

Arbonne's 30 Days to Healthy Living

WEEK 1 - VEGAN

Grocery List

Meal Plan

Recipes

GROCERY LIST

(you probably already have a lot of this, so check first!)

Unrefrigerated Produce (all organic!)

- green apples - good carb for shakes
- bananas - if you work out hard, for recovery shakes after workouts
- lemons
- limes
- berries - great carb for shakes (or frozen)
- cucumbers - salad and shake options
- red/orange/yellow bell peppers
- avocados - for recipes, and great fat for shakes (I go through lots of these!)
- tomatoes
- grape tomatoes
- sweet potatoes
- garlic
- onions - red & yellow
- mung beans/ bean sprouts

Refrigerated Produce (all organic!)

- rosemary
- cilantro
- dill
- celery
- kale
- spinach
- romaine lettuce
- swiss chard, beet greens, watercress, collards, radicchio - you choose some for variety
- broccoli
- carrots
- shredded carrots, sprouts, green onions, daikon, etc. (options for adding to salads)
- beets - salad option
- mushrooms (to sauté for turkey burgers)
- cucumber
- fresh pico/salsa (5 ingredients max)

Dry goods (all organic!)

- almond butter - fat for shakes
- coconut oil - fat for shakes, good for cooking as well
- no-salt seasoning
- raw apple cider vinegar - only vinegar allowed, good for dressings
- extra virgin olive oil (cold-pressed is best)

- grape seed oil (other options: avocado, sesame, walnut, flax oils)
- veggie broth
- brown rice
- quinoa - option for breakfast (w/ nuts, green apples, shredded coconut, protein powder, cinnamon, almond milk, etc.) and for salads
- garbanzo beans (canned or dry)
- black beans (canned or dry)
- corn
- marinara (preferably with no sugar)
- kalamata olives
- spices - cumin, oregano, cayenne pepper, thyme, paprika, dried basil, bay leaves, powdered mustard, sea salt, pepper, garlic powder, onion powder, nutmeg, parsley, tahini paste

Bulk / Health Food Store (all organic!)

- hemp seeds - good to sprinkle on salads
- ground flax
- nutritional yeast - yummy to add to salads, soups, etc. (good “cheese” sub)
- raw nuts: pecans, cashews, walnuts - fat in shakes/topping for salads
- Bragg’s Liquid Aminos - great in dressings or soups, as soy sauce substitute
- cacao nibs - shake option

“Dairy” (all organic!)

- unsweetened almond milk - for shakes

Frozen Section (all organic!)

- frozen berries (or fresh, but I kind of prefer frozen)
- frozen spinach and/or kale

DAILY MEAL PLAN

Monday

- 7am** Breakfast Meal Replacement Shake
- 11am** Lunch Kale Salad Bowl w/ Tahini
- 3pm** Meal Basic Shake or Meal Replacement Shake
- 7pm** Dinner VEGGIE Burgers w/ Sautéed Mushrooms/Spinach and Lemony Broccoli

Tuesday

- 7am** Power Protein Breakfast Bowl
- 11am** Collard Wraps
- 3pm** Meal Basic Shake or Meal Replacement Shake
- 7pm** Dinner Veg Fajitas with Black Beans

Wednesday

- 7am** Breakfast Meal Replacement Shake
- 11am** Mediterranean Quinoa Salad
- 3pm** Basic Shake or Meal Replacement Shake
- 7pm** Dinner Oh She Glows Vegan Caesar Salad

Thursday

- 7am** Veggie Scramble
- 11am** Kale Pad Thai
- 3pm** Basic Shake or Meal Replacement Shake
- 7pm** Dinner ZUCCHINI & Big Green Salad

Friday

- 7am** Breakfast Meal Replacement Shake
- 11am** Curried Salad
- 3pm** Basic Shake or Meal Replacement Shake
- 7pm** Dinner Veggie Meatloaf Minis

