

# WHOLE FOODIE CHALLENGE

## My New Roots 21 Day Challenge

### The Recipes – Week 3

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

#### BREAKFASTS

1. Multigrain Carrot Cake Porridge with Pecan Crunch  
Cookbook p.76
2. Raspberry Buckwheat Porridge  
<http://www.mynewroots.org/site/2014/07/raspberry-ripple-buckwheat-porridge/>

#### MEALS

3. Deluxe Butternut Macaroni 'N' Tease  
<http://www.mynewroots.org/site/2015/02/deluxe-butternut-macaroni-n-tease/>
4. Early Summer Abundance Bowl  
<http://www.mynewroots.org/site/2014/07/early-summer-abundance-bowl/>
5. Grilled Zucchini and Green Onions with Baby Spinach and Hazelnuts  
Cookbook p. 93
6. Thai Style Coconut Soup with Zucchini Noodles  
Cookbook p. 101

#### SNACKS

7. Flax Crackers and Mint Pea Dip  
(Crackers found in Bonus Bundle)  
<http://www.mynewroots.org/site/2011/04/simple-mint-pea-dip-2/>
8. Tropical Chewy Granola Bars  
<http://www.mynewroots.org/site/2013/04/tropical-chewy-granola-bars/>

#### DESSERT

9. Mint Chip Ice Cream Sandwiches  
Cookbook p. 105

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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>○ Apple cider vinegar (1 tsp)<sup>3</sup></li><li>○ Coconut oil/ghee (0.75 cup)<sup>ALL</sup></li><li>○ Dijon mustard (1 tsp)<sup>3</sup></li><li>○ Olive oil (10 tbsp)<sup>3,4,7</sup></li><li>○ Tamari (3 tbsp)<sup>6</sup></li></ul>	<ul style="list-style-type: none"><li>○ Buckwheat groats (1.5 cup)<sup>2,8</sup></li><li>○ Butter beans (1.5 cup)<sup>3</sup></li><li>○ Cashews (1 cup)<sup>9</sup></li><li>○ Chia seeds (2 tbsp)<sup>8</sup></li><li>○ Hemp seeds (3 tbsp)<sup>2</sup></li><li>○ Macadamia nuts (0.75 cup)<sup>8</sup></li><li>○ Pecans (0.5 cup)<sup>1</sup></li><li>○ Sesame seeds (0.5 cup)<sup>7</sup></li><li>○ Sunflower seeds (1 cup)<sup>3</sup></li><li>○ Tahini (2 tbsp)<sup>7</sup></li><li>○ Hazelnuts (0.25 cup)<sup>5</sup></li></ul>
BAKING	FRUITS AND VEGETABLES
<ul style="list-style-type: none"><li>○ Brown Rice Syrup (2.5 tbsp)<sup>1</sup></li><li>○ Cacao Nibs (0.3 cup)<sup>9</sup></li><li>○ Coconut flakes (1.33 cup)<sup>1,9</sup></li><li>○ Coconut sugar (2 tbsp)<sup>6</sup></li><li>○ Honey (0.8 cup)<sup>5,8,9</sup></li><li>○ Maple syrup (1 tbsp)<sup>2</sup></li><li>○ Rolled oats (3 cups)<sup>1,8</sup></li><li>○ Vanilla bean (2 each)<sup>2,8</sup></li></ul>	<ul style="list-style-type: none"><li>○ Avocado (1)<sup>9</sup></li><li>○ Bananas (3)<sup>2,8</sup></li><li>○ Butternut squash (1 each)<sup>3</sup></li><li>○ Button mushrooms (1 cup)<sup>6</sup></li><li>○ Carrot juice (1.25 cup)<sup>1</sup></li><li>○ Carrots (grated – 0.33 cup)<sup>1</sup></li><li>○ Cilantro (1 bunch)<sup>6</sup></li><li>○ Dates (2 each)<sup>4</sup></li><li>○ Dried banana (2 oz)<sup>8</sup></li><li>○ Dried mango (2 oz)<sup>8</sup></li><li>○ Garlic (head)<sup>3,5,6,7</sup></li><li>○ Ginger root (1 inch)<sup>6</sup></li><li>○ Green peas (3 cup)<sup>7</sup></li><li>○ Lemon (3)<sup>1,2,4,5,7</sup></li><li>○ Lemongrass (6-7 each)<sup>6</sup></li><li>○ Limes (4)<sup>6</sup></li><li>○ Mint (2 bunches)<sup>4,7,9</sup></li><li>○ Onions (2 tbsp)<sup>7</sup></li></ul>
SPICES	
<ul style="list-style-type: none"><li>○ Cardamom (0.75 tsp)<sup>1,2</sup></li><li>○ Cinnamon (0.25 tsp)<sup>1</sup></li><li>○ Cloves (0.25 tsp)<sup>1</sup></li><li>○ Kaffir Lime leaves (12 each)<sup>6</sup></li><li>○ Nutmeg (0.25 tsp)<sup>1</sup></li><li>○ Nutritional yeast (~1 cup)<sup>4</sup></li><li>○ Paprika (2.25 tsp)</li><li>○ Rosemary (2 tbsp)<sup>7</sup></li></ul>	
OTHER	FRUITS AND VEGETABLES
<ul style="list-style-type: none"><li>○ Almond milk (3 cup)<sup>2,3</sup></li><li>○ Bee pollen (optional)<sup>2</sup></li><li>○ Cacao butter (2 tbsp)<sup>9</sup></li><li>○ Coconut milk (28 oz)<sup>6</sup></li><li>○ Halloumi Cheese (4.5 oz)<sup>4</sup></li><li>○ Harissa paste (1 tbsp)<sup>4</sup></li><li>○ Macaroni/Rigatoni (4 cups)<sup>4</sup></li></ul>	<ul style="list-style-type: none"><li>○ Radishes (bunch)<sup>4</sup></li><li>○ Raisins (0.25 cup)<sup>1</sup></li><li>○ Raspberries (3 cup)<sup>2</sup></li><li>○ Shallots (3 each)<sup>6</sup></li><li>○ Spinach (few handfuls)<sup>5</sup></li><li>○ Spring onions (bunch – x3)<sup>4,5</sup></li><li>○ Sprouts (bunch)<sup>4</sup></li><li>○ Thai chille peppers (2-4)<sup>6</sup></li><li>○ Yellow beets (2 each)<sup>4</sup></li><li>○ Zucchini (2)<sup>5,6</sup></li></ul>

