

WHOLE FOODIE CHALLENGE

My New Roots 21 Day Challenge (Week 1)

The Recipes – Week 1

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

BREAKFASTS

1. Freekah Pancakes with Wilted Swiss Chard and Poached Eggs (Book - p. 36)
2. [Homemade Goat's Milk Ricotta with Roasted Fruit](#) on '[Life changing](#)' bread
3. [Seriously Super Cereal](#) (*this will be a sub for any week, it serves 18!*)

MEALS

4. Black Lentil Salad with Tzatziki, Avocado and Pea Shoots (Book – p.57)
5. Oyster Mushroom Bisque (Book – p. 52)
6. Socca with Grilled White and Green Asparagus, Dill and Feta (Book – p. 61)
7. [Pea and Pearl Zucchini Noodles](#) (add protein of choice)

SNACKS

8. Savoury Spring Hand Pies (Book – p.48)
9. [Life Changing Loaf of Bread](#) (with nut butter)

DESSERT

10. [Vanilla Rooibos Fig Newtons](#)

Bonus! Moon Macaroons (page 63) to use up your leftover almond pulp from Homemade Almond Milk!

WHOLE FOODIE CHALLENGE

My New Roots 21 Day Challenge (Week 1)

Suggested Meal Plan – Testing the Waters

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Seriously Super Cereal	Life Changing Bread with PB and banana	Seriously Super Cereal	Life Changing Bread with PB and banana	Seriously Super Cereal	Life Changing Bread with PB and banana	Seriously Super Cereal
LUNCH	Meal of Choice	Oyster Mushroom Bisque	Meal of choice	Lentil Salad with Tzatziki	Meal of choice	Lentil Salad with Tzatziki	Meal of choice
DINNER	Oyster Mushroom Bisque	Meal of choice	Oyster Mushroom Bisque	Meal of choice	Lentil Salad with Tzatziki	Meal of choice	Meal of choice
SNACK	Trail mix or Hummus and crudite	Trail mix or Hummus and crudite	Trail mix or Hummus and crudite	Trail mix or Hummus and crudite	Trail mix or Hummus and crudite	Trail mix or Hummus and crudite	Trail mix or Hummus and crudite
DESSERT	Vanilla Rooibos Fig Newtons or tea and fresh fruit						

**This meal plan isn't fully provided in grocery list, items that are in grey are not provided and are meant to be substituted for a meal/snack of choice*

WHOLE FOODIE CHALLENGE

My New Roots 21 Day Challenge (Week 1)

Suggested Meal Plan – Seasoned Pro

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Freekah Pancakes and Swiss Chard	Freekah Pancakes and Swiss Chard	Freekah Pancakes and Swiss Chard	Seriously Super Cereal	Life Changing Bread with Ricotta and fruit	Life Changing Bread with Ricotta and fruit	Life Changing Bread with Ricotta and fruit
LUNCH	Black Lentil Salad	Oyster Mushroom Bisque	Black Lentil Salad	Socca with Asparagus Dill and Feta	Pea and Pearl Noodles	Socca with Asparagus Dill and Feta	Oyster bisque (from freezer)
DINNER	Oyster Mushroom Bisque	Black Lentil Salad	Oyster Mushroom Bisque	Pea and Pearl Noodles	Socca with Asparagus Dill and Feta	Pea and Pearl Noodles	Spring pie and salad
SNACK	Life changing bread	Spring pie	Life changing bread	Life changing bread	Spring pie	Apple and nut butter	Spring pie
DESSERT	Vanilla Rooibos Fig Newtons or tea and 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!

WHOLE FOODIE CHALLENGE

My New Roots 21 Day Challenge (Week 1)