Saturday

- 7am** Breakfast Meal Replacement Shake
- 11am** Lunch Asian Lettuce Wraps
- 3pm** Basic Shake or Meal Replacement Shake
- 7pm** Dinner Kale and Quinoa Burrito Bowls

Sunday

- 7am** Sunday Quiche
- 11am** Meal Replacement Shake
- 3pm** Buddha Bowl
- 7pm** Stuffed Portabella mushrooms

RECIPES

Kale Salad Bowl w/ Tahini

Makes 4 bowls

INGREDIENTS

For the roasted sweet potatoes:

2 sweet potatoes
olive oil
salt & fresh pepper

For the tahini:

2 garlic cloves
1 tsp coarse salt
3/4 cup tahini paste
2 Tbsp lemon juice
2-3 Tbsp warm water
2 tsp chopped parsley

For the lemon dressing:

1/4 cup lemon juice
1 tsp salt
1/2 tsp fresh pepper
2/3 cup olive oil

For the bowls:

4 cups chopped kale, stems removed
1 1/2 cups cooked quinoa
1 15oz can chickpeas, drained
sesame seeds
salt & fresh pepper

For the roasted sweet potatoes: Preheat oven to 400°F. Prepare a baking sheet with foil and spray with non-stick cooking oil. Peel the potatoes and cut them into small cubes (1/2"-1"). Toss in a bowl with enough olive oil to coat all the pieces. Season GENEROUSLY with salt and fresh pepper. Lay the cubes out on the baking sheet in one layer. Bake for 20-25 minutes flipping the potatoes half way through.

To brown and crisp them a bit more, broil on high for 2-4 minutes. Careful not to burn them!

For the tahini: In a pestle & mortar, crush the garlic and coarse salt until it is completely paste-y. There should be no chunks. Add the tahini paste and lemon and mix until combined. Add water, parsley and mix again. It should be fairly loose. If the tahini is too thick, add another tablespoon of water until you've achieved desired consistency.

You can also do this in a food processor if you either don't own a pestle & mortar, or if yours isn't big

enough to hold all the ingredients.

For the lemon dressing: Whisk all the ingredients together.

For the bowls: Toss the chickpeas with about 2 tablespoons of lemon dressing in a small bowl. Set aside.

In a large bowl, toss & massage the kale with the remaining lemon dressing, some salt, and fresh pepper. Massaging the kale will break down some of those tough fibers and make the kale a bit softer.

Top with the roasted potatoes, quinoa, and chickpeas. Drizzle with tahini. Use as much or as little as you like. You can serve the rest of the tahini on the side as well. Garnish with sesame seeds and season with salt and fresh pepper. Enjoy!

Veggie Burgers

INGREDIENTS

1 can pinto or black beans (other varieties also work) or use fresh cooked beans
 3 tbsp tomato paste
 1/2 tsp salt
 1/2 tsp garlic powder
 1/4 tsp onion powder
 2 tbsp almond flour
 1/2 cup cooked diced vegetables of choice

DIRECTIONS

These burgers can be baked, grilled, or fried, and feel free to use whatever veggies you have on hand. Veggie options: roasted mushrooms, asparagus, and onion. You can also change up the flavor by adding different spices, such as paprika, cumin, or curry powder.

To make the veggie burgers, first drain, rinse, and mash the beans either by hand or in a food processor, depending on desired burger texture. Stir in all other ingredients, and form patties. Either pan fry (flipping halfway through cooking) or place on a parchment-lined pan and bake at 350 F for 10 minutes. Flip, then bake an additional 10 minutes or until desired texture is reached, you can also grill the burgers. Leftovers can be refrigerated or frozen. Serve on a bed of fresh greens like arugula and with grilled mushrooms and avocado!

Lemony Broccoli

INGREDIENTS

1 bunch or head of broccoli; rinsed and cut into florets
 1 tsp olive oil
 1-2 cloves garlic, minced
 ½ tsp lemon juice
 Sea Salt and Pepper .

