

WHOLE FOODIE CHALLENGE

My New Roots 21 Day Challenge

Suggested Meal Plan – Week 2 (Full Week)

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|-----------|--|-------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| BREAKFAST | Revolutionary Pancakes | Sweet Potato Hash | Revolutionary Pancakes | Sweet Potato Hash | Revolutionary Pancakes | Sweet Potato Hash | Super Cereal (see week 1) |
| LUNCH | Chickpea Tofu | Smoky Tempeh Sandwich | Chickpea Tofu | Chickpea Tofu | Caramelized Fennel Polenta | Comfy Sweet Potato | Leftover Bisque (week 1) |
| DINNER | Smoky Tempeh Sandwich | Chickpea Tofu | Comfy Sweet Potato | Caramelized Fennel Polenta | Comfy Sweet Potato | Caramelized Fennel Polenta | Meal of choice! |
| SNACK | Fully Loaded Breakfast Bar | Fruit Salad with Tahini | Fully Loaded Breakfast Bar | Fruit Salad with Tahini | Fully Loaded Breakfast Bar | Fruit Salad with Tahini | Fully Loaded Breakfast Bar |
| DESSERT | Herbal tea of choice and macadamia cookie or fresh fruit | | | | | | |

Suggested Meal Plan – Week 2 (3 - Day)

| | DAY 1 | DAY 2 | DAY 3 |
|-----------|--|----------------------------|----------------------------|
| BREAKFAST | Revolutionary Pancakes | Revolutionary Pancakes | Sweet Potato Hash |
| LUNCH | Smoky Tempeh Sandwich | Caramelized Fennel Polenta | Smoky Tempeh Sandwich |
| DINNER | Caramelized Fennel Polenta | Comfy Sweet Potato | Comfy Sweet Potato |
| SNACK | Fully Loaded Breakfast Bar | Fully Loaded Breakfast Bar | Fully Loaded Breakfast Bar |
| DESSERT | Herbal tea of choice and Fruit Salad with Tahini | | |

*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 2

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

BREAKFASTS

1. Revolutionary Pancakes and Cashew Cream (*I have enough in the grocery list for 3 servings*) <http://www.mynewroots.org/site/2015/05/revolutionary-pancakes/>
2. Sweet Potato Skillet Hash
<http://www.mynewroots.org/site/2014/11/sweet-potato-skillet-hash/>

MEALS

3. Genius Chickpea Tofu (Make with Side Salad or Stirfry)
<http://www.mynewroots.org/site/2014/04/genius-chickpea-tofu/>
4. Caramelized Fennel on Herbed Polenta
Cookbook, page 98
5. Smoky Tempeh Sandwich
<http://www.mynewroots.org/site/2013/04/smoky-tempeh-sandwich-with-sundried-tomato-pesto/>
6. Comfy Sweet Potato
<http://www.mynewroots.org/site/2014/01/big-comfy-sweet-potato/>

SNACKS

7. Fully Loaded Breakfast Bars
Cookbook, page 81
8. Chakra Fruit Salad with Enlightened Tahini Sauce
<http://www.mynewroots.org/site/2012/08/chakra-fruit-salad-with-enlightened-tahini-sauce/>

