

WHOLE FOODIE CHALLENGE

Minimalist Baker 21 Day Challenge

The Recipes – Week 1

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

BREAKFASTS

1. **Roasted Strawberry Cheesecake Smoothie** ([Recipe](#))
Ingredients: 5 Time: 25mins
2. **Simple Vegan Omelette** ([Recipe](#))
Ingredients: 8 Time: 30mins

MEALS

3. **Roasted Beet and Cherry Kale Salad** ([Recipe from cookbook](#))
Ingredients: 10 Time: 20mins
4. **Panko Baked Avocado Tacos** ([Recipe](#))
Ingredients: 10 Time: 30mins
5. **Pad Thai** ([Recipe from cookbook](#))
Ingredients: 17 Time: 30mins
6. **Mediterranean Wheat Berry Salad** ([Recipe](#))
Ingredients: 10 Time: 50mins

SNACKS

7. **5 Ingredient Granola Bars** (Found in detox e-book)
Ingredients: 5 Time: 16mins
8. **Cherry Limeade Smoothie** ([Recipe](#))
Ingredients: 6 Time: 5mins

DESSERT

9. **White Chocolate Lemon Cheesecake** ([Recipe](#))
Ingredients: 10 Time: 60mins

DRINK

10. **Cold Brew Mocha Frappe** ([Recipe](#))
Ingredients: 10 Time: 10mins

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Suggested Meal Plan – 1

Calories for the day: 1207

BREAKFAST	Simple Vegan Omelette
LUNCH	Mediterranean Wheat Berry Salad
DINNER	Panko Baked Avocado Tacos
SNACK	Cherry Limeade Smoothie
DESSERT	Cold Brew Mocha Frappe

Suggested Meal Plan – 2

Calories for the day: 1367

BREAKFAST	Roasted Strawberry Cheesecake Smoothie
LUNCH	Mediterranean Wheat Berry Salad
DINNER	Pad Thai
SNACK	5 Ingredient Granola Bars
DESSERT	Cold Brew Mocha Frappe

Suggested Meal Plan – 3

Calories for the day: 1759

BREAKFAST	Simple Vegan Omelette
LUNCH	Roasted Beet and Cherry Kale Salad
DINNER	Panko Baked Avocado Tacos
SNACK	Cherry Limeade Smoothie
DESSERT	White Chocolate Lemon Cheesecake

Suggested Meal Plan – 4

Calories for the day: 1919

BREAKFAST	Roasted Strawberry Cheesecake Smoothie
LUNCH	Pad Thai
DINNER	Roasted Beet and Cherry Kale Salad
SNACK	5 Ingredient Granola Bars
DESSERT	White Chocolate Lemon Cheesecake

*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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Grocery List – Week 1

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

Total Ingredients: 57

CONDIMENTS/OILS	SEEDS, NUTS & LEGUMES
<ul style="list-style-type: none"> ○ Apple Cider Vinegar (1tsp)⁹ ○ Balsamic Vinegar (1 cup)³ ○ Chili garlic sauce (1 tsp)⁵ ○ Coconut Oil (0.25 cup)⁹ ○ Fish sauce* (1 tbsp)⁵ ○ Olive oil (~2 cups)^{3,4,6} ○ Red wine vinegar (0.75 cup)^{4,6} ○ Sesame oil (1 tbsp)⁴ ○ Soy sauce (3.5 tbsp)⁴ ○ Tamarind sauce (2 tbsp)⁵ 	<ul style="list-style-type: none"> ○ Almonds (1.5 cups)^{3,7} ○ Black Beans (0.75 cups)⁴ ○ Chia seeds (3 tbsp)^{1,8} ○ Peanut butter (0.5 cup)^{5,7} ○ Walnuts (1.5 cup)⁹ ○ Wheat berries (1 cup)⁶
BAKING	FRUITS AND VEGETABLES
<ul style="list-style-type: none"> ○ Brown sugar (0.25 cup)⁵ ○ Cocoa butter (0.25 cup)⁹ ○ Cornstarch/arrowroot powder(3 tbsp)² ○ Honey (0.75 cup)^{1,3,7} ○ Maple Syrup (0.5 cup)⁹ ○ Nutritional Yeast (6 tbsp)² ○ Rolled oats (1.5 cup)⁷ ○ Vanilla extract (3 tsp)^{1,9} ○ Vegetable broth (0.25 cup)⁵ 	<ul style="list-style-type: none"> ○ Avocado (2)⁴ ○ Bean Sprouts (1 cup)⁵ ○ Beets (2 each)³ ○ Carrots (1 cup)⁵ ○ Cherries (5 cups)³ ○ Dates – dried (2 cups)^{7,9} ○ Garlic cloves (6 each)^{5,6} ○ Green onions (bunch)⁵ ○ Kale (bunch)³ ○ Leeks (2 each)⁶ ○ Lemons (3 each)⁹ ○ Limes (5 each)^{4,8} ○ Onion (1 each)⁶ ○ Peach (2 each)⁸ ○ Radishes (2 each)⁴ ○ Strawberries (2 cup)¹ ○ Tomatoes – baby (1 cup)⁶
OTHER	SPICES
<ul style="list-style-type: none"> ○ Almond Milk (2.5 cups)^{4,8,9,10} ○ Chocolate syrup (2 tbsp)¹⁰ ○ Coffee (1 cup)¹⁰ ○ Corn tortillas (8 each)⁴ ○ Cottage cheese (2 cup)¹ ○ Goat cheese (6 tbsp)³ ○ Hummus (6 tbsp)² ○ Kalamata olives (0.25 cup)⁶ ○ Panko Bread crumbs (0.75 cup)⁴ ○ Rice noodles (5oz)⁵ ○ Silken tofu (15 oz)² 	<ul style="list-style-type: none"> ○ Cumin (0.5 tsp)⁴ ○ Garlic powder (0.5 tsp)⁴ ○ Oregano (0.25 tsp)⁶ ○ Paprika (0.75 tsp)²

*optional