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### Nutritional Info – Week 3

This information is based off “Lose It” Online application: [www.loseit.com](http://www.loseit.com)

Recipe	Nutritional Information (1 serving)	
<b>Multigrain Carrot Cake Porridge with Pecan Crunch</b>	Calories: 576cal Total fat: 28.8g Cholesterol: 1.8g Sodium: 160.1mg	Carbs: 71.5g Fibre: 10g Sugar: 27.7g Protein: 10.8g
<b>Raspberry Buckwheat Porridge</b>	Calories: 315cal Total fat: 1.7g Cholesterol: 0mg Sodium: 25.7mg	Carbs: 55.6g Fibre: 8.4g Sugar: 13g Protein: 11.1g
<b>Deluxe Butternut Macaroni ‘N’ Tease</b>	Calories: 452cal Total fat: 19.5g Cholesterol: 0mg Sodium: 758.1mg	Carbs: 54.2g Fibre: 13.4g Sugar: 2.9g Protein: 18.8g
<b>Early Summer Abundance Bowl</b>	Calories: 496cal Total fat: 38.1g Cholesterol: 0mg Sodium: 135.3mg	Carbs: 50.1g Fibre: 10.7g Sugar: 8.3g Protein: 14g
<b>Grilled Zucchini and Green Onions with Baby Spinach and Hazelnuts</b>	Calories: 337cal Total fat: 23.6g Cholesterol: 0mg Sodium: 64.2mg	Carbs: 30.9g Fibre: 6.6g Sugar: 12g Protein: 7.2g
<b>Thai Style Coconut Soup with Zucchini Noodles</b>	Calories: 364cal Total fat: 30.4g Cholesterol: 26.8g Sodium: 1003.1mg	Carbs: 23.5g Fibre: 3.5g Sugar: 7.4g Protein: 7.2g
<b>Flax Crackers</b>	Calories: 258cal Total fat: 20.6g Cholesterol: 0mg Sodium: 366.3mg	Carbs: 14.5g Fibre: 10.6g Sugar: 1.9g Protein: 7.8g
<b>Mint Pea Dip</b>	Calories: 137 cal Total fat: 7.6g Cholesterol: 1.1g Sodium: 103.9mg	Carbs: 12.4g Fibre: 4g Sugar: 4.3g Protein: 4.9g
<b>Tropical Chewy Granola Bars</b>	Calories: 269cal Total fat: 17g Cholesterol: 0mg Sodium: 111.2mg	Carbs: 36.4g Fibre: 4.7g Sugar: 15.7g Protein: 4g
<b>Mint Chip Ice Cream Sandwiches</b>	Calories: 504cal Total fat: 30.9g Cholesterol: 0mg Sodium: 10.4mg	Carbs: 40.2g Fibre: 12.3g Sugar: 24.5g Protein: 6.7g