



Vegetarian Summer Fresh Program

Created by Cynthia Libert, M.D.



Vegetarian Summer Fresh Program

6 days

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	Blueberry Detox Smoothie	Blueberry Detox Smoothie	Acai Bowl	Acai Bowl	Acai Bowl	Spinach, Tomato & Goat Cheese Scramble
Lunch	Grilled Corn, Nectarine & Quinoa Salad	Falafel Stuffed Peppers	Grilled Vegetable Beach Bowl	Nectarine & Pesto Zoodles	Grilled Cherry Salad with Goat Cheese and Balsamic Vinaigrette	Portobello Veggie Burgers with Goat Cheese
Snack 1	Pistachios	Pistachios	Roasted Edamame	Roasted Edamame	Hummus Dippers	Hummus Dippers
Dinner	Falafel Stuffed Peppers	Grilled Vegetable Beach Bowl	Nectarine & Pesto Zoodles	Grilled Cherry Salad with Goat Cheese and Balsamic Vinaigrette	Portobello Veggie Burgers with Goat Cheese	Roasted Plum, Arugula & Goat Cheese Flatbread
Snack 2	Cherry Blueberry Coconut Popsicles	Cherry Blueberry Coconut Popsicles	Cherry Blueberry Coconut Popsicles	Peach Ice Cream	Peach Ice Cream	Peach Ice Cream

Vegetarian Summer Fresh Program

70 items

Fruits

- 1 Avocado
- 8 Banana
- 2 1/2 cups Blueberries
- 2 cups Cherries
- 2 Kiwi
- 2 1/2 Lemon
- 5 Nectarine
- 4 Peach
- 1 Plum
- 1 cup Strawberries

Breakfast

- 1 cup Macadamia Nut Butter

Seeds, Nuts & Spices

- 1/2 cup Almonds
- 2 tsps Black Pepper
- 1 cup Cashews
- 1/2 cup Chia Seeds
- 1 1/3 tsps Cinnamon
- 1/4 cup Ground Flax Seed
- 2 tsps Hemp Seeds
- 1 tsp Oregano
- 1/2 cup Pecans
- 2 cups Pistachios
- 1 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Walnuts

Frozen

- 2 Brown Rice Tortillas
- 4 cups Frozen Berries
- 4 cups Frozen Blueberries
- 1/2 cup Frozen Cherries
- 4 cups Frozen Edamame

Vegetables

- 1 cup Alfalfa Sprouts
- 1 cup Arugula
- 13 cups Baby Spinach
- 2 cups Basil Leaves
- 1 Carrot
- 4 stalks Celery
- 2 cups Cherry Tomatoes
- 1/2 cup Cilantro
- 2 ears Corn On The Cob
- 1/2 Cucumber
- 1/4 cup Fresh Dill
- 6 Garlic
- 4 cups Kale Leaves
- 1/2 cup Mint Leaves
- 2 cups Mixed Greens
- 1/2 cup Parsley
- 8 Portobello Mushroom Caps
- 3 Red Bell Pepper
- 2 1/2 cups Red Onion
- 3 1/2 Yellow Bell Pepper
- 6 Zucchini

Boxed & Canned

- 4 cups Chickpeas
- 1 cup Green Lentils
- 2 cups Lentils
- 1/2 cup Organic Coconut Milk
- 1 1/2 cups Quinoa

Baking

- 1/4 cup Acai Powder
- 2 tsps Almond Flour
- 1/2 cup Oats
- 1 tbsp Raw Honey

Bread, Fish, Meat & Cheese

- 1 3/4 cups Goat Cheese
- 1 cup Hummus

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 3 tsps Balsamic Vinegar
- 1 tbsp Coconut Oil
- 1 3/4 cups Extra Virgin Olive Oil
- 1/3 cup Sun Dried Tomatoes
- 1/4 cup Tahini

Cold

- 5 Egg
- 6 1/8 cups Unsweetened Almond Milk

Other

- 2 2/3 cups Water

Blueberry Detox Smoothie

5 ingredients · 5 minutes · 2 servings



Directions

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

Notes

More Protein

Add protein powder, hemp seeds or nut butter.

Storage

Refrigerate in a mason jar or other air-tight container up to 48 hours. Drink within 24 hours for maximum freshness, nutrition and taste.

Prep Ahead

Portion out all ingredients except almond milk into a ziplock baggie. Store in the freezer until ready to blend with almond milk.

