



## 21-Day Transformation Program, Week 2

Created by Cynthia Libert, M.D.



## 21-Day Transformation Program, Week 2

5 days

|           | Mon                        | Tue                        | Wed                                    | Thu                                    | Fri                                 |
|-----------|----------------------------|----------------------------|--|--|-------------------------------------|
| Breakfast | Liquid Gold Green Smoothie | Liquid Gold Green Smoothie | Apple Cinnamon Overnight Oats          | Apple Cinnamon Overnight Oats          | Spinach & Goat Cheese Omelette      |
| Lunch     | Chickpea Waldorf Salad     | Chickpea Waldorf Salad     | Slow Cooker Vegan Chili                | Asian Slaw with Noodles & Peanut Sauce | Veggie Ramen                        |
| Snack 1   | Apple Slices with Cinnamon | Apple Slices with Cinnamon | Salt n' Vinegar Hard Boiled Eggs       | Salt n' Vinegar Hard Boiled Eggs       | Banana with Peanut Butter           |
| Dinner    | 15 Minute Tilapia          | Slow Cooker Vegan Chili    | Asian Slaw with Noodles & Peanut Sauce | Veggie Ramen                           | Spinach, Tomato & Goat Cheese Pizza |
| Snack 2   | Broiled Grapefruit         | Broiled Grapefruit         | Grapes                                 | Brown Rice Chips with Salsa            | Brown Rice Chips with Salsa         |

## 21-Day Transformation Program, Week 2

5 days

| Mon             |         | Tue             |         | Wed             |        | Thu             |        | Fri             |         |
|-----------------|---------|-----------------|---------|-----------------|--------|-----------------|--------|-----------------|---------|
| <b>Calories</b> | 1098    | <b>Calories</b> | 1101    | <b>Calories</b> | 1282   | <b>Calories</b> | 1606   | <b>Calories</b> | 1822    |
| <b>Fat</b>      | 47g     | <b>Fat</b>      | 39g     | <b>Fat</b>      | 56g    | <b>Fat</b>      | 68g    | <b>Fat</b>      | 99g     |
| Saturated       | 7g      | Saturated       | 5g      | Saturated       | 8g     | Saturated       | 10g    | Saturated       | 24g     |
| Trans           | 0g      | Trans           | 0g      | Trans           | 0g     | Trans           | 0g     | Trans           | 0g      |
| Polyunsaturated | 13g     | Polyunsaturated | 13g     | Polyunsaturated | 23g    | Polyunsaturated | 25g    | Polyunsaturated | 22g     |
| Monounsaturated | 25g     | Monounsaturated | 19g     | Monounsaturated | 20g    | Monounsaturated | 23g    | Monounsaturated | 38g     |
| <b>Carbs</b>    | 141g    | <b>Carbs</b>    | 174g    | <b>Carbs</b>    | 157g   | <b>Carbs</b>    | 204g   | <b>Carbs</b>    | 181g    |
| Fiber           | 36g     | Fiber           | 46g     | Fiber           | 30g    | Fiber           | 28g    | Fiber           | 26g     |
| Sugar           | 74g     | Sugar           | 78g     | Sugar           | 39g    | Sugar           | 31g    | Sugar           | 42g     |
| <b>Protein</b>  | 47g     | <b>Protein</b>  | 32g     | <b>Protein</b>  | 50g    | <b>Protein</b>  | 60g    | <b>Protein</b>  | 65g     |
| Cholesterol     | 58mg    | Cholesterol     | 0mg     | Cholesterol     | 372mg  | Cholesterol     | 566mg  | Cholesterol     | 767mg   |
| Sodium          | 967mg   | Sodium          | 1951mg  | Sodium          | 2435mg | Sodium          | 3955mg | Sodium          | 4682mg  |
| Potassium       | 3555mg  | Potassium       | 3096mg  | Potassium       | 2071mg | Potassium       | 2396mg | Potassium       | 2728mg  |
| Vitamin A       | 17848IU | Vitamin A       | 12713IU | Vitamin A       | 9476IU | Vitamin A       | 9364IU | Vitamin A       | 11865IU |
| Vitamin C       | 149mg   | Vitamin C       | 150mg   | Vitamin C       | 155mg  | Vitamin C       | 159mg  | Vitamin C       | 95mg    |
| Calcium         | 915mg   | Calcium         | 919mg   | Calcium         | 559mg  | Calcium         | 563mg  | Calcium         | 402mg   |
| Iron            | 11mg    | Iron            | 12mg    | Iron            | 13mg   | Iron            | 13mg   | Iron            | 13mg    |
| Vitamin D       | 270IU   | Vitamin D       | 126IU   | Vitamin D       | 120IU  | Vitamin D       | 182IU  | Vitamin D       | 185IU   |

