

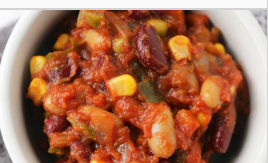




21-Day Meatless Challenge, Week 3

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<https://poweredonpurpose.wixsite.com/pop-ed>

	Mon	Tue	Wed	Thu	Fri
Breakfast	 Zucchini Bread Overnight Oats	 Zucchini Bread Overnight Oats	 Blueberry Chia Parfait	 Blueberry Chia Parfait	 Blueberry Detox Smoothie
Snack 1	 Blueberry Detox Smoothie	 Blueberry Detox Smoothie	 Celery & Hummus	 Celery & Hummus	 Grapes & Pistachios
Lunch	 Cream of Broccoli Soup	 One Pan Mediterranean Mushrooms	 Slow Cooker Vegan Chili	 Mac n' 'Cheese'	 One Pan Jack Fruit Roasted Garlic Veggies
Snack 2	 Dark Chocolate & Pistachios	 Dark Chocolate & Pistachios	 Apple with Peanut Butter	 Grapes & Pistachios	 Apple with Peanut Butter
Dinner	 One Pan Mediterranean Mushrooms	 Slow Cooker Vegan Chili	 Mac n' 'Cheese'	 One Pan Jack Fruit Roasted Garlic Veggies	 Mac n' 'Cheese'

Fruits

- ☐ 4 Apple
- ☐ 8 Banana
- ☐ 4 cups Grapes
- ☐ 1/2 Lemon

Breakfast

- ☐ 1/2 cup All Natural Peanut Butter
- ☐ 1/4 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 cup Almonds
- ☐ 1 cup Cashews
- ☐ 1 1/8 cups Chia Seeds
- ☐ 3 tbsps Chili Powder
- ☐ 1/2 tsp Cinnamon
- ☐ 2 tsps Cumin
- ☐ 2 tsps Dried Basil
- ☐ 1 tsp Garlic Powder
- ☐ 2 tbsps Ground Flax Seed
- ☐ 1/2 cup Hemp Seeds
- ☐ 1 tsp Onion Powder
- ☐ 1 tsp Oregano
- ☐ 1 tsp Paprika
- ☐ 4 cups Pistachios, In Shell
- ☐ 1 3/4 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/2 cup Slivered Almonds

Frozen

- ☐ 8 cups Frozen Blueberries
- ☐ 2 cups Frozen Corn

Vegetables

- ☐ 6 cups Baby Spinach
- ☐ 2 cups Basil Leaves
- ☐ 4 cups Butternut Squash
- ☐ 2 Carrot
- ☐ 2 heads Cauliflower
- ☐ 18 stalks Celery
- ☐ 11 Garlic
- ☐ 2 Green Bell Pepper
- ☐ 4 Portobello Mushroom Caps
- ☐ 2 Red Bell Pepper
- ☐ 1/2 Sweet Onion
- ☐ 2 Sweet Potato
- ☐ 4 Tomato
- ☐ 1 White Onion
- ☐ 3 Zucchini

Boxed & Canned

- ☐ 4 cups Brown Rice Macaroni
- ☐ 10 ozs Canned Jackfruit
- ☐ 6 cups Canned Whole Tomatoes
- ☐ 2 cups Red Kidney Beans
- ☐ 2 cups White Navy Beans

Baking

- ☐ 3 1/2 ozs Dark Organic Chocolate
- ☐ 2 tbsps Nutritional Yeast
- ☐ 1 1/2 cups Oats

Bread, Fish, Meat & Cheese

- ☐ 1 cup Hummus
- ☐ 1 cup Parmesan Cheese

Condiments & Oils

- ☐ 1 1/2 cups Artichoke Hearts
- ☐ 1/4 cup Balsamic Vinegar
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 1/2 cup Pitted Kalamata Olives

Cold

- ☐ 11 cups Unsweetened Almond Milk

Other

- ☐ 1 cup Water



Zucchini Bread Overnight Oats

4 servings

8 hours

Ingredients

- 1 1/2 cups Oats (quick or traditional)
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Ground Flax Seed
- 2 tbsps Maple Syrup
- 1/2 tsp Cinnamon
- 1 Zucchini (grated)
- 1/4 cup Hemp Seeds
- 2 Banana (sliced)

Directions

1

In a large bowl combine the oats, almond milk, ground flax seeds, maple syrup, cinnamon, grated zucchini (aim for about 1/2 cup per serving) and hemp seeds. Stir well to mix and then store covered in the fridge overnight.

2

Add a large spoonful or two of oats into jars (250mL or 500mL). Add a layer of sliced banana, and another layer of oats. Top with more sliced banana, a sprinkle of hemp seeds and cinnamon. Enjoy them cold, or warm them up for a minute in the microwave.

Notes

Leftovers: Refrigerate in an airtight container for up to four days.



Blueberry Chia Parfait

2 servings

30 minutes

Ingredients

1 3/4 cups Unsweetened Almond Milk
1/3 cup Chia Seeds
1 tbsp Maple Syrup
1 cup Frozen Blueberries (thawed)
1/4 cup Slivered Almonds

Directions

- 1 In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
- 2 Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
- 3 Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

Notes

No Slivered Almonds: Use shredded coconut or hemp seeds instead.

Chia Will Not Gel: If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!