Ingredients

- 2 cups** Frozen Blueberries
- 2 cups** Baby Spinach
- 2** Banana (peeled, chopped and frozen)
- 2 tbsps** Chia Seeds
- 2 cups** Unsweetened Almond Milk

Acai Bowl

17 ingredients · 15 minutes · 6 servings



Directions

1. To make granola, toast oats and crushed almonds on the stovetop at medium-low heat for about 5 minutes. Add coconut oil and honey. Stir to coat evenly for additional 2-3 minutes. Remove from heat and set aside.
2. Place banana, frozen berries, spinach, almond milk, ground flax seed, chia seeds, acai powder and cinnamon into a blender. Blend well until smooth.
3. Divide into bowls and top with strawberries, blueberries, kiwi, nectarine, hemp seeds and granola. Enjoy!

Notes

Get Creative

Top your acai bowl with any other fruit, nuts, seeds, granola or nut butter.

Smoothie

Omit the chia seeds or add more almond milk for a thinner consistency. Leave out the toppings in step 3.

Vegan

Use maple syrup instead of honey.

Ingredients

- 1/2 cup Oats
- 1/2 cup Almonds (crushed)
- 1 tbsp Coconut Oil
- 1 tbsp Raw Honey
- 4 Banana
- 4 cups Frozen Berries
- 2 cups Baby Spinach
- 2 cups Unsweetened Almond Milk
- 1/4 cup Ground Flax Seed
- 1/4 cup Chia Seeds
- 1/4 cup Acai Powder
- 1 1/3 tbsps Cinnamon
- 1 cup Strawberries (sliced)
- 1 cup Blueberries
- 2 Kiwi (sliced)
- 1 Nectarine (chopped)
- 2 tbsps Hemp Seeds

Spinach, Tomato & Goat Cheese Scramble

8 ingredients · 20 minutes · 2 servings



Directions

1. Heat a large skillet over medium heat. Add olive oil.
2. In a mixing bowl, whisk together eggs, cherry tomatoes, spinach, sea salt and black pepper. Mix well. Transfer to the skillet and stir continuously while cooking to scramble. Once eggs are cooked through, remove from the heat and divide into bowls. Top with goat cheese and basil leaves. Enjoy it while it's hot!

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 5 Egg (whisked)
- 1 **cup** Cherry Tomatoes (halved)
- 2 **cups** Baby Spinach
- 1/4 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper
- 1/4 **cup** Goat Cheese (crumbled)
- 1/2 **cup** Basil Leaves (chopped)

Grilled Corn, Nectarine & Quinoa Salad

12 ingredients · 30 minutes · 4 servings



Directions

1. Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside to cool.
2. Combine grilled corn, nectarine, red onion, cucumber, cilantro and mint in a large bowl. Add quinoa once cooled.
3. Prepare dressing by combining lemon juice, garlic, olive oil, sea salt and pepper.
4. Drizzle salad with desired amount of dressing and serve. Enjoy!

Notes

Meat Lover

Grill up some chicken breast or grass-fed steak with your corn to serve alongside the salad.

No Nectarines

Used sliced peaches or plums instead.

Short on Time

Replace 1 ear of corn with about 1 cup of frozen or canned corn.

Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 cup Water
- 2 ears Corn on the Cob (grilled or steamed and kernels removed)
- 2 Nectarine (pitted and cubed)
- 1/2 cup Red Onion (finely sliced)
- 1/2 Cucumber (diced)
- 1/2 cup Cilantro (chopped)
- 1/2 cup Mint Leaves (chopped)
- 1/2 Lemon (juiced)
- 2 Garlic (cloves, minced)
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Pistachios

1 ingredient · 1 minute · 4 servings



Directions

1. Divide into bowls, peel and enjoy!

Ingredients

2 cups Pistachios (in the shell)

Roasted Edamame

3 ingredients · 45 minutes · 2 servings



Directions

1. Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
2. Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
3. Remove from oven when edamame is golden brown and let cool. Enjoy!

Ingredients

- 2 cups** Frozen Edamame
- 1 tbsp** Extra Virgin Olive Oil
- 1 tsp** Sea Salt

Notes

Less Time

Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.

Hummus Dippers

4 ingredients · 15 minutes · 4 servings



Directions

1. Slice your pepper, carrot and celery into sticks.
2. Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Notes

Homemade

Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

Mix it Up

Substitute in different veggies like cucumber or zucchini.

Ingredients

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

Falafel Stuffed Peppers

15 ingredients · 1 hour 10 minutes · 4 servings



Directions

1. Preheat oven to 400°F (204°C).
2. Combine cashews, chickpeas, garlic, almond flour, basil, parsley, olive oil, sea salt and black pepper together in a food processor. Blend until you achieve a smooth consistency.
3. Slice bell peppers in half and carve out the seeds. Fill each half evenly with the falafel mixture. Place on a baking sheet lined with parchment paper. Bake in the oven for 50 minutes.
4. Meanwhile, create your tahini dill sauce by combining tahini, almond milk, lemon juice, dill and water in the food processor. Pulse until smooth. Transfer into a jar and set aside.
5. Remove peppers from the oven. Let cool for 5 minutes then drizzle with tahini dill sauce. Enjoy!