1. Preheat the oven to 400 degrees
2. In a large bowl, toss broccoli florets with the extra virgin olive oil, sea salt, pepper and garlic. Spread the broccoli out in an even layer on a baking sheet lined with parchment paper

3. Bake in the preheated oven until florets are tender enough to pierce the stems with a fork, 15 to 20 minutes. Remove and transfer to a serving platter. Squeeze lemon juice liberally over the broccoli before serving for a refreshing, tangy finish.

Power Protein Breakfast Bowl

Serves 1

INGREDIENTS

2/3 cup cooked quinoa or cooked brown rice (make a big batch ahead of time)

1/2 green apple

2 teaspoons hemp seeds

1 tsp raw coconut

1 handful raw pecans

cinnamon and nutmeg

Almond Milk unsweetened

1/4-1 scoop Arbonne Vanilla Protein

Mix all ingredients in bowl and serve immediately!

Creative Collard Wraps

Serves 1

Slice up your favorite veggies and put in a wrap!

INGREDIENT OPTIONS

Avocado

Green onion

Mushrooms

Yellow bell peppers

Sesame seeds

OPTIONS: brown rice, bean sprouts, shredded carrots, any veggies you like!

Place in collard wrap (or other hearty lettuce wrap) and drizzle with Bragg's Liquid Aminos and dash of red pepper flakes

Veg Fajitas with Black Beans (Serves 4)

INGREDIENTS

1 large red bell pepper, sliced thin lengthwise

1 large yellow bell pepper, sliced thin lengthwise

1 large orange bell pepper, sliced thin lengthwise

1 large red onion, slice thin

1 tbsp. garlic powder

1 tbsp. onion powder
 1 tbsp. chili powder
 1 tbsp. ground cumin
 1 tbsp. olive oil

DIRECTIONS

Saute' everything in a large pan, adding the spices about half way through. Top on a bed of fresh greens with salsa and a 1/4 avocado. Serve with a side of black beans.

Mediterranean Quinoa Salad

(Serves 2)

INGREDIENTS

3/4 cup Quinoa
 1 1/4 cups water
 1 small cucumber cut in half, seeded (optional) and sliced or 1/2 cup diced celery from inner hearts
 1/4 cup Kalamata Olives
 1 ripe avocado, diced
 1 tablespoon slivered fresh mint leaves
 2 tablespoons chopped fresh parsley
 1 tablespoon lemon juice
 1 tablespoon apple cider vinegar
 1/4 teaspoon dried mustard
 1 small clove garlic, chopped fine
 2 tablespoons extra virgin olive oil
 Sea Salt to taste
 Freshly ground pepper
 6 ounces organic mixed spring salad greens, baby spinach, arugula or combination

DIRECTIONS

Place quinoa in a strainer and rinse with cold water if from a bin, boxed quinoa typically does not need to be rinsed. Place in saucepan with water and a small amount of sea salt. Bring to a boil, cover and simmer for 15 minutes or until grains show a thread-like spiral and water is absorbed. Remove from heat, remove the lid and place a dish towel over the pan. Return the lid to the pan and let sit for 10 minutes or longer undisturbed. Transfer to a salad bowl and fluff with fork. Allow to cool.

Add cucumbers, olives avocado, mint, parsley to the bowl.

Whisk together lemon juice, apple cider vinegar, mustard, garlic, salt, and oil. Just before serving, toss greens with 3 tablespoons dressing. Toss quinoa mixture with remaining dressing. Toss together greens and quinoa mix .