Grocery List

**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">○ Balsamic vinegar (2 tsp)⁶○ Capers (0.25 cup)⁸○ Coconut oil/ghee (~1.25 cup)^{1,2,5,6,8,9,10, bonus}○ Green olives (1 cup)⁴○ Olive oil (0.625 cup)^{4,5,7}	<ul style="list-style-type: none">○ Amaranth (1 cup)³○ Buckwheat groats (1 cup)³○ Chia seeds (7 tbsp)○ Flax seeds (0.5 cup)⁹○ Freekah (0.5 cup)¹○ Hazelnuts/Almonds (0.5 cup)⁹○ Lentils – black (1 cup)⁴○ Millet (1 cup)³○ Quinoa (1 cup)³○ Sunflower Seeds (1.5 cup)^{3,9}○ White beans (2 cups)⁵○ Nut pulp (0.5 cup)^{bonus}
BAKING/SUGARS	FRUITS AND VEGETABLES
<ul style="list-style-type: none">○ Baking soda (0.25 tsp)¹⁰○ Chickpea flour (1 cup)⁶○ Coconut sugar (0.25 cup)¹⁰○ Honey/maple syrup (~0.5 cup)^{2,4,7,10, bonus}○ Psyllium seed husks (4 tbsp)⁹○ Rolled oats (3.25 cup)^{8,9,10}○ Spelt flour (2.25 cup)^{1,8}○ Vanilla (3 tsp)^{10, bonus}○ Coconut shredded (2 tbsp)^{bonus}○ Coconut butter (2 tbsp)^{bonus}○ Lucuma powder (2 tbsp)^{bonus}○ Cocoa butter (1tbsp)^{bonus}○ Cacao powder (0.25 cup)^{bonus}	<ul style="list-style-type: none">○ Asparagus (1 bunch both green+white)⁶○ Avocado (2 each)⁴○ Chile pepper (0.5 each)¹○ Cucumber⁴○ Dill (bunch)^{4,6}○ Figs - dried (1 cup)¹⁰○ Garlic clove (10)^{1,4,5,8}○ Grapes (bunch)²○ Leeks (2 large)⁵○ Lemon (5)^{1,2,4,5,7,8,10}○ Mint (3 tbsp)⁷○ Mushrooms – oyster (0.5 pound)⁵○ Onions (7)^{5,6}○ Parsley (0.25 cup)○ Pea shoots (1 cup)⁴○ Pear (1 each)²○ Peas (3 cup)^{7,8}○ Ramps or spring onions (2 cups)⁸○ Scallion (2 each)¹○ Swiss Chard (1 bunch)¹○ Zucchini (2 each)⁷
DAIRY (optional – can be vegan)	SPICES/OTHER
<ul style="list-style-type: none">○ Eggs (optional – 5 each)¹○ Goat cheese (2.5 oz)⁶○ Goat milk (1 L)²○ Goat feta (0.33 cup)⁸○ Greek yogurt (1 cup)⁴	<ul style="list-style-type: none">○ Caraway seeds (1 tbsp)⁸○ Rooibos loose tea (1 tbsp)¹⁰○ Thyme (1 tsp)⁵○ Vegetable broth (1 L)⁵

WHOLE FOODIE CHALLENGE

My New Roots 21 Day Challenge (Week 1)

Nutritional Info

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

Recipe	Nutritional Information (1 serving)	
Freekah Pancakes with Wilted Swiss Chard and Poached Eggs	Calories: 370 kcal Total fat: 13.1 g Cholesterol: 225 mg Sodium: 124.3 mg	Carbs: 49.9 g Fibre: 9.7 g Sugar: 0.8 g Protein: 16.4 g
Homemade Goat's Milk Ricotta with Roasted Fruit	Calories: 196 kcal Total fat: 9.8 g Cholesterol: 13.4 mg Sodium: 357.4 mg	Carbs: 24.6 g Fibre: 1.8 g Sugar: 21.1 g Protein: 4.8 g
Seriously Super Cereal (0.25 cup)	Calories: 177 kcal Total fat: 3.8 g Cholesterol: 0 mg Sodium: 16.4 mg	Carbs: 29.5 g Fibre: 4.3 g Sugar: 0.4 g Protein: 5.9 g
Black Lentil Salad with Tzatziki, Avocado and Pea Shoots	Calories: 481 kcal Total fat: 31.3 g Cholesterol: 0 mg Sodium: 282.6 mg	Carbs: 37 g Fibre: 18 g Sugar: 3.9 g Protein: 16.9 g
Oyster Mushroom Bisque	Calories: 237 kcal Total fat: 6.6 g Cholesterol: 0 mg Sodium: 957.9 mg	Carbs: 38 g Fibre: 10.2 g Sugar: 5.4 g Protein: 9.8 g
Socca with Grilled White and Green Asparagus, Dill and Feta	Calories: 326 kcal Total fat: 23.9 g Cholesterol: 14 mg Sodium: 109.2 mg	Carbs: 19.8 g Fibre: 4.9 g Sugar: 5.6 g Protein: 10.5 g
Pea and Pearl Zucchini Noodles	Calories: 488 kcal Total fat: 29 g Cholesterol: 0 mg Sodium: 26.2 mg	Carbs: 51.1 g Fibre: 13.1 g Sugar: 24.8 g Protein: 12.3 g
Savoury Spring Hand Pies	Calories: 307 kcal Total fat: 16.9 g Cholesterol: 8.3 mg Sodium: 287.8 mg	Carbs: 33.4 g Fibre: 4.3 g Sugar: 2.7 g Protein: 8.9 g
Life Changing Loaf of Bread <i>(based on one slice out of 10 slices)</i>	Calories: 239 g Total fat: 17.4 g Cholesterol: 0 mg Sodium: 279.6 mg	Carbs: 17.6 g Fibre: 8.7 g Sugar: 1.9 g Protein: 7 g
Vanilla Rooibos Fig Newtons	Calories: 160 kcal Total fat: 7.7 g Cholesterol: 0 mg Sodium: 70.3 mg	Carbs: 21.7 g Fibre: 3.1 g Sugar: 12.9 g Protein: 1.5 g
Moon Macaroons	Calories: 53 kcal Total fat: 5.9 g Cholesterol: 0 mg Sodium: 25.2 mg	Carbs: 5.2 g Fibre: 0.9 g Sugar: 2.7 g Protein: 1 g