|             |       |             |       |             |       |             |       |             |       |
|-------------|-------|-------------|-------|-------------|-------|-------------|-------|-------------|-------|
| Vitamin E   | 9mg   | Vitamin E   | 6mg   | Vitamin E   | 6mg   | Vitamin E   | 9mg   | Vitamin E   | 15mg  |
| Thiamine    | 0.6mg | Thiamine    | 0.6mg | Thiamine    | 0.8mg | Thiamine    | 0.7mg | Thiamine    | 0.5mg |
| Riboflavin  | 1.2mg | Riboflavin  | 1.0mg | Riboflavin  | 1.1mg | Riboflavin  | 1.6mg | Riboflavin  | 1.7mg |
| Niacin      | 10mg  | Niacin      | 6mg   | Niacin      | 7mg   | Niacin      | 9mg   | Niacin      | 11mg  |
| Vitamin B6  | 1.9mg | Vitamin B6  | 1.7mg | Vitamin B6  | 1.1mg | Vitamin B6  | 1.3mg | Vitamin B6  | 1.8mg |
| Folate      | 659µg | Folate      | 559µg | Folate      | 342µg | Folate      | 363µg | Folate      | 423µg |
| Vitamin B12 | 1.8µg | Vitamin B12 | 0µg   | Vitamin B12 | 0.9µg | Vitamin B12 | 1.4µg | Vitamin B12 | 1.9µg |
| Phosphorous | 673mg | Phosphorous | 591mg | Phosphorous | 786mg | Phosphorous | 854mg | Phosphorous | 833mg |
| Magnesium   | 382mg | Magnesium   | 332mg | Magnesium   | 285mg | Magnesium   | 298mg | Magnesium   | 293mg |
| Zinc        | 4mg   | Zinc        | 4mg   | Zinc        | 5mg   | Zinc        | 7mg   | Zinc        | 7mg   |
| Selenium    | 57µg  | Selenium    | 10µg  | Selenium    | 47µg  | Selenium    | 82µg  | Selenium    | 89µg  |

# 21-Day Transformation Program, Week 2

60 items

## Fruits

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- 6 Apple
- 2 1/2 Avocado
- 6 Banana
- 2 Grapefruit
- 3 cups Grapes
- 1 Lemon
- 1 Lime

## Breakfast

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- 1/2 cup All Natural Peanut Butter
- 1/3 cup Maple Syrup

## Seeds, Nuts & Spices

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- 1 3/4 tsps Black Pepper
- 2 tsps Chia Seeds
- 3 tsps Chili Powder
- 1 tbsp Cinnamon
- 2 tsps Cumin
- 1/4 tsp Nutmeg
- 1 tsp Oregano
- 1/4 cup Raw Peanuts
- 1 tsp Red Pepper Flakes
- 1 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 3/4 cups Walnuts

## Frozen

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- 6 Brown Rice Tortillas
- 3 cups Frozen Corn

## Vegetables

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- 25 cups Baby Spinach
- 1/2 cup Basil Leaves
- 5 cups Broccoli
- 2 Carrot
- 4 stalks Celery
- 2 cups Cherry Tomatoes
- 2 cups Coleslaw Mix
- 7 Garlic
- 2 tsps Ginger
- 2 1/2 Green Bell Pepper
- 3 stalks Green Onion
- 1/4 cup Parsley
- 1/2 cup Red Onion
- 2 cups Shiitake Mushrooms
- 1 White Onion

## Boxed & Canned

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- 2 cups Brown Rice Spaghetti
- 6 cups Canned Whole Tomatoes
- 2 cups Chickpeas
- 6 cups Organic Chicken Broth
- 2 1/2 cups Organic Salsa
- 2 cups Red Kidney Beans
- 2 cups White Navy Beans

## Baking

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- 1/4 cup Cocoa Powder
- 1 1/2 cups Oats
- 1/2 tsp Vanilla Extract

## Bread, Fish, Meat & Cheese

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- 3/4 cup Goat Cheese
- 2 Tilapia Fillet

## Condiments & Oils

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- 1/3 cup Apple Cider Vinegar
- 2 tsps Capers
- 1 1/2 tsps Coconut Oil
- 1 tbsp Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 2 tsps Sesame Oil
- 2 tsps Tamari

## Cold

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- 18 Egg
- 6 1/2 cups Unsweetened Almond Milk

## Other

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- 1 1/8 cups Water

# Liquid Gold Green Smoothie

6 ingredients · 5 minutes · 2 servings



## Directions

1. Throw all ingredients into your blender. Blend very well until completely smooth. Divide into glasses and enjoy!

## Notes

### More Protein

Add a scoop of protein powder or hemp seeds.