Ingredients

- 1 cup** Cashews
- 2 cups** Chickpeas (cooked, drained and rinsed)
- 2** Garlic (cloves, minced)
- 2 tbsps** Almond Flour
- 1/2 cup** Basil Leaves (chopped)
- 1/2 cup** Parsley (chopped)
- 3 tbsps** Extra Virgin Olive Oil
- 1 tsp** Sea Salt
- 1/2 tsp** Black Pepper
- 2** Red Bell Pepper
- 1/4 cup** Tahini
- 2 tbsps** Unsweetened Almond Milk
- 1** Lemon (juiced)
- 1/4 cup** Fresh Dill
- 2 tbsps** Water

Grilled Vegetable Beach Bowl

14 ingredients · 30 minutes · 4 servings



Directions

1. Combine your quinoa and water in a saucepan and place over high heat. Bring to a boil. Once boiling reduce to a simmer and cover. Let simmer for 12 to 15 minutes or until water is absorbed. Remove from heat, fluff with a fork and set aside.
2. Heat your barbecue over medium heat. Toss red pepper and zucchini in a splash of extra virgin olive oil and season with sea salt and pepper. Grill your red pepper and zucchini for about 5 minutes a side.
3. While your veggies cook, prepare your dressing by combining sun dried tomatoes, olive oil, sea salt, black pepper garlic, apple cider vinegar and oregano in your blender or food processor. Add ½ cup warm water and blend until smooth.
4. Toss your kale in a bit of extra virgin olive oil and sautee in a frying pan over medium heat just until wilted. Remove from heat immediately.
5. Transfer your veggies off the grill and coarsely chop. Divide quinoa into bowls and top with grilled veggies. Add wilted kale, diced avocado and sprouts. Drizzle with desired amount of sun dried tomato dressing. Enjoy!

Notes

No Grill

Roast vegetables in the oven at 425°F (218°C) for 20 to 30 minutes.

Ingredients

- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1 Red Bell Pepper (sliced into quarters)
- 1 Zucchini (sliced into quarters)
- 1/3 cup Sun Dried Tomatoes
- 4 cups Kale Leaves (chopped)
- 1/4 cup Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 Garlic (clove, minced)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Oregano
- 1 Avocado (peeled and sliced)
- 1 cup Alfalfa Sprouts

Nectarine & Pesto Zoodles

12 ingredients · 30 minutes · 4 servings



Directions

1. In a food processor, combine garlic, walnuts, spinach, basil, lemon juice, black pepper, sea salt and olive oil. Blend until a creamy pesto forms. Transfer to a jar and set aside.
2. Spiralize zucchini into noodles.
3. Mix together zucchini noodles, cherry tomatoes, nectarines and chickpeas. Chop the remaining basil leaves and toss well to mix.
4. Toss with desired amount of pesto and transfer into bowls. Enjoy!

Notes

Meat Lover

Add diced chicken instead of chickpeas.

No Nectarines

Used sliced peaches or plums instead.

Ingredients

- 1 Garlic (clove)
- 1/2 cup Walnuts
- 1 cup Baby Spinach
- 1 cup Basil Leaves (plus extra for garnish)
- 1 Lemon (juiced)
- 1/2 tsp Black Pepper
- 1/4 tsp Sea Salt
- 1/2 cup Extra Virgin Olive Oil
- 3 Zucchini
- 1 cup Cherry Tomatoes (halved)
- 2 Nectarine (thinly sliced)
- 2 cups Chickpeas (cooked, drained and rinsed)

Grilled Cherry Salad with Goat Cheese and Balsamic Vinaigrette

10 ingredients · 30 minutes · 4 servings



Directions

1. Create your balsamic vinaigrette by combining balsamic vinegar, olive oil, sea salt and black pepper in a jar. Shake well and set aside.
2. Preheat grill with medium heat. Place your pitted and halved cherries in a bowl and add 2 tablespoons of the balsamic vinaigrette and toss well. Transfer cherries to a grill pan and grill until slightly charred (about 5 minutes).
3. Place baby spinach in a large salad bowl. Top with grilled cherries, blueberries, goat cheese, lentils and toasted pecans. Drizzle with desired amount of balsamic dressing and serve. Enjoy!

Notes

Meat Lover

Grill up some chicken breast or grass-fed steak with your cherries to serve alongside the salad.

Short on Time

Add the cherries to the salad raw and skip step 2.