Oh She Glows Vegan Caesar Salad

(Serves 4)

INGREDIENTS

For the Roasted Chickpea Croutons:

- 1 (15-ounce) can chickpeas (or 1 1/2 cups cooked), drained and rinsed
- 1 teaspoon extra-virgin olive oil
- 1/2 teaspoon fine grain sea salt
- 1/2 teaspoon garlic powder
- 1/8 to 1/4 teaspoon cayenne pepper (optional)

For the Caesar Dressing (makes 3/4-1 cup):

- 1/2 cup raw cashews, soaked overnight
- 1/4 cup water
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon lemon juice
- 1/2 tablespoon Dijon mustard
- 1/2 teaspoon garlic powder
- 1 small garlic clove (you can add another if you like it super potent)
- 1/2 tablespoon vegan Worcestershire sauce (I use Wizard's gluten-free brand)
- 2 teaspoons capers
- 1/2 teaspoon fine grain sea salt and pepper, or to taste

For the Nut and Seed Parmesan "Cheese":

- 1/3 cup raw cashews
- 2 tablespoons hulled hemp seeds
- 1 small garlic clove
- 1 tablespoon nutritional yeast
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon garlic powder
- fine grain sea salt, to taste

For the lettuce:

- 1 small/medium bunch lacinato kale, de-stemmed (5 cups chopped)
- 2 small heads romaine lettuce (10 cups chopped)

DIRECTIONS:

1. Soak cashews in a bowl of water overnight, or for at least a few hours. Drain and rinse.
2. Roast chickpea croutons: Preheat oven to 400°F. Drain and rinse chickpeas. Place chickpeas in a tea towel and rub dry (it's okay if some skins fall off). Place onto large rimmed baking sheet. Drizzle on oil and roll around to coat. Sprinkle on the garlic powder, salt, and optional cayenne. Toss to coat. Roast for 20 minutes at 400°F, then gently roll the chickpeas around in the baking sheet. Roast for another 10 to 20 minutes, until lightly golden. They will firm up as they cool.
3. Prepare the dressing: Add the cashews and all other dressing ingredients (except salt) into a high-speed blender, and blend on high until the dressing is super smooth. You can add a splash of water if necessary to get it blending. Add salt to taste and adjust other seasonings, if desired. Set aside.

4. Prepare the Parmesan “cheese”: Add cashews and garlic into a mini food processor and process until finely chopped. Now add in the rest of the ingredients and pulse until the mixture is combined. Salt to taste.
5. Prepare the lettuce: De-stem the kale and then finely chop the leaves. Wash and dry in a salad spinner. Place into extra large bowl. Chop up the romaine into bite-sized pieces. Rinse and then spin dry. Place into bowl along with kale. You should have roughly 5 cups chopped kale and 10 cups chopped romaine.
6. Assemble: Add dressing onto lettuce and toss until fully coated. Season with a pinch of salt and mix again. Now sprinkle on the roasted chickpeas and the Parmesan “cheese”. Serve immediately.

Tips:

- Be sure to check the label to ensure your Worcestershire Sauce is gluten-free (if necessary) as not many are. I use Wizard’s Gluten-Free Organic Worcestershire Sauce.
- The dressing thickens when chilled, so be sure to leave it at room temperature to soften before using.

Veggie Breakfast Scramble

Serves 1

INGREDIENTS/DIRECTIONS

Saute veggies (such as onion, spinach, mushroom, garlic, asparugs) in olive oil or coconut oil. Add 1 T nutritional yeast, no-salt seasoning or salt, and pepper. top with avocado slices and fresh pico.

NOTE: the veggies can be cut and prepped the night before making this quite easy to cook in the morning. We also love adding some leftover quinoa to this breakfast dish!

Kale Pad Thai

Serves 2-3

INGREDIENTS

one bag of shredded kale or chopped-(one bunch)
 one half shredded cabbage
 1 cup garbanzo beans
 1 cup cashews(roasted or plain)
 1 bunch of celery chopped
 1/4 cup sunflower seeds
 1/2 cup scallion chopped fine
 1 cup of mung bean sprouts
 1 cup shredded carrot
 1/4 cup cilantro
 1 lime
 chopped garlic
 sesame oil
 red pepper flakes
 minced garlic
 tablespoon of favorite nut butter