## Ingredients

- 1 Avocado (peeled and pitted)
- 2 Banana (frozen)
- 2 tbsps Cocoa Powder
- 2 1/2 cups Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 2 cups Baby Spinach

## Nutrition

Amount per serving

|                 |        |             |       |
|-----------------|--------|-------------|-------|
| <b>Calories</b> | 348    | Calcium     | 629mg |
| <b>Fat</b>      | 19g    | Iron        | 3mg   |
| Saturated       | 3g     | Vitamin D   | 126IU |
| Trans           | 0g     | Vitamin E   | 3mg   |
| Polyunsaturated | 3g     | Thiamine    | 0.1mg |
| Monounsaturated | 12g    | Riboflavin  | 0.5mg |
| <b>Carbs</b>    | 48g    | Niacin      | 3mg   |
| Fiber           | 14g    | Vitamin B6  | 0.8mg |
| Sugar           | 21g    | Folate      | 165µg |
| <b>Protein</b>  | 6g     | Vitamin B12 | 0µg   |
| Cholesterol     | 0mg    | Phosphorous | 133mg |
| Sodium          | 235mg  | Magnesium   | 135mg |
| Potassium       | 1224mg | Zinc        | 1mg   |
| Vitamin A       | 3659IU | Selenium    | 3µg   |
| Vitamin C       | 29mg   |             |       |



# Apple Cinnamon Overnight Oats

10 ingredients · 8 hours · 4 servings



## Directions

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon, nutmeg, vanilla extract and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up.
3. Store in the fridge up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of honey (optional).

## Notes

### More Protein

Add hemp seeds or a spoonful of nut butter.

### Warm it Up

Heat in the microwave for 30 to 60 seconds before eating.

### No Maple Syrup

Use honey to sweeten instead.

## Ingredients

- 1 1/2 cups Oats (quick oats work best)
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/2 tsp Vanilla Extract
- 1/2 cup Water
- 1 Apple (cored and diced)
- 1 cup Walnuts (chopped)

## Nutrition

Amount per serving

|                 |     |             |       |
|-----------------|-----|-------------|-------|
| <b>Calories</b> | 388 | Calcium     | 265mg |
| <b>Fat</b>      | 24g | Iron        | 3mg   |
| Saturated       | 2g  | Vitamin D   | 38IU  |
| Trans           | 0g  | Vitamin E   | 0mg   |
| Polyunsaturated | 15g | Thiamine    | 0.3mg |
| Monounsaturated | 4g  | Riboflavin  | 0.2mg |
| <b>Carbs</b>    | 38g | Niacin      | 1mg   |
| Fiber           | 8g  | Vitamin B6  | 0.2mg |
| Sugar           | 9g  | Folate      | 40µg  |
| <b>Protein</b>  | 10g | Vitamin B12 | 0µg   |
| Cholesterol     | 0mg | Phosphorous | 232mg |

|           |       |           |       |
|-----------|-------|-----------|-------|
| Sodium    | 64mg  | Magnesium | 117mg |
| Potassium | 359mg | Zinc      | 2mg   |
| Vitamin A | 220IU | Selenium  | 10µg  |
| Vitamin C | 3mg   |           |       |



# Spinach & Goat Cheese Omelette

7 ingredients · 20 minutes · 2 servings



## Directions

1. Heat coconut oil in medium-sized frying pan over medium heat.
2. In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy. Divide into portions.
3. Pour 1 portion of the egg mixture into the frying pan and let cook until almost set. Place some spinach and goat cheese on one half of the omelette and then fold the other half over on top. Remove from heat and transfer onto a plate. Top with salsa.
4. Repeat with remaining ingredients. Enjoy!

## Notes

### No Goat Cheese

Use feta cheese instead

## Ingredients

- 1 1/2 **tsps** Coconut Oil
- 6 **Egg**
- 1/2 **tsp** Sea Salt
- 1 **tsp** Black Pepper
- 2 **cups** Baby Spinach
- 1/2 **cup** Goat Cheese (crumbled)
- 1/2 **cup** Organic Salsa

## Nutrition

Amount per serving

|                 |        |             |       |
|-----------------|--------|-------------|-------|
| <b>Calories</b> | 345    | Calcium     | 159mg |
| <b>Fat</b>      | 24g    | Iron        | 4mg   |
| Saturated       | 12g    | Vitamin D   | 123IU |
| Trans           | 0g     | Vitamin E   | 3mg   |
| Polyunsaturated | 3g     | Thiamine    | 0.1mg |
| Monounsaturated | 6g     | Riboflavin  | 0.8mg |
| <b>Carbs</b>    | 8g     | Niacin      | 1mg   |
| Fiber           | 2g     | Vitamin B6  | 0.4mg |
| Sugar           | 4g     | Folate      | 133µg |
| <b>Protein</b>  | 25g    | Vitamin B12 | 1.4µg |
| Cholesterol     | 568mg  | Phosphorous | 336mg |
| Sodium          | 1419mg | Magnesium   | 54mg  |
| Potassium       | 569mg  | Zinc        | 2mg   |
| Vitamin A       | 3929IU | Selenium    | 47µg  |

Vitamin C

10mg

# Chickpea Waldorf Salad

15 ingredients · 15 minutes · 4 servings



## Directions

1. Prepare your dressing by combining your avocado, apple cider vinegar, mustard, olive oil, salt, pepper and water. in a blender or food processor. Blend until smooth.
2. Combine chickpeas, celery, apple, grapes, onion, parsley and walnuts in a large bowl. Stir in the dressing and toss until evenly coated. Serve over baby spinach. Enjoy!