DESSERT

9. Raspberry Macadamia Thumbprint cookies
Cookbook, page 109

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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 | SEEDS, NUTS & LEGUMES |
|--|--|
| <ul style="list-style-type: none">○ Coconut oil/ghee (~1 cup)^{all}○ Honey/maple syrup (~2cup)^{all}○ Olive oil (2 tbsp)⁵○ Tamari (1 tbsp)⁵ | <ul style="list-style-type: none">○ Black beans (1.5 cup)⁶○ Buckwheat groats (0.5 cup)¹○ Cashews (1 cup)¹○ Chia seeds (2.5 tbsp)^{7,9}○ Dates (3 each)⁶○ Polenta (0.5 cup)⁴○ Pumpkin seeds (0.75 cup)^{5,7}○ Quinoa (0.5 cup)¹○ Tahini (0.3 cup)^{6,8}○ White beans (1.5 cup)⁷ |
| BAKING | FRUITS AND VEGETABLES |
| <ul style="list-style-type: none">○ Arrowroot Powder (1 tbsp)⁹○ Baking powder (1 tsp)⁷○ Baking soda (1 tsp)⁷○ Cacao powder (2 tbsp)⁶○ Chickpea flour (1.5 cup)³○ Cinnamon (2.75 tsp)○ Rolled oats (6 cups)^{7,9}○ Vanilla (2 tsp)^{1,7} | <ul style="list-style-type: none">○ Apricots (dried) (0.33cup)⁷○ Avocado (1 each)⁶○ Blueberries (1 cup)⁸○ Cilantro (0.5 cup)²○ Fennel bulb (1 each)⁴○ Garlic (4 cloves)^{5,6}○ Ginger root (1.25 tbsp)^{1,8}○ Green apple or kiwi (1 each)⁸○ Herbs (parsley/dill/chives) (0.25 cup)⁴○ Onion (3)^{2,6}○ Oranges (2)^{7,8}○ Purple grapes/blackberries (1 cup)⁸○ Raisins (0.25 cup)⁷○ Raspberries (2 cup)^{8,9}○ Sweet potatoes (7)^{2,6}○ Nectarine/grapefruit (1 each)⁸ |
| OTHER | SPICES |
| <ul style="list-style-type: none">○ Applesauce (0.25cup)⁷○ Bread (4 slice)⁵○ Cornflakes (optional) (2 cups)⁷○ Eggs (6)²○ Canned tomatoes (15 oz)⁶○ Romano cheese (optional)⁴○ Sundried tomatoes (0.33 cup)⁵○ Tempeh (7 Oz)⁵○ Vegetable broth (3 cup)⁴ | <ul style="list-style-type: none">○ Cayenne pepper (0.25 tsp)⁶○ Chili flakes (0.5 tsp)²○ Chipotle (0.25 tsp)⁶○ Coriander seeds (2 tsp)⁴○ Cumin (3 tsp)^{2,6}○ Fennel seed (2 tbsp)⁴○ Garlic powder (1 tbsp)³○ Paprika (1 tsp)⁵○ Thyme (0.5 tsp)⁶○ Turmeric (1 tbsp)³ |

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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) | |
|---|--|--|
| Revolutionary Pancakes (with Cashew Cream) | Calories: 363 cal Total fat: 12.3g Cholesterol: 0mg Sodium: 27.9mg | Carbs: 54.5g Fibre: 12.2g Sugar: 7.3g Protein: 10.5g |
| Sweet Potato Skillet Hash | Calories: 261 cal Total fat: 14.4g Cholesterol: 330 mg Sodium: 432.2 mg | Carbs: 23.8 g Fibre: 4 g Sugar: 4.6 g Protein: 12.4 g |
| Genius Chickpea Tofu (by itself – half a recipe serves approx. 6) | Calories: 103 cal Total fat: 2.8g Cholesterol: 1.2g Sodium: 506.8mg | Carbs: 14g Fibre: 2.7g Sugar: 2.5g Protein: 5.2g |
| Caramelized Fennel on Herbed Polenta (without cheese) | Calories: 303cal Total fat: 8g Cholesterol: 5.9g Sodium: 1,477.2mg | Carbs: 55.1g Fibre: 10.2g Sugar: 9.1g Protein: 5.6g |
| Smoky Tempeh Sandwich (with 2 pcs bread) | Calories: 773cal Total fat: 275.4g Cholesterol: 0mg Sodium: 599.4mg | Carbs: 74.6g Fibre: 19.9g Sugar: 13.6g Protein: 31.7g |
| Comfy Sweet Potato | Calories: 304cal Total fat: 9.7g Cholesterol: 0mg Sodium: 149.7g | Carbs: 48.6g Fibre: 13.6g Sugar: 8.4g Protein: 9.7g |
| Fully Loaded Breakfast Bars (make 20 instead of 10) | Calories: 150cal Total fat: 5.3g Cholesterol: 2.4mg Sodium: 221.8mg | Carbs: 22.5g Fibre: 3.7g Sugar: 6.6g Protein: 4.1g |
| Chakra Fruit Salad with Enlightened Tahini Sauce | Calories: 202cal Total fat: 8.5g Cholesterol: 0mg Sodium: 154.2mg | Carbs: 31.8g Fibre: 5.8g Sugar: 20.2g Protein: 4.7g |
| Raspberry Macadamia Thumbprint cookies | Calories: 192cal Total fat: 8.1g Cholesterol: 0mg Sodium: 149.2mg | Carbs: 22.4g Fibre: 2.8g Sugar: 9.4g Protein: 2.7g |