

WHOLE FOODIE CHALLENGE

Oh She Glows 30 Day Challenge

Suggested Meal Plan – Week 4

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Zucchini Bread Oatmeal	Chickpea Pancakes	Zucchini Bread Oatmeal	Chickpea Pancakes	Almond Pear Crisp	Zucchini Bread Oatmeal	Almond Pear Crisp
LUNCH	Flaked Tuna Salad	Taco Crisps and Kale Chips	Chana Masala	Flaked Tuna Salad	Dill Tofu Kabobs	Chana Masala	Dill Tofu Kabobs
DINNER	Taco Crisps and Kale Chips	Flaked Tuna Salad	Flaked Tuna Salad	Chana Masala	Chana Masala	Dill Tofu Kabobs	Freezer leftovers
SNACK	Lara Bar	Flatbread and Hummus	Lara Bar	Flatbread and Hummus	Lara Bar	Flatbread and Hummus	Lara Bar
DESSERT	Herbal tea of choice and Snickerdoodle or fresh fruit						

*Please note that I like to prepare my meals ahead of time and eat them over the next few days – if you prefer variety, you may want to make a batch and freeze some for later in the week!

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The Recipes – Week 4

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

BREAKFASTS

1. Zucchini Bread Oatmeal
<http://ohsheglows.com/2011/08/22/zucchini-bread-oatmeal/>
2. Chickpea Pancakes
<http://ohsheglows.com/2013/09/15/jumbo-chickpea-pancake-a-high-protein-filling-vegan-breakfast-or-lunch/>
3. Cardamom Almond Pear Crisp with Yogurt
<http://ohsheglows.com/2012/03/09/cardamom-almond-pear-crisp-for-two/>

MEALS

4. Chana Masala
Recipe found in cookbook
5. Flaked Tuna Salad
<http://ohsheglows.com/2013/08/15/my-favourite-lunch-of-the-moment-easy-flaked-almond-tuna-salad/>
6. Lemon Dill Tofu and Green Goddess Kabobs
Tofu: <http://ohsheglows.com/2012/03/14/easy-lemon-dill-tofu/>
Kabobs: <http://ohsheglows.com/2014/06/10/vegan-green-goddess-dressing-with-grilled-veggie-kabobs/>
7. Taco Fiesta Potato Crisps and Kale Chips
Recipes found in cookbook

SNACKS

8. Pecan Pie Larabar and/or Chocolate Chip Larabars
<http://ohsheglows.com/2013/01/16/homemade-chocolate-chip-cookie-dough-larabars/>
<http://ohsheglows.com/2008/12/13/homemade-pecan-pie-larabar/>
9. Crunchy Seed and Oat Flatbread with Edamame hummus
Flatbread found in cookbook
<http://ohsheglows.com/2012/12/12/edamame-hummus/>

DESSERT

10. Snickerdoodles
<http://ohsheglows.com/2014/12/17/snickerdoodles-vegan-gluten-free/>

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Grocery List – Week 4

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

FRUITS AND VEGETABLES

- Avocado (1.5)^{2,6}
- Garlic cloves (5)^{5,6,9}
- Lemon (3)^{5,6,7,9}
- Bell Pepper (1)⁶
- Celery (2)⁵
- Chives (4 tbsp)⁶
- Cucumber (1)⁵
- Dill weed (0.75)⁶
- Green onions (6)^{2,5,7}
- Mushrooms (1 cup)⁶
- Onion (2)^{4,6}
- Pears (2)³
- Potato – white (2)⁷
- Zucchini (3)^{1,6}

SEEDS, NUTS & LEGUMES

- Edamame (3 cups)⁹
- Cashews (2.5 cup)^{7,8}
- Almonds (1.25 cup)^{3,5}
- Chia seeds (4.5 tbsp)^{1,9}
- Chickpeas (28 oz)⁴
- Flax seed (0.5 tbsp)¹⁰
- Pecans (6 tbsp)¹
- Pepita seeds (4 tsp)⁹
- Sesame seeds (0.5 tsp)⁹
- Sunflower seeds (0.3 cup)⁹
- Tahini (0.3 cup)^{6,9}
- Walnuts (1 cup)⁷

BAKING

- Pitted dates (1 cup)⁸
- Vanilla extract (1 tsp)⁸
- Chocolate chips (3 tbsp)⁸
- Almond flour (0.4 cup)¹⁰
- Arrowroot Powder (2.5 tsp)¹⁰
- Baking Powder (0.5 tsp)^{2,9}
- Baking Soda (0.5 tsp)¹⁰
- Brown/cane sugar (~1 cup)^{1,3,9,10}
- Buckwheat groats (0.5 cup)⁹
- Chickpea flour (0.5 cup)²
- Cornstarch (1 tsp)³
- Cream of tartar (0.25 tsp)¹⁰
- Nutritional yeast (0.5 tsp)⁶
- Oat flour (0.6 cup)¹⁰
- Raisins (2 tbsp)¹
- Rolled oats (2 cup)^{1,3,9}
- Sorghum flour (0.25 cup)¹⁰
- Vanilla (4.5 tsp)^{1,3,10}

SPICES

- Coriander seed (2 tsp)^{4,9}
- Cayenne pepper (0.5 tsp)^{4,7,9}
- Cardamom (0.25 tsp)³
- Chili powder (1.5 tsp)⁷
- Cinnamon (4 tsp)^{1,10}
- Cumin (2 tsp)^{4,7}
- Garam Masala (1.5 tsp)⁴
- Garlic Powder (0.5 tsp)^{2,9}
- Ginger (1 tbsp)⁴
- Oregano (1 tsp)⁹
- Tarragon (2 tbsp)⁶
- Thyme (0.25 tsp)⁹
- Turmeric (0.5 tsp)⁴

CANNED GOODS/OTHER

- Almond Milk (3 cups)^{1,9,10}
- Basmati Rice (1 cup)⁴
- Diced tomatoes (28 oz)⁴
- Dill pickle juice (1 tbsp)⁴
- Grapeseed mayo (7 tbsp)^{5,6}
- Kabob skewers (10)⁶
- Tofu (1 each)⁶
- Vegan yogurt (1 cup)³

CONDIMENTS/OILS

- Apple cider vinegar (1.3tbsp)^{6,7}
- Coconut Oil (3.5 tbsp)^{1,3,4,9,10}
- Grapeseed oil (1 tbsp)⁷
- Hot Sauce (1 tbsp)⁷
- Ketchup (1 tbsp)⁷
- Maple syrup (1 tsp)³
- Mustard – dijon (1 tsp)⁶
- Olive oil (~0.5 cup)^{6,7}
- Salsa (1.25 cup)^{2,7}