

WHOLE FOODIE CHALLENGE

Oh She Glows 30 Day Challenge

The Recipes – Week 2

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

BREAKFASTS

1. Vegan Yogurt, blueberries and No Nuts about It Granola (or make chia pudding as a base)
Recipe for granola and chia pudding found in cookbook
2. Strawberry Shortcake Pancakes
<http://ohsheglows.com/2014/02/25/easy-vegan-and-gluten-free-pancakes-strawberry-shortcake-w-whipped-cream/>

MEALS

1. Crowd Pleasing Vegan Caesar Salad with Marinated Balsamic, Maple and Garlic Tempeh (freeze some of the dressing – or serve a party!)
<http://ohsheglows.com/2014/11/24/crowd-pleasing-vegan-caesar-salad/>
Recipe for tempeh found in cookbook
2. Ode to Toast (Hummus and Tomatoes)
<http://ohsheglows.com/2014/07/10/an-ode-to-toast-4-easy-but-drool-worthy-vegan-combos/>
3. Roasted Tomato Pizza
<http://ohsheglows.com/2012/08/21/easy-roasted-tomato-pizza-with-basil-cashew-cheeze-2012-vegnews-awards/>
4. Thai Sweet Potato Veggie Burgers (freeze 5 patties)
<http://ohsheglows.com/2013/10/28/thai-sweet-potato-veggie-burgers-with-spicy-peanut-sauce/>
5. Warm and Roasted Winter Salad Bowl (half recipe)
<http://ohsheglows.com/2015/01/21/warm-roasted-winter-salad-bowl/>

SNACKS

1. Classic Hummus (with crudité)
Recipe found in cookbook
2. Flu-fighter Sunshine Smoothie (make this twice!)
Recipe found in cookbook
3. Vanilla Cinnamon Buckwheat Crispies with Lightened up Raw Pecan Pumpkin Butter
Butter: <http://ohsheglows.com/2013/09/17/lightened-up-raw-pecan-pumpkin-butter/>
Crispies: <http://ohsheglows.com/2012/05/31/vanilla-cinnamon-buckwheat-crispies-inspired-by-one-lucky-duck/>

DESSERT

1. 3-Layer Nut Free Dream Cups
<http://ohsheglows.com/2015/03/04/3-layer-nut-free-dream-cups-vegan-gf/>

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Grocery List – Week 2

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

CONDIMENTS/OILS

- Balsamic Vinegar (0.6 cup)
- Capers (2 tsp)
- Hot sauce (1 tsp)
- Lemon juice (0.75 cup)
- Lime juice (3 tbsp)
- Dijon mustard (1.5 tbsp)
- Olive oil (12 tbsp)
- Red wine vinegar (0.125 cup)
- Sesame oil (0.5 tbsp)
- Tamari (7 tsp)
- Worcestershire sauce (0.5 tbsp)

SEEDS, NUTS & LEGUMES

- Cashews (1 cup)
- Chia seeds (3 tbsp)
- Chickpeas (5 cups)
- Flax seeds – ground (2 tbsp)
- Hemp hearts (4 tbsp)
- Peanut butter (6 tbsp)
- Peanuts (0.5 cup)
- Pecans (1 cup)
- Pepita seeds (1.5 tbsp)
- Puffed quinoa (0.25 cup)
- Quinoa (0.5 cup)
- Sesame seeds (1 tbsp)
- Sunflower seed butter (0.25 cup)
- Sunflower seeds (0.25 cup)
- Tahini (0.33 cup)

BAKING

- Agave nectar (0.33 cup)
- Arrowroot powder (2 tbsp)
- Baking powder (2 tsp)
- Brown rice flour (0.5 cup)
- Buckwheat groats (2 cups)
- Cocoa powder (0.25 cup)
- Coconut butter (0.25 cup)
- Coconut oil (7 tbsp)
- Coconut sugar (0.33 cup)
- Cranberries (dried) (0.25 cup)
- Flaked coconut (2.5 tbsp)
- Maple Syrup (~1 cup)
- Rolled oats (2.75 cups)
- Vanilla (4 tsp)