## Notes

### On-the-Go

Turn it into a mason jar salad by layering the spinach in the bottom of the jar and the waldorf mix on top.

### Nut-Free

Use sunflower seeds instead of walnuts.

## Ingredients

- 1/2 Avocado (peeled and diced)
- 2 tbsps Apple Cider Vinegar
- 1 tbsp Dijon Mustard
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Water
- 2 cups Chickpeas (cooked, drained and rinsed)
- 2 stalks Celery (chopped)
- 1 Apple (cored and diced)
- 1 cup Grapes (halved)
- 1/2 cup Red Onion (finely diced)
- 1/4 cup Parsley
- 1/2 cup Walnuts (chopped)
- 4 cups Baby Spinach

## Nutrition

Amount per serving

|                 |     |            |       |
|-----------------|-----|------------|-------|
| Calories        | 366 | Calcium    | 113mg |
| Fat             | 19g | Iron       | 4mg   |
| Saturated       | 2g  | Vitamin D  | 0IU   |
| Trans           | 0g  | Vitamin E  | 2mg   |
| Polyunsaturated | 9g  | Thiamine   | 0.2mg |
| Monounsaturated | 7g  | Riboflavin | 0.2mg |

|                |        |             |       |
|----------------|--------|-------------|-------|
| <b>Carbs</b>   | 41g    | Niacin      | 1mg   |
| Fiber          | 12g    | Vitamin B6  | 0.4mg |
| Sugar          | 15g    | Folate      | 252µg |
| <b>Protein</b> | 12g    | Vitamin B12 | 0µg   |
| Cholesterol    | 0mg    | Phosphorous | 237mg |
| Sodium         | 388mg  | Magnesium   | 104mg |
| Potassium      | 791mg  | Zinc        | 2mg   |
| Vitamin A      | 3330IU | Selenium    | 4µg   |
| Vitamin C      | 22mg   |             |       |

# Apple Slices with Cinnamon

2 ingredients · 5 minutes · 2 servings



## Directions

1. Slice apple and cut out the core.
2. Sprinkle with cinnamon.
3. Enjoy!

## Ingredients

- 2 Apple
- 1 tsp Cinnamon

## Nutrition

Amount per serving

|                 |       |             |       |
|-----------------|-------|-------------|-------|
| <b>Calories</b> | 98    | Calcium     | 24mg  |
| <b>Fat</b>      | 0g    | Iron        | 0mg   |
| Saturated       | 0g    | Vitamin D   | 0IU   |
| Trans           | 0g    | Vitamin E   | 0mg   |
| Polyunsaturated | 0g    | Thiamine    | 0mg   |
| Monounsaturated | 0g    | Riboflavin  | 0mg   |
| <b>Carbs</b>    | 26g   | Niacin      | 0mg   |
| Fiber           | 5g    | Vitamin B6  | 0.1mg |
| Sugar           | 19g   | Folate      | 5µg   |
| <b>Protein</b>  | 1g    | Vitamin B12 | 0µg   |
| Cholesterol     | 0mg   | Phosphorous | 21mg  |
| Sodium          | 2mg   | Magnesium   | 10mg  |
| Potassium       | 201mg | Zinc        | 0mg   |
| Vitamin A       | 102IU | Selenium    | 0µg   |
| Vitamin C       | 8mg   |             |       |



# Salt n' Vinegar Hard Boiled Eggs

3 ingredients · 35 minutes · 4 servings



## Directions

1. Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
2. After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
3. When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!

## Ingredients

- 8 Egg
- 1 tsp Sea Salt (divided)
- 1/4 cup Apple Cider Vinegar (divided)

## Nutrition

Amount per serving

|                 |       |             |       |
|-----------------|-------|-------------|-------|
| <b>Calories</b> | 149   | Calcium     | 56mg  |
| <b>Fat</b>      | 10g   | Iron        | 2mg   |
| Saturated       | 3g    | Vitamin D   | 82IU  |
| Trans           | 0g    | Vitamin E   | 1mg   |
| Polyunsaturated | 2g    | Thiamine    | 0mg   |
| Monounsaturated | 4g    | Riboflavin  | 0.5mg |
| <b>Carbs</b>    | 2g    | Niacin      | 0mg   |
| Fiber           | 0g    | Vitamin B6  | 0.2mg |
| Sugar           | 1g    | Folate      | 48µg  |
| <b>Protein</b>  | 13g   | Vitamin B12 | 0.9µg |
| Cholesterol     | 372mg | Phosphorous | 198mg |
| Sodium          | 732mg | Magnesium   | 12mg  |
| Potassium       | 138mg | Zinc        | 1mg   |
| Vitamin A       | 540IU | Selenium    | 31µg  |
| Vitamin C       | 0mg   |             |       |



# Banana with Peanut Butter

2 ingredients · 5 minutes · 2 servings



## Directions

1. Spread peanut butter across banana slices. Happy snacking!

## Notes

### No Peanut Butter

Use any nut or seed butter.

### More Protein

Sprinkle with hemp seeds.