Blueberry Detox Smoothie

2 servings

5 minutes

Ingredients

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

Directions

1

Place 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.



Celery & Hummus

4 servings

5 minutes

Ingredients

- 8 stalks Celery (cut into sticks)
- 1 cup Hummus
- 1 tsp Paprika (optional)

Directions

1

Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!

Notes

Make it Yourself: Check out our Green Pea Hummus or Sweet Potato Hummus recipes.



One Pan Jack Fruit Roasted Garlic Veggies

4 servings

35 minutes

Ingredients

- 1 Red Bell Pepper (de-seeded and sliced)
- 1 Zucchini (diced into rounds)
- 1 Sweet Potato (medium, diced)
- 4 stalks Celery (sliced diagonally)
- 2 Garlic (cloves, minced)
- 2 tbsps Balsamic Vinegar
- 1 tsp Dried Basil
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 head Cauliflower
- 5 ozs Canned Jackfruit

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Drain canned jack fruit in a colander and set aside.
- 3 Place the red bell pepper, zucchini, sweet potato and celery in a large bowl. Add in the minced garlic, balsamic vinegar, dried basil and olive oil. Add jack fruit and cauliflower. Season with sea salt and black pepper. Toss well and then spread the veggies across the baking sheet in an even layer. Bake in the oven for 15-20 minutes, or until cooked through.
- 4 Remove the pan from the oven and divide onto plates. Enjoy!

Notes

Leftovers: Keeps well in the fridge up to 3 days.

Vegan and Vegetarian: Use roasted chickpeas instead.



Dark Chocolate & Pistachios

4 servings

5 minutes

Ingredients

3 1/2 ozs Dark Organic Chocolate (at least 70% cacao)
2 cups Pistachios, In Shell

Directions

- 1 Divide into bowls and enjoy!



Apple with Peanut Butter

4 servings

3 minutes

Ingredients

4 Apple
1/2 cup All Natural Peanut Butter

Directions

- 1 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

Notes

Keep it Fresh: To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.



Grapes & Pistachios

4 servings

5 minutes

Ingredients

4 cups Grapes

2 cups Pistachios, In Shell

Directions

1

Divide into bowls and enjoy!



One Pan Mediterranean Mushrooms

4 servings

25 minutes

Ingredients

2 cups Basil Leaves
1/2 Lemon (juiced)
1 Garlic (clove)
1/4 tsp Sea Salt
1/4 cup Hemp Seeds
1/4 cup Extra Virgin Olive Oil
1 1/2 cups Artichoke Hearts
1/2 cup Pitted Kalamata Olives
4 Tomato (large, quartered)
1 cup Parmesan Cheese
4 Portobello Mushroom Caps

Directions

- 1 Preheat oven to 450°F (232°C) and line a baking sheet with parchment.
- 2 Make pesto by combining basil, lemon juice, garlic, sea salt, hemp seeds and olive oil together in a small food processor. Pulse until smooth.
- 3 Lay mushroom caps on baking sheet and arrange the artichokes, olives and tomatoes on the baking dish around the mushrooms. Top each piece of mushroom with a generous spoonful of pesto and parmesan.
- 4 Bake for 15 minutes or until mushroom is cooked through/firm. Divide onto plates and enjoy!

Notes

No Trout: Use salmon fillets instead.

More Carbs: Serve with rice or quinoa.



Slow Cooker Vegan Chili

8 servings

8 hours

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

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.



Mac n' 'Cheese'

8 servings

1 hour

Ingredients

4 cups Butternut Squash (peeled, seeded and sliced into 1 inch cubes)
 1/2 Sweet Onion (diced)
 2 Garlic (cloves, whole)
 2 tbsps Extra Virgin Olive Oil
 1 cup Almonds
 1 tsp Garlic Powder
 1 tsp Onion Powder
 1 cup Cashews
 2 tbsps Nutritional Yeast
 2 tsps Sea Salt
 1 cup Water
 4 cups Brown Rice Macaroni (uncooked)

Directions

- 1 Preheat oven to 420°F (216°C).
- 2 Place butternut squash, sweet onion and garlic cloves in a large mixing bowl. Add olive oil, season with a bit of sea salt and pepper and mix well. Transfer onto a large foil-lined baking sheet. Roast in the oven for 30 minutes.
- 3 Now let's make the "breadcrumbs". In a food processor, combine the almonds, garlic powder and onion powder. Pulse until almonds are coarsely chopped. Set aside.
- 4 In a blender, add cashews, nutritional yeast, sea salt and water. Blend until a creamy consistency forms. Now add in the roasted butternut squash and onion mix and blend until smooth.
- 5 Reduce oven to 350°F (177°C).
- 6 Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
- 7 In a large bowl, mix together cooked macaroni and "cheese" sauce. Toss until well coated then transfer into a casserole dish. Top with almond breadcrumbs and bake for 20 minutes.
- 8 Remove from oven. Let cool for 10 minutes. Spoon into bowls. Devour.

Notes

More Protein: Add diced chicken.

Make it Spicy: Add some clean hot sauce, chili flakes or cayenne pepper.

Extra Vegetables: Add sautéed spinach and mushrooms.

Appetizer Size: Line a muffin tray with liners and fill each with a few spoonfuls of Mac n' 'Cheese' for a bite-sized snack.