FRUITS AND VEGETABLES

- Avocado (2)
- Bananas (2)
- Blueberries (fresh – one box)
- Basil (1.25 cup)
- Cilantro (0.5 cup)
- Garlic (1 head)
- Green beans (1.5 cup)
- Kale (1 bunch)
- Lettuce – Romaine (1 bunch)
- Green onions – 1.5 each
- Oranges (4)
- Potatoes (1.25 cup)
- Strawberries (1 cup)
- Sweet potato (1 each)
- Tomatoes – cherry (2 lbs)

OTHER

- Almond Milk (2.75 cup)
- Bread (2 slices)
- Buns (8 each – gluten free)
- Coconut milk (1 can)
- Vegan yogurt or kefir
- Pitas (4)
- Canned pumpkin (1 each)
- Roasted tomatoes (0.25 cup)
- Sundried tomatoes (0.25 cup)
- Tempeh (1 package)

SPICES

- Cayenne pepper (0.25 tsp)
- Cinnamon (0.3 cup)
- Coriander (1 tsp)
- Garlic ground (1 tsp)
- Nutmeg (0.25 tsp)
- Nutritional yeast (2 tbsp)
- Salt (6 tsp)

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Nutritional Info – Week 2

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

Recipe	Nutritional Information (1 serving)	
No Nuts About it Granola (1/2 cup)	Calories: 170kcal Total fat: 8.6g Cholesterol: 0mg Sodium: 68mg	Carbs: 21.6g Fibre: 2.9g Sugar: 7.5g Protein: 3g
Strawberry Shortcake Pancakes	Calories: 428kcal Total fat: 11g Cholesterol: 0mg Sodium: 86.3mg	Carbs: 71.4g Fibre: 7.9g Sugar: 15g Protein: 8.8g
Crowd Pleasing Vegan Caesar Salad	Calories: 250kcal Total fat: 3.4g Cholesterol: 0mg Sodium: 195.9mg	Carbs: 12.3g Fibre: 2.7g Sugar: 2.2g Protein: 6.7g
Marinated Balsamic, Maple and Garlic Tempeh	Calories: 210kcal Total fat: 10.7g Cholesterol: 0g Sodium: 462.6mg	Carbs: 18g Fibre: 0.1g Sugar: 10.5g Protein: 11.4g
Ode to Toast (Hummus and Tomatoes) – 2 pieces of bread	Calories: 706 kcal Total fat: 272.8g Cholesterol: 0mg Sodium: 528.9mg	Carbs: 80.4g Fibre: 19.6g Sugar: 8.4g Protein: 20.9g
Roasted Tomato Pizza	Calories: 366kcal Total fat: 18.2g Cholesterol: 0mg Sodium: 405.7mg	Carbs: 46.4g Fibre: 7.4g Sugar: 5.7g Protein: 10.2g
Thai Sweet Potato Veggie Burgers (without bun)	Calories: 331kcal Total fat: 15g Cholesterol: 0mg Sodium: 180.5mg	Carbs: 37.2g Fibre: 10g Sugar: 6.5g Protein: 14.2g
Classic Hummus	Calories: 262g Total fat: 11g Cholesterol: 0mg Sodium: 488.6mg	Carbs: 32.1g Fibre: 8.3g Sugar: 5.1g Protein: 11.6g
Flu- Fighter Sunshine Smoothie	Calories: 185kcal Total fat: 0.4g Cholesterol: 0g Sodium: 2.4mg	Carbs: 47.2g Fibre: 6.5g Sugar: 37.2g Protein: 2.6g
Vanilla Cinnamon Buckwheat Crispies	Calories: 168kcal Total fat: 2g Cholesterol: 0g Sodium: 30.2mg	Carbs: 36.2g Fibre: 4.1g Sugar: 14.2g Protein: 3.8g
Lightened Up Raw Pecan Pumpkin Butter	Calories: 179kcal Total fat: 15.5g Cholesterol: 0mg Sodium: 99mg	Carbs: 10g Fibre: 3.4g Sugar: 5.9g Protein: 2.2g

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3-Layer Nut Free Dream Cups

Calories: 243kcal

Total fat: 22.3g

Cholesterol: 16.3g

Sodium: 43.7mg

Carbs: 10.5g

Fibre: 1.7g

Sugar: 5.1g

Protein: 2.8g