## Ingredients

2 Banana (peeled and sliced)

1/4 cup All Natural Peanut Butter

## Nutrition

Amount per serving

|                 |       |             |       |
|-----------------|-------|-------------|-------|
| <b>Calories</b> | 298   | Calcium     | 22mg  |
| <b>Fat</b>      | 17g   | Iron        | 1mg   |
| Saturated       | 3g    | Vitamin D   | 0IU   |
| Trans           | 0g    | Vitamin E   | 3mg   |
| Polyunsaturated | 4g    | Thiamine    | 0.1mg |
| Monounsaturated | 8g    | Riboflavin  | 0.1mg |
| <b>Carbs</b>    | 34g   | Niacin      | 5mg   |
| Fiber           | 5g    | Vitamin B6  | 0.6mg |
| Sugar           | 18g   | Folate      | 52µg  |
| <b>Protein</b>  | 8g    | Vitamin B12 | 0µg   |
| Cholesterol     | 0mg   | Phosphorous | 134mg |
| Sodium          | 7mg   | Magnesium   | 86mg  |
| Potassium       | 602mg | Zinc        | 1mg   |
| Vitamin A       | 76IU  | Selenium    | 3µg   |
| Vitamin C       | 10mg  |             |       |

# 15 Minute Tilapia

9 ingredients · 15 minutes · 2 servings



## Directions

1. Add water to a skillet, place it over high heat and bring it to a boil. Add tomatoes and red pepper flakes. Set fish on top and season with sea salt and black pepper. Cover with a lid and cook for 3 minutes.
2. Remove lid and set the spinach on top of the tilapia. Cover again and let cook for another 2 minutes or until tilapia flakes with a fork. Use a slotted spoon to transfer the tilapia and vegetables to a plate. Turn off the heat.
3. In a bowl, combine the olive oil, lemon juice, and capers. Whisk with a fork.
4. Divide spinach and tomatoes between plates. Top with tilapia and drizzle with olive oil sauce. Season with more sea salt and black pepper if you so desire. Enjoy!

## Notes

### No Tilapia

Use any type of white fish. Adjust poaching time depending on thickness of the fillet.

### Make it Spicy

Double up on the red pepper flakes.

## Ingredients

- 1/2 cup Water
- 1 1/2 cups Cherry Tomatoes
- 1/2 tsp Red Pepper Flakes
- 2 Tilapia Fillet
- Sea Salt & Black Pepper (to taste)
- 6 cups Baby Spinach
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 2 tbsps Capers

## Nutrition

Amount per serving

|                 |       |             |       |
|-----------------|-------|-------------|-------|
| <b>Calories</b> | 219   | Calcium     | 124mg |
| <b>Fat</b>      | 9g    | Iron        | 4mg   |
| Saturated       | 2g    | Vitamin D   | 144IU |
| Trans           | 0g    | Vitamin E   | 4mg   |
| Polyunsaturated | 1g    | Thiamine    | 0.2mg |
| Monounsaturated | 6g    | Riboflavin  | 0.3mg |
| <b>Carbs</b>    | 9g    | Niacin      | 6mg   |
| Fiber           | 4g    | Vitamin B6  | 0.5mg |
| Sugar           | 4g    | Folate      | 224µg |
| <b>Protein</b>  | 27g   | Vitamin B12 | 1.8µg |
| Cholesterol     | 58mg  | Phosphorous | 272mg |
| Sodium          | 341mg | Magnesium   | 121mg |

|           |        |          |      |
|-----------|--------|----------|------|
| Potassium | 1140mg | Zinc     | 1mg  |
| Vitamin A | 9570IU | Selenium | 50µg |
| Vitamin C | 46mg   |          |      |

# Slow Cooker Vegan Chili

13 ingredients · 8 hours · 8 servings



## Directions

1. Add whole tomatoes with juice to the slow cooker and roughly crush with your hands. Add remaining ingredients and stir until combined.
2. Cover and cook on high for 6 to 8 hours, depending on the strength of your slow cooker.
3. Ladle into bowls and enjoy!

## Notes

### Serve it With

Organic toast, quinoa, brown rice or a salad.

### Storage

Refrigerate in an air-tight container for 4 - 5 days or freeze up to 4 months.

### Make Ahead

Chop celery, bell peppers, carrot and onion ahead of time.

### Kid-Friendly

Omit the chili powder and puree until smooth. Serve with organic tortilla chips.

### Extra Spicy

Add 1 - 2 chopped jalapeno peppers, chili flakes or extra chili powder.

### More Greens

Mix in chopped kale or spinach. Stir until wilted.

### Extra Toppings

Top with green onion or diced avocado.

