

# WHOLE FOODIE CHALLENGE

## Oh She Glows 30 Day Challenge

### The Recipes – Week 3

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

#### BREAKFASTS

1. Steel Cut Oats (Cinnamon Peanut Butter Swirl)  
<http://ohsheglows.com/2011/09/20/make-ahead-steel-cut-oatmeal-4-new-oatmeal-recipes/>
2. Sunrise Scramble with Roasted Home Fries & Avocado Toast  
*Recipe found in cookbook*

#### MEALS

1. Chickpea Miso Bowl with Mushrooms  
<http://ohsheglows.com/2014/12/04/chickpea-miso-gravy-bowl-with-sweet-and-tangy-portobello-mushrooms/>
2. Summer Harvest Tortilla Soup  
*Recipe found in cookbook*
3. Veggie Summer Rolls with Spicy Lime Sauce  
<http://ohsheglows.com/2012/07/20/veggie-summer-rolls-with-spicy-peanut-lime-sauce-two-ways/>
4. Crispy Quinoa Cakes with Home-baked Fries and Avocado Aioli  
<http://ohsheglows.com/2014/08/13/crispy-quinoa-cakes-vegan-gluten-free-nut-free/>  
*Recipe for home baked fries in cookbook*  
*Recipe for avocado aioli: <http://ohsheglows.com/2014/10/15/crispy-smashed-potatoes-with-avocado-garlic-aioli/>*
5. Sweet Potato and Black Bean Enchiladas with Avocado Cilantro Cream Sauce  
*Recipe found in cookbook*

#### SNACKS

1. Blueberry Spelt Muffins  
<http://ohsheglows.com/2014/02/19/blissful-blueberry-banana-spelt-muffins-vegan-refined-sugar-free/>
2. Peanut Butter Cookie Dough Bites  
*Recipe found in cookbook*
3. Leftover Classic Hummus (from last week) and Crudite  
*Recipe found in cookbook*

#### DESSERT

1. No Bake Elvis Bars  
<http://ohsheglows.com/2013/09/11/no-bake-elvis-bars/>

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### Grocery List – Week 3

*\*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"><li>○ Olive oil (3 tbsp)</li><li>○ Red wine vinegar (1.5 tsp)</li><li>○ Balsamic vinegar (4 tbsp)</li><li>○ Tamari (4 tbsp)</li><li>○ Coconut oil (~0.5 cup)</li><li>○ Sesame oil (2 tbsp)</li></ul>	<ul style="list-style-type: none"><li>○ Black beans (30 oz)</li><li>○ Flax – ground (2 tbsp)</li><li>○ Sunflower seeds (0.25 cup)</li><li>○ Tahini (2 tbsp)</li><li>○ Almond butter (0.5 cup)</li><li>○ Almonds (2 cups)</li><li>○ Cashew Butter (4 tbsp)</li><li>○ Cashews (1 cup)</li><li>○ Peanut butter (0.5 cup)</li><li>○ Almond flour/meal (0.5 cup)</li><li>○ Walnuts (0.5 cup)</li><li>○ Peanuts (0.33 cup)</li></ul>
BAKING	FRUITS AND VEGETABLES
<ul style="list-style-type: none"><li>○ All purpose flour (3 tbsp)</li><li>○ Arrowroot flour (1 tbsp)</li><li>○ Brown rice syrup (0.3 cup)</li><li>○ Cocoa nibs (8 tbsp)</li><li>○ Maple syrup (0.25 cup)</li><li>○ Vanilla (2 tsp)</li><li>○ Chocolate chips (0.5 cup)</li><li>○ Spelt flour (2 cups)</li><li>○ Coconut sugar (6 tbsp)</li><li>○ Baking powder (2 tsp)</li><li>○ Cinnamon (5 tsp)</li><li>○ Baking soda (0.5 tsp)</li><li>○ Sorghum flour (2 tbsp)</li><li>○ Steel cut oats (1 cup)</li><li>○ Sugar (2 tsp)</li></ul>	<ul style="list-style-type: none"><li>○ Bananas (6)</li><li>○ Sweet potato (2)</li><li>○ Garlic head (1)</li><li>○ Pepper – red (3)</li><li>○ Spinach (2 cups)</li><li>○ Lemon (2)</li><li>○ Lime (2)</li><li>○ Cilantro (0.5 cup)</li><li>○ Avocado (2)</li><li>○ Kale (3 cups)</li><li>○ Onion (2 tbsp)</li><li>○ Carrots (6 each)</li><li>○ Celery (4 each)</li><li>○ Blueberries (1 cup)</li><li>○ Cilantro (0.25 cup)</li><li>○ Corn (1.5 cup)</li><li>○ Cucumber (0.5 each)</li><li>○ Green onion (2 each)</li><li>○ Jalapeno (2 each)</li><li>○ Mushroom – Cremini (1.5 cup)</li><li>○ Onion (2)</li><li>○ Portobello mushrooms (4 each)</li><li>○ Potato (1 each)</li><li>○ Shallot (2 each)</li><li>○ Basil (0.25 cup)</li><li>○ Zucchini (1 each)</li></ul>
OTHER	SPICES
<ul style="list-style-type: none"><li>○ Enchilada sauce</li><li>○ Tortilla wraps (5)</li><li>○ Quinoa (1.75 cup)</li></ul>	<ul style="list-style-type: none"><li>○ Chilli powder (1 tsp)</li><li>○ Cumin (0.5 tsp)</li><li>○ Garlic (0.5 tsp)</li></ul>

# WHOLE FOODIE CHALLENGE

## Oh She Glows 30 Day Challenge

- Sundried Tomato (0.25 cup)
- Veganaise (0.25 cup)
- Almond Milk (1 L)
- Rice wrappers (10 each)
- Bread (1 loaf)
- Chickpea miso (1.5 tbsp)
- Crushed tomatoes (24 oz)
- Tofu (2 loaf)
- Salsa (1 cup)
- Vegetable broth (3.75 cup)
- Oregano (1.5 tsp)
- Cayenne pepper (0.3 tsp)
- Chili powder (1 tsp)
- Cumin (2.5 tsp)
- Garlic powder (1 tbsp)
- Ginger (1 tbsp)
- Nutritional yeast (3 tbsp)
- Sea salt
- Smoked paprika (0.25 tsp)