DIRECTIONS

5-8 minutes

add oil to wok(high heat)

toss in all veggies

add garlic, scallions, sprouts and red pepper to taste

toss in wok-3 minute add nut butter

add garbanzo bean, nuts-seeds optional

serve with cilantro on top

yummy hot or cold

If you want a salad-just mix all ingredients in a bowl and serve cold

Zucchini and Watercress Soup**INGREDIENTS**

3 Zucchini

1 Onion

2 Garlic cloves

Thyme fresh lots

Dash of Herb de Provence

Pink salt or sea salt

Pepper fresh ground

Sauté

2 bushels of Water Cress

1 box veggie broth

¼ cup nutritional yeast

DIRECTIONS

Saute onion, garlic, zucchini in olive oil. Once cooked add seasonings and water cress till wilted. Blend in your blender or use immersion blender. Transfer back to soup pot and add veggie broth and almond milk and nutritional yeast. Stir. Option to add Arbonne Protein Boost to soup or have two scoops protein in water with your soup. Great to freeze too!

Big Green Salad**INGREDIENTS**

Quinoa

Shredded Kale (a lot)

Shredded Carrots

Shredded Broccoli

Pecans

Cherry Tomatoes

Green Onion

Crushed Pecans

Avocado

DIRECTIONS

Toss together. Top with *Easy Salad Dressing*.

Veggie “Meatloaf” Minis**INGREDIENTS**

- 1 (14 ounce) can chickpeas, drained and rinsed
- 1/2 cup almond meal
- ½ cup hemp hearts
- 1 medium celery stalk, diced
- 1 medium carrot, diced
- 1 small onion, roughly chopped
- 3 garlic cloves, minced
- 2 tablespoons tomato paste
- 2 tablespoons nutritional yeast flakes
- 1 1/2 tablespoons Braggs Aminos
- 1 tablespoon ground flaxseed
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/4 teaspoon black pepper
- 1 Jar organic pasta sauce

INSTRUCTIONS

1. Preheat the oven to 350° and lightly oil five cups of a standard-size muffin tin.
2. Place the chickpeas, almond meal, hemp hearts, celery, carrot, onion, garlic, tomato paste, , nutritional yeast, Braggs Aminos, flaxseed, basil, oregano, thyme and black pepper into the bowl of a food processor.
3. Pulse until the ingredients are finely chopped and well mixed.
4. Divide the mixture among the oiled muffin cups, forming a dome at the top of each muffin.
5. Bake the muffins for 25 minutes.
6. After 25 minutes of baking, remove the muffins from the oven and cover the tops with a few spoonfuls of sauce. Reserve any excess sauce for serving.
7. Return the muffins to the oven and bake for another 5 to 10 minutes, until the sauce is set and the muffins pull away from the sides of the tins slightly.
8. Remove the muffins from the oven and allow them to cool for about 10 minutes.
9. Gently run a knife along the edges of each muffin to loosen it from the tin before removing.
10. If you have any leftover sauce, heat it up for a few minutes and serve it with the muffins.
11. Serve on a huge bed of greens

Easy Salad Dressing**INGREDIENTS**

- 1/2 c good quality Olive oil

few dashes Braggs Liquid Aminos

¼ c Fresh squeezed lemon or raw apple cider vinegar 1 TBS apple cider Dijon mustard

No Salt Seasoning Fresh Sea Salt & Pepper

DIRECTIONS

Mix all ingredients in jelly jar. Makes enough for several salads. Keep jar on counter for up to a week.

CURRY SALAD

INGREDIENTS

3 cups cooked or 2 cans (15 oz.) chickpeas (garbanzo beans), drained and rinsed

2 – 3 carrots (about 1 cup), diced

4 – 5 scallions/green onions (about 1 cup), sliced

¼ chopped dates (optional this adds some additional sugar to your meal)

½ cup raw or toasted cashews

½ – ⅔ cup thinned hummus or tahini,

juice of one lemon

1 tablespoon curry powder

¾ teaspoon garlic powder

mineral salt & cracked pepper to taste

DIRECTIONS

In a small bowl, combine hummus with lemon juice, curry & garlic powder and a generous pinch of salt. Blend until combined. Set aside. (If adding vinegar or maple syrup as per the notes below, add to the hummus at this time.)

