

WHOLE FOODIE CHALLENGE

Minimalist Baker 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. Banana Nut Muffin for Two ([Recipe](#))

Ingredients: 9 Time: 33mins

2. Super Green Smoothie Bowl ([Recipe](#))

Ingredients: 8 Time: 10mins

MEALS

3. Best Damn Vegan Nachos ([Recipe](#))

Ingredients: 14 Time: 75mins

4. Veggie Ciabatta Pizza ([Recipe](#))

Ingredients: Time: mins

5. 30-Min Vegan Alfredo ([Recipe](#))

Ingredients: 10 Time: 30mins

6. Blueberry Quinoa Salad ([Recipe](#))

Ingredients: 10 Time: 30mins

SNACKS

7. Strawberry Chia Watermelon Smoothie ([Recipe](#))

Ingredients: 6 Time: 5 mins

8. Thai Slaw and Wonton Chips ([Recipe](#))

Ingredients: 12 Time: 16mins

DESSERT

9. Bourbon Caramel Almond Butter Cups ([Recipe](#))

Ingredients: 7 Time: ~40mins

DRINK

10. Grapefruit Lime Spritzer ([Recipe](#))

Ingredients: 5 Time: 5mins

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Suggested Meal Plan – 1

Calories for the day: 1703

BREAKFAST	Super Green Smoothie Bowl
LUNCH	Best Damn Vegan Nachos
DINNER	30-Min Vegan Alfredo
SNACK	Thai Slaw and Wonton Chips
DESSERT	Bourbon Caramel Almond Butter Cups

Suggested Meal Plan – 2

Calories for the day: 1720

BREAKFAST	Super Green Smoothie Bowl
LUNCH	Veggie Ciabatta Pizza
DINNER	Blueberry Quinoa Salad
SNACK	Strawberry Chia Watermelon Smoothie
DESSERT	Grapefruit Lime Spritzer

Suggested Meal Plan – 3

Calories for the day: 1760

BREAKFAST	Banana Nut Muffin
LUNCH	30-Min Vegan Alfredo
DINNER	Blueberry Quinoa Salad
SNACK	Grapefruit Lime Spritzer
DESSERT	Strawberry Chia Watermelon Smoothie

Suggested Meal Plan – 4

Calories for the day: 1783

BREAKFAST	Banana Nut Muffin
LUNCH	Best Damn Vegan Nachos
DINNER	Veggie Ciabatta Pizza
SNACK	Thai Slaw and Wonton Chips
DESSERT	Bourbon Caramel Almond Butter Cups

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Grocery List – Week 3

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

Total Ingredients: 59

CONDIMENTS/OILS	SEEDS, NUTS & LEGUMES
<ul style="list-style-type: none">• Balsamic Vinegar (0.33cup)⁶• Chili garlic sauce (0.5tsp)⁸• Grapeseed oil (1tbsp)⁶• Honey (3tbsp)⁸• Maple syrup (1tbsp)⁶• Olive oil (7tbsp)^{4,5,6}• Sesame oil (1tsp)⁸• Soy sauce (2tsp)⁸• Vegetable stock* (1cup)⁶	<ul style="list-style-type: none">• Almond Butter (0.33cup)⁹• Black beans (0.75cup)³• Chia seed (1tbsp)⁷• Flaxseed meal (2tbsp)²• Hazelnuts (0.5cup)⁶• Peanut butter (2tbsp)⁸• Quinoa (0.5cup)⁶
DAIRY/OTHER	FRUITS AND VEGETABLES
<ul style="list-style-type: none">• Almond milk (8.75cup)^{2,3,5,7}• Bourbon (1tbsp)⁹• Ciabatta loaf (1each)⁴• Granola (0.5cup)²• Heavy cream (0.33cup)⁹• Mozza or vegan cheese (0.5cup)⁴• Pasta (10oz)⁵• Plain yogurt (0.33cup)⁸• Salsa (1cup)³• Tomato sauce (0.5cup)⁴• Tonic Water (0.5cup)¹⁰• Tortilla chips (5cups)³• Triple sec (1.5oz)¹⁰• Vodka (3oz)¹⁰• Wonton wrappers (12each)⁸	<ul style="list-style-type: none">• Avocados (1.5 each)^{2,3}• Bananas (4.5each)^{2,7}• Berries (1cup)²• Veggies of choice (1cup)⁴• Eggplant (0.5each)³• Garlic cloves (6 each)^{3,4,5}• Ginger root (1tbsp)⁸• Grapefruit (1each)¹⁰• Grated carrot (0.5cup)⁸• Green onion (2each)⁸• Green peas (1cup)⁵• Kale (1cup)²• Lime (3each)^{7,8,10}• Salad greens (5oz)⁶• Shallots (2each)⁶• Shredded cabbage (1cup)⁸• Spinach (2cups)²• Strawberries (1cup)⁷• Watermelon (1.5cups)⁷
BAKING	SPICES
<ul style="list-style-type: none">• Arrowroot powder (4tbsp)⁵• Cornstarch (2tsp)³• Dark chocolate chips (1.5cup)⁹• Nutritional yeast (9tbsp)^{3,5}• Powdered sugar (3tbsp)⁹• Sugar (1cup)⁹	<ul style="list-style-type: none">• Chili pepper (1tsp)³• Cumin (1tsp)³• Garlic powder (0.5tsp)⁵