Vegan

Skip the goat cheese.

Ingredients

- 2 **tbps** Balsamic Vinegar
- 1/3 **cup** Extra Virgin Olive Oil
- 1/4 **tsp** Sea Salt
- 1/4 **tsp** Black Pepper
- 2 **cups** Cherries (pitted and halved)
- 4 **cups** Baby Spinach
- 1 **cup** Blueberries
- 1/3 **cup** Goat Cheese (crumbled)
- 1 **cup** Green Lentils (cooked, drained and rinsed)
- 1/2 **cup** Pecans (toasted)

Portobello Veggie Burgers with Goat Cheese

9 ingredients · 25 minutes · 4 servings



Directions

1. Preheat the grill to medium-high heat.
2. In a mixing bowl, combine red onion, zucchini and yellow pepper. Drizzle with olive oil and season with sea salt and black pepper to taste. Toss well. Transfer to a grilling basket and place on the grill. Grill for 15 minutes, or until slightly charred. Toss periodically.
3. Brush the insides of the portobello mushroom caps with olive oil. When there is about 5 minutes remaining for the vegetables, place the mushrooms caps face down on the grill and grill until slightly softened. Flip at the halfway point.
4. Remove grilled veggies and mushroom caps from the grill. Fill the inside of half the mushroom caps with grilled veggies. Top with lentils and mixed greens. Fill the other half of the portobello caps with goat cheese then place it on top to form the burger. Serve any leftover ingredients as a salad on the side. Enjoy!

Notes

Vegan

Skip the goat cheese and use pesto instead.

Meat Lover

Top the grilled vegetables with thinly sliced grilled steak, chicken or bacon.

Ingredients

- 2 cups Red Onion (sliced)
- 2 Zucchini (sliced into rounds)
- 2 Yellow Bell Pepper (sliced into strips)
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 8 Portobello Mushroom Caps
- 2 cups Lentils (cooked, drained and rinsed)
- 1 cup Goat Cheese (or feta)
- 2 cups Mixed Greens

Roasted Plum, Arugula & Goat Cheese Flatbread

7 ingredients · 30 minutes · 2 servings



Directions

1. Preheat your oven to 410°F (210°C). Line a baking sheet with parchment paper.
2. Lay your brown rice tortillas on the baking sheet. Take half of your olive oil and brush it on the tortillas. Top tortillas with plums and yellow paper and sprinkle on your crumbled goat cheese. Bake in the oven for 15 minutes or until tortilla is crispy and plums are slightly roasted.
3. Remove from oven and top with a handful of arugula and drizzle with balsamic vinegar and remaining olive oil. Enjoy!

Notes

Meat Lover

Add diced chicken.

Vegan

Skip the goat cheese and add roasted chickpeas instead.

Ingredients

- 2 Brown Rice Tortillas
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/4 cup Goat Cheese (crumbled)
- 1 Plum (finely sliced)
- 1/2 Yellow Bell Pepper (finely diced)
- 1 cup Arugula
- 1 tbsp Balsamic Vinegar

Cherry Blueberry Coconut Popsicles

3 ingredients · 4 hours · 6 servings



Directions

1. If you do not have popsicle moulds, purchase 3oz cups and popsicle sticks from the dollar store. Insert each popsicle stick into the middle of a cherry to anchor it in each cup.
2. Add chopped cherries and blueberries to fill about 3/4 of the cup, around the stick. Fill remainder of cup with coconut milk.
3. Place in freezer for 4 hours or until completely frozen.
4. Once frozen, run under warm water for a few seconds to make it easier to remove from the cup or mould. Enjoy!

Notes

More Creamy

Blend all ingredients together in a food processor or blender and divide into cups.

No Coconut Milk

Use almond milk or any other dairy milk alternative.

Ingredients

1/2 cup Frozen Cherries (roughly chopped)

1/2 cup Blueberries

1/2 cup Organic Coconut Milk

Peach Ice Cream

2 ingredients · 5 minutes · 6 servings



Directions

1. Add frozen peaches and nut butter to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth.
2. Scoop into a bowl and enjoy immediately as soft serve. For firmer ice cream, place in an airtight freezer-safe container and freeze for at least 1 hour before scooping.

Notes

Homemade

Make your own macadamia nut butter by blending raw macadamia nuts in the food processor for about 5-8 minutes. Occasionally scrape down the sides. 1 cup of nuts will make 1/2 cup of nut butter.

Nut Allergy

Use sunflower seed butter instead.

Make it Sweeter

Add 1 tbsp of honey or maple syrup when blending, or drizzle on top before serving

Ingredients

- 4 Peach (sliced and frozen)
- 1 cup Macadamia Nut Butter