In a medium mixing bowl, add chickpeas and roughly mash about ½ of the beans with the back of a sturdy fork or potato masher. Add in the carrots, scallions, raisins, cashews and hummus, mix well to combine. Taste for flavor adding mineral salt and cracked pepper to taste.

Serve as is, with sliced red bell peppers as scoopers, on a bed of leafy greens, with crackers or made into a Chickpea Curry Salad Sandwich with bread of choice.

Asian Lettuce Wraps (Serves 2-3)

INGREDIENTS

1 tablespoon sesame oil

2 cups cooked quinoa

1 red pepper, seeded and cut into strips

4 scallions, trimmed and sliced

4 cloves garlic, minced

2 tablespoons Bragg's liquid aminos

2 tablespoons lime juice

2 tablespoons Braggs Apple Cider vinegar

¼ teaspoon red pepper flakes

1/2 cup shredded carrots
 1-2 heads Boston Lettuce, trimmed and separated
 1/4 cup toasted almonds, chopped

Heat oil to medium in a large skillet. Add quinoa, red pepper and scallions and cook for 6 minutes. Add Aminos, lime juice, Braggs vinegar, and red pepper flakes. Cook for two minutes. Add garlic and cook for 30 seconds more. Stir in carrots and scoop into lettuce leaves. Top with almonds and roll up.

Kale & Quinoa Burrito Bowl (Serves 2)

INGREDIENTS

Quinoa

1/2 cup quinoa
 3/4 cup water + 2 tablespoons
 1/4 rounded teaspoon garlic powder
 1/4 rounded teaspoon onion powder
 1/4 rounded mineral salt
 1/4 heaping teaspoon red pepper flakes

Kale

1/2 bunch kale, center stem removed and julienned
 1 – 2 limes Chipotle Tahini
 3 tablespoons tahini
 2 tablespoons water, plus more as needed juice of 1/2 lime
 1/8 – 1/4 teaspoon chipotle powder
 dash garlic & onion powder
 pinch of salt
 Pico de gallo
 1 small yellow onion, diced 2 tomatoes, seeds removed and diced
 1 jalapeno, seeds removed and diced (some seeds ok for heat)

To serve

1 can (15 oz.) black beans
 1 avocado, sliced cilantro, chopped lime wedges

Quinoa:

In a medium pot, add quinoa, water, garlic & onion powder and salt, bring to a boil, cover, reduce heat to low and simmer for 15 minutes. Remove cover and let set 10 minutes, fluff with fork. You will most likely have a bit of leftovers.

Kale:

Rinse kale, remove the hard center stem and julienne. Either right on the cutting board or in a large bowl, squeeze the juice of 1 – 2 limes over top and mix to coat (this will help soften the kale), set aside to let the kale marinate.

Chipotle Sauce:

Place all ingredients in a small bowl and mix well. Taste for flavor adjusting as needed. To thicken, add a tad more tahini, to thin add more water. Set aside, the flavors will develop over a few minutes.

Pico de gallo:

Dice vegetables, place in medium size bowl, add juice of 1 lime over top and mix well. Keep covered in the refrigerator for up to a week. Makes about 3 cups.

Beans:

To heat or not to heat is up to you (I typically don't). If heating, place beans with juices in small pan and heat over medium until warm. If not heating, drain and rinse beans well.

To serve:

In serving bowl, place about 1 cup cooked quinoa, 3/4 – 1 cup beans, ll the rest in with.using an extra large bowl,'ll do 1/4 quinoa, 1/4 with beans and the other 1/2 ll with kale.with pico de gallo, avocado and chipotle tahini sauce. A few smashed tortilla chips or pepitas (pumpkin seeds) sprinkled over top would also be a nice crunchy addition. Mix it all together and enjoy!

Breakfast Veggie Burrito Bowl

INGREDIENTS**Roasted potