

WHOLE FOODIE CHALLENGE

Minimalist Baker 21 Day Challenge

The Recipes – Week 2

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

BREAKFASTS

1. **Blueberry Maple Protein Shake** x3 ([Recipe](#))
Ingredients: 8 Time: 5mins
2. **White Chocolate Macadamia Pancakes** x4 ([Recipe](#))
Ingredients: 8 Time: 30mins

MEALS

3. **Boozy Red Wine Spaghetti** x4 ([Recipe from cookbook](#))
Ingredients: 8 Time: 30mins
4. **Quinoa Spring Rolls with Cashew Dipping Sauce** x10 ([Recipe](#))
Ingredients: 11 Time: 30mins
5. **Veggie Burger Contest** (stay tuned!)
6. **Garlicky Kale Salad with Crispy Chickpeas** x3 ([Recipe](#))
Ingredients: 10 Time: 30mins

SNACKS

7. **Peach Oat Smoothie** x2 ([Recipe](#))
Ingredients: 6 Time: 10mins
8. **Peanut Butter Cheese Crackers** x20 ([Recipe](#))
Ingredients: 9 Time: 30mins

DESSERT

9. **Coconut Sugar Caramelized Plantains** x4 ([Recipe](#))
Ingredients: 5 Time: 15mins

DRINK

10. **Hibiscus Margaritas** x2([Recipe](#))
Ingredients: 5 Time: 40mins

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Suggested Meal Plan – 1

Calories for the day: 1296*

BREAKFAST	Blueberry Maple Protein Shake
LUNCH	Quinoa Spring Rolls with Cashew Dipping Sauce
DINNER	Veggie Burger
SNACK	Vegan Peach Oat Smoothie
DESSERT	Hibiscus Margarita

Suggested Meal Plan – 2

Calories for the day: 1567

BREAKFAST	Blueberry Maple Protein Shake
LUNCH	Boozy Red Wine Spaghetti
DINNER	Garlicky Kale Salad with Crispy Chickpeas
SNACK	Peanut Butter Cheese Crackers (1 each)
DESSERT	Coconut Sugar Caramelized Plantains

Suggested Meal Plan – 3

Calories for the day: 1627

BREAKFAST	White Chocolate Macadamia Pancakes
LUNCH	Quinoa Spring Rolls with Cashew Dipping Sauce
DINNER	Boozy Red Wine Spaghetti
SNACK	Vegan Peach Oat Smoothie
DESSERT	Coconut Sugar Caramelized Plantains

Suggested Meal Plan – 4

Calories for the day: 1712*

BREAKFAST	White Chocolate Macadamia Pancakes
LUNCH	Veggie Burger
DINNER	Garlicky Kale Salad with Crispy Chickpeas
SNACK	Peanut Butter Cheese Crackers (1 each)
DESSERT	Hibiscus Margarita

*These calories are estimated on the veggie burger meal being approx. 500 calories (based on bun, toppings and condiments)

**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 2

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

Total Ingredients: 58

CONDIMENTS/OILS	SEEDS, NUTS & LEGUMES
<ul style="list-style-type: none">○ Canola oil (3 tbsp)²○ Chili garlic sauce (0.75 tsp)⁴○ Coconut oil (2 tbsp)⁹○ Olive oil (9 tbsp)^{3,6,8}○ Soy sauce (3 tbsp)⁴	<ul style="list-style-type: none">○ Cashew Butter (0.5 cup)⁴○ Chia seed (1 tbsp)⁷○ Chickpeas (1-15oz can)⁶○ Flax seed meal (6 tsp)¹○ Macadamia nuts (6 tbsp)²○ Peanut butter (0.33 cup)⁸○ Quinoa (1 cup)⁴○ Tahini (0.25 cup)⁶
BAKING	FRUITS AND VEGETABLES
<ul style="list-style-type: none">○ Agave nectar (1 tbsp)¹⁰○ Baking Powder (2.25 tbsp)^{2,8}○ Cane sugar (0.5 cup)¹⁰○ Coconut sugar (3 tbsp)⁹○ Flour (gluten-free -2.75 cup)^{2,8}○ Maple extract (1.5 tsp)¹○ Maple syrup (7 tbsp)^{4,6,7,8}○ Nutritional yeast (0.25 cup)⁸○ Oat flour (0.5 cup)⁸○ Rolled oats (0.25 cup)⁷○ Stevia packets (3 each)¹○ Sugar (2 tbsp)²○ Vanilla (2 tsp)²○ White chocolate chips (0.5 cup)²○ Xantham gum* (1 tsp)²	<ul style="list-style-type: none">○ Banana (0.5 each)⁷○ Blueberries (1.5 cup)¹○ Carrots (1 cup)⁴○ Cilantro (0.5 cup)⁴○ Cucumber (1 cup)⁴○ Garlic head (1 each)⁶○ Garlic clove (4 each)³○ Kale bunch (6 cups)⁶○ Lemons (2 each)⁶○ Limes (2 each)^{4,10}○ Mint (0.5 cup)⁴○ Orange juice (0.25 cup)⁷○ Peaches (2 each)⁷○ Plantains (3 each)⁹○ Red peppers (1 cup)⁴○ Yellow onion (2 each)³
OTHER	SPICES
<ul style="list-style-type: none">○ Almond Milk (2.5 cup)^{2,7}○ Coconut Milk (1 can)⁹○ Cottage cheese (1.5 cup)⁷○ Crushed tomatoes (28 oz)³○ Protein powder (3 scoop)¹○ Red wine (1 cup)³○ Spaghetti (13 oz)³○ Spring roll paper (10 each)⁴○ Tequila (2 oz)¹⁰○ Tomato paste (4 tbsp)³	<ul style="list-style-type: none">○ Cinnamon (0.25 tsp)⁹○ Garlic powder (0.5 tsp)⁸○ Hibiscus flower (0.75 cup)¹⁰○ Tandoori spice (3 tbsp)⁶

*optional