## Ingredients

- 6 cups** Canned Whole Tomatoes
- 2 cups** Red Kidney Beans (cooked, drained and rinsed)
- 2 cups** White Navy Beans (cooked, drained and rinsed)
- 2 cups** Frozen Corn
- 2 stalks** Celery (diced)
- 2** Green Bell Pepper (de-seeded and chopped)
- 2** Carrot (chopped)
- 1** White Onion (diced)
- 4** Garlic (cloves, minced)
- 2 tsps** Cumin
- 1 tsp** Oregano
- 3 tbsps** Chili Powder
- 1 tbsps** Sea Salt

## Nutrition

Amount per serving

|                 |     |                   |       |
|-----------------|-----|-------------------|-------|
| <b>Calories</b> | 222 | <b>Calcium</b>    | 128mg |
| <b>Fat</b>      | 1g  | <b>Iron</b>       | 5mg   |
| Saturated       | 0g  | <b>Vitamin D</b>  | 0IU   |
| Trans           | 0g  | <b>Vitamin E</b>  | 1mg   |
| Polyunsaturated | 1g  | <b>Thiamine</b>   | 0.2mg |
| Monounsaturated | 0g  | <b>Riboflavin</b> | 0.1mg |



|                |        |             |       |
|----------------|--------|-------------|-------|
| <b>Carbs</b>   | 42g    | Niacin      | 2mg   |
| Fiber          | 14g    | Vitamin B6  | 0.3mg |
| Sugar          | 8g     | Folate      | 124µg |
| <b>Protein</b> | 12g    | Vitamin B12 | 0µg   |
| Cholesterol    | 0mg    | Phosphorous | 190mg |
| Sodium         | 1325mg | Magnesium   | 71mg  |
| Potassium      | 681mg  | Zinc        | 1mg   |
| Vitamin A      | 4435IU | Selenium    | 3µg   |
| Vitamin C      | 47mg   |             |       |

# Asian Slaw with Noodles & Peanut Sauce

14 ingredients · 20 minutes · 4 servings



## Directions

1. Cook your brown rice spaghetti noodles according to the package. Immediately transfer to a strainer and run under cold water to prevent from over cooking. Leave in the strainer over a tea towel and set aside.
2. Combine peanut butter, tamari, lime juice, olive oil, chili flakes, minced garlic, ginger and warm water in a jar. Cover with a lid and shake well to combine. If dressing is too thick, add warm water 1 tbsp at a time to loosen it up. Set aside.
3. In a large bowl, combine slaw, broccoli, green pepper and spinach. Add your cooked noodles and peanut dressing. Toss well. Divide into bowls and top with chopped peanuts. Enjoy!

## Notes

### Mix it Up

Use whatever vegetables you have on hand.

### Dislike Broccoli?

Use chopped cauliflower florets instead.

### Extra Thai Flavour

Garnish with chopped cilantro.

## Ingredients

- 1 cup Brown Rice Spaghetti
- 1/4 cup All Natural Peanut Butter
- 1 tbsp Tamari
- 1 Lime (juiced)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Red Pepper Flakes (optional)
- 1 Garlic (clove, minced)
- 1 tbsp Ginger (grated)
- 2 tbsps Water
- 2 cups Coleslaw Mix
- 3 cups Broccoli (chopped into small florets)
- 1/2 Green Bell Pepper (de-seeded and finely sliced)
- 3 cups Baby Spinach (chopped)
- 1/4 cup Raw Peanuts (chopped)

## Nutrition

Amount per serving

|                 |     |            |       |
|-----------------|-----|------------|-------|
| Calories        | 461 | Calcium    | 97mg  |
| Fat             | 21g | Iron       | 3mg   |
| Saturated       | 3g  | Vitamin D  | 0IU   |
| Trans           | 0g  | Vitamin E  | 4mg   |
| Polyunsaturated | 5g  | Thiamine   | 0.2mg |
| Monounsaturated | 12g | Riboflavin | 0.2mg |



|                |        |             |       |
|----------------|--------|-------------|-------|
| <b>Carbs</b>   | 59g    | Niacin      | 4mg   |
| Fiber          | 7g     | Vitamin B6  | 0.3mg |
| Sugar          | 6g     | Folate      | 126µg |
| <b>Protein</b> | 14g    | Vitamin B12 | 0µg   |
| Cholesterol    | 0mg    | Phosphorous | 157mg |
| Sodium         | 312mg  | Magnesium   | 80mg  |
| Potassium      | 717mg  | Zinc        | 1mg   |
| Vitamin A      | 4189IU | Selenium    | 3µg   |
| Vitamin C      | 101mg  |             |       |

# Veggie Ramen

12 ingredients · 30 minutes · 4 servings



## Directions

1. Tap the bottom of each egg on a curved surface to make a small circular crack through the shell but do not rupture the inner membrane. Add cold tap water to a pot so it covers the eggs. Place the pot over high heat until it comes to a boil. Once boiling, set the timer for 4 minutes (or 6 to 8 if you like the yolk cooked through). Remove the eggs from the water when they are done and place them in a bowl of cold water to prevent them from overcooking.
2. Place a large soup pot over medium heat. Add the sesame oil, ginger and garlic. Saute for about 1 minute and then pour in the chicken broth. Add the mushrooms and tamari. Bring to a boil then reduce heat to a simmer.
3. Add the brown rice noodles and cook for about 7 minutes or until al dente.
4. Set the broccoli on top and steam until bright green (about 4 minutes).
5. Set the baby spinach on top and steam until wilted (about 1 to 2 minutes). Turn off the heat.
6. Take a spoon and tap the eggs all over to create tiny cracks. Run them under cold water for a few minutes and then peel. Slice each egg in half.
7. Ladle your soup into bowls. Top with with the thawed corn, green onion and egg. Sprinkle with sesame seeds and tabasco sauce if you desire.

