice syrup (1 teaspoon)○ Carob Powder (2 tbsp)○ Chia seeds (0.25 cup)○ Chocolate Chips (0.33 cup)○ Cocoa Powder (~1 cup)○ Coconut flakes (0.33 cups)○ Coconut shredded (0.5 cup)○ Coconut sugar (0.5 cup)○ Maple syrup (~1 cup)○ Oat flour (0.5 cup)○ Rolled oats (1.5 cup)○ Sea salt (3 tsp)○ Spelt flour (1.25 cup)○ Vanilla extract (3 tsp)○ Whole wheat flour (2 cups)	<ul style="list-style-type: none">○ Avocado (1 each)○ Bananas (2 each)○ Basil (0.25 cups)○ Broccoli – head○ Cabbage (1 cup)○ Carrots (4 each)○ Celery (1 stalk)○ Cremini mushrooms (3 cups)○ Garlic (1 head)○ Ginger (small branch)○ Green apple (2)○ Green onion (bunch)○ Kale (4 cups)○ Mint (0.5 cup)○ Onion – sweet (2 each)○ Parsley (1 bunch)○ Pineapple (1)○ Red onion (1)○ Red pepper (2)○ Zucchini (3)
OTHER	SPICES
<ul style="list-style-type: none">○ Bread (loaf)○ Coconut rum (optional)○ Jumbo Pasta Shells (170g)○ Pasta sauce (1.75 cup)○ Seaweed sheets (2)○ Almond Milk (2L)○ Soy Milk (0.5 cup)○ Tofu (0.5 block)	<ul style="list-style-type: none">○ Black pepper (0.5 tsp)○ Cayenne pepper (1 teaspoon)○ Cumin (2 teaspoon)○ Cinnamon (1 teaspoon)○ Dry mustard (0.5 tsp)○ Turmeric (0.5 tsp)○ Vegetable broth (5 cups)

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Nutritional Info – Week 1

This information is based off “Lose It” Online application: www.loseit.com

Recipe	Nutritional Information (1 serving)	
Healthy Chocolate Chia Pudding	Calories: 201kcal Total fat: 1.3g Cholesterol: 0mg Sodium: 128.4mg	Carbs: 25.3g Fibre: 11g Sugar: 9.5g Protein: 6.2g
Tropical Pineapple Boozy Baked Oatmeal	Calories: 232kcal Total fat: 7.4g Cholesterol: 0mg Sodium: 167.6mg	Carbs: 38g Fibre: 5.1g Sugar: 13.3g Protein: 5.4g
Winter Detox Green Smoothie	Calories: 247kcal Total fat: 1.4g Cholesterol: 0mg Sodium: 36.8mg	Carbs: 61.9g Fibre: 10.6g Sugar: 35.7g Protein: 5.2g
Mushroom Walnut Pesto Tart on Spelt bread	Calories: 530kcal Total fat: 35g Cholesterol: 0mg Sodium: 401.2mg	Carbs: 44.8g Fibre: 9.2g Sugar: 3.4g Protein: 12g
Eat your Greens Detox Soup	Calories: 152 kcal Total fat: 3.7g Cholesterol: 0mg Sodium: 2420.7mg	Carbs: 27.2g Fibre: 6.7g Sugar: 11.3g Protein: 7.7g
Jumbo Stuffed Shells	Calories: 273kcal Total fat: 1.9g Cholesterol: 0mg Sodium: 684.6mg	Carbs: 38.8g Fibre: 6.3g Sugar: 14.7g Protein: 12.4g
Raw Rainbow Pad Thai	Calories: 483kcal Total fat: 27.4g Cholesterol: 0mg Sodium: 1180.6mg	Carbs: 40g Fibre: 11.5g Sugar: 20.2g Protein: 22.2g
Cheaters Maple Baked Beans on Toast	Calories: 416kcal Total fat: 124.5g Cholesterol: 0mg Sodium: 498.7mg	Carbs: 78.1g Fibre: 17.7g Sugar: 18.7g Protein: 14.4g
Oil Free Zucchini Muffins	Calories: 168kcal Total fat: 4.2g Cholesterol: 0mg Sodium: 231.8mg	Carbs: 30.6g Fibre: 4.6g Sugar: 11.9g Protein: 4.7g
Salt and Vinegar Roasted Chickpeas	Calories: 377kcal Total fat: 7.6g Cholesterol: 0mg Sodium: 411.6mg	Carbs: 60.7g Fibre: 17.4g Sugar: 10.7g Protein: 19.3g
Coconut Oil “Chocolate” Bark	Calories: 88 kcal Total fat: 7.8g Cholesterol: 0 mg Sodium: 15.9 mg	Carbs: 5.3g Fibre: 1.6g Sugar: 2.6g Protein: 1.4g