## Notes

### Better Broth

Good ramen is all about the broth. Try making your own bone broth or veggie broth for some really awesome flavour.

### Missing Veggies

Use up whatever veggies you have on hand. Cauliflower, cabbage, zucchini - anything goes really!

### Top With

Your favourite ramen condiments like sesame seeds, hot sauce or nori.

## Ingredients

- 4 Egg
- 2 **tsps** Sesame Oil
- 1 **tbsp** Ginger (grated)
- 2 Garlic (cloves, minced)
- 6 **cups** Organic Chicken Broth (or any type of broth will work)
- 2 **cups** Shiitake Mushrooms
- 1 **tbsp** Tamari
- 1 **cup** Brown Rice Spaghetti
- 2 **cups** Broccoli (chopped into small florets)
- 4 **cups** Baby Spinach
- 1 **cup** Frozen Corn (thawed)
- 3 **stalks** Green Onion (chopped)

## Nutrition

Amount per serving

|                 |     |            |       |
|-----------------|-----|------------|-------|
| <b>Calories</b> | 420 | Calcium    | 106mg |
| <b>Fat</b>      | 10g | Iron       | 4mg   |
| Saturated       | 2g  | Vitamin D  | 62IU  |
| Trans           | 0g  | Vitamin E  | 2mg   |
| Polyunsaturated | 3g  | Thiamine   | 0.2mg |
| Monounsaturated | 3g  | Riboflavin | 0.7mg |
| <b>Carbs</b>    | 69g | Niacin     | 3mg   |
| Fiber           | 7g  | Vitamin B6 | 0.4mg |

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|                |        |             |       |
|----------------|--------|-------------|-------|
| Sugar          | 7g     | Folate      | 144µg |
| <b>Protein</b> | 18g    | Vitamin B12 | 0.5µg |
| Cholesterol    | 194mg  | Phosphorous | 224mg |
| Sodium         | 1753mg | Magnesium   | 69mg  |
| Potassium      | 824mg  | Zinc        | 3mg   |
| Vitamin A      | 3816IU | Selenium    | 37µg  |
| Vitamin C      | 52mg   |             |       |

# Spinach, Tomato & Goat Cheese Pizza

10 ingredients · 20 minutes · 2 servings



## Directions

1. Preheat oven to 410°F (210°C) and line a baking sheet with parchment paper.
2. Create your pesto in a food processor or blender by combining walnuts, olive oil, lemon juice, half of the baby spinach, basil, sea salt and black pepper. Blend until smooth. Transfer into a jar.
3. Take the remaining baby spinach and finely chop.
4. Lay your brown rice tortillas on a flat surface. Use a spoon to add desired amount of pesto and spread evenly across the tortillas. Now top with cherry tomatoes, goat cheese and chopped baby spinach.
5. Place on baking sheet and bake in the oven for 10 minutes.
6. After 10 minutes, remove and slice using a pizza cutter. Enjoy!

## Notes

### More protein

Add diced chicken, lentils or chickpeas.

## Ingredients

- 1/3 cup Walnuts
- 1/4 cup Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 2 cups Baby Spinach (divided)
- 1/2 cup Basil Leaves
- 1/8 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 Brown Rice Tortillas
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Goat Cheese (crumbled)

## Nutrition

Amount per serving

|                 |     |             |       |
|-----------------|-----|-------------|-------|
| <b>Calories</b> | 571 | Calcium     | 76mg  |
| <b>Fat</b>      | 45g | Iron        | 3mg   |
| Saturated       | 7g  | Vitamin D   | 0IU   |
| Trans           | 0g  | Vitamin E   | 5mg   |
| Polyunsaturated | 12g | Thiamine    | 0.1mg |
| Monounsaturated | 21g | Riboflavin  | 0.1mg |
| <b>Carbs</b>    | 34g | Niacin      | 1mg   |
| Fiber           | 6g  | Vitamin B6  | 0.2mg |
| Sugar           | 5g  | Folate      | 89µg  |
| <b>Protein</b>  | 9g  | Vitamin B12 | 0µg   |
| Cholesterol     | 5mg | Phosphorous | 96mg  |

|           |        |           |      |
|-----------|--------|-----------|------|
| Sodium    | 409mg  | Magnesium | 64mg |
| Potassium | 375mg  | Zinc      | 1mg  |
| Vitamin A | 3445IU | Selenium  | 1µg  |
| Vitamin C | 20mg   |           |      |



# Broiled Grapefruit

2 ingredients · 15 minutes · 2 servings



## Directions

1. Set your oven to broil and move the rack to the top rung.
2. Slice your grapefruit in half and remove the seeds. Use a knife to carve each half of the grapefruit around the circumference and through the individual sections to make it easier to eat. Place each half on a baking sheet. Brush the flesh of each half with maple syrup. Place in the oven and broil for 5 to 10 minutes or until the flesh turns golden brown. Keep a close eye to void burning!
3. Remove grapefruit from oven and let cool for 5 minutes. Dig in with a spoon. Enjoy!

## Notes

### Coconut Lover

Sprinkle with shredded coconut after baking.

### Magical Touch

Sprinkle with a pinch of sea salt before eating.

### Leftovers

Wrap leftovers in saran and store in the fridge. Reheat before eating.

## Ingredients

- 1 Grapefruit
- 1 **tb**sp Maple Syrup

## Nutrition

Amount per serving

|                 |        |             |       |
|-----------------|--------|-------------|-------|
| <b>Calories</b> | 67     | Calcium     | 25mg  |
| <b>Fat</b>      | 0g     | Iron        | 0mg   |
| Saturated       | 0g     | Vitamin D   | 0IU   |
| Trans           | 0g     | Vitamin E   | 0mg   |
| Polyunsaturated | 0g     | Thiamine    | 0.1mg |
| Monounsaturated | 0g     | Riboflavin  | 0.2mg |
| <b>Carbs</b>    | 17g    | Niacin      | 0mg   |
| Fiber           | 1g     | Vitamin B6  | 0.1mg |
| Sugar           | 15g    | Folate      | 13µg  |
| <b>Protein</b>  | 1g     | Vitamin B12 | 0µg   |
| Cholesterol     | 0mg    | Phosphorous | 10mg  |
| Sodium          | 1mg    | Magnesium   | 12mg  |
| Potassium       | 199mg  | Zinc        | 0mg   |
| Vitamin A       | 1187IU | Selenium    | 0µg   |
| Vitamin C       | 44mg   |             |       |



# Grapes

1 ingredient · 2 minutes · 2 servings



## Directions

1. Wash grapes, divide into bowls and enjoy!

## Ingredients

2 cups Grapes

| Nutrition       |       | Amount per serving |       |
|-----------------|-------|--------------------|-------|
| <b>Calories</b> | 62    | Calcium            | 13mg  |
| <b>Fat</b>      | 0g    | Iron               | 0mg   |
| Saturated       | 0g    | Vitamin D          | 0IU   |
| Trans           | 0g    | Vitamin E          | 0mg   |
| Polyunsaturated | 0g    | Thiamine           | 0.1mg |
| Monounsaturated | 0g    | Riboflavin         | 0.1mg |
| <b>Carbs</b>    | 16g   | Niacin             | 0mg   |
| Fiber           | 1g    | Vitamin B6         | 0.1mg |
| Sugar           | 15g   | Folate             | 4µg   |
| <b>Protein</b>  | 1g    | Vitamin B12        | 0µg   |
| Cholesterol     | 0mg   | Phosphorous        | 9mg   |
| Sodium          | 2mg   | Magnesium          | 5mg   |
| Potassium       | 176mg | Zinc               | 0mg   |
| Vitamin A       | 92IU  | Selenium           | 0µg   |
| Vitamin C       | 4mg   |                    |       |

# Brown Rice Chips with Salsa

2 ingredients · 15 minutes · 4 servings



## Directions

1. Preheat oven to 415°F (213°C). Defrost brown rice tortillas and slice into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes.
2. Remove chips from oven. Serve with salsa. Enjoy!

## Notes

### Flavoured Chips

Flavour your chips by brushing them with a bit of olive oil and spices before baking. Sea salt, cumin and chili powder all work great!

### Extra Mexican Flavour

Squeeze a lime wedge over the chips after baking.

### Low FODMAP

Ensure the salsa is onion-free.

## Ingredients

4 Brown Rice Tortillas

2 cups Organic Salsa

## Nutrition

Amount per serving

|                 |        |             |       |
|-----------------|--------|-------------|-------|
| <b>Calories</b> | 188    | Calcium     | 39mg  |
| <b>Fat</b>      | 3g     | Iron        | 1mg   |
| Saturated       | 0g     | Vitamin D   | 0IU   |
| Trans           | 0g     | Vitamin E   | 2mg   |
| Polyunsaturated | 0g     | Thiamine    | 0mg   |
| Monounsaturated | 0g     | Riboflavin  | 0mg   |
| <b>Carbs</b>    | 36g    | Niacin      | 1mg   |
| Fiber           | 6g     | Vitamin B6  | 0.2mg |
| Sugar           | 8g     | Folate      | 5µg   |
| <b>Protein</b>  | 5g     | Vitamin B12 | 0µg   |
| Cholesterol     | 0mg    | Phosphorous | 43mg  |
| Sodium          | 1094mg | Magnesium   | 20mg  |
| Potassium       | 358mg  | Zinc        | 0mg   |
| Vitamin A       | 599IU  | Selenium    | 1µg   |
| Vitamin C       | 3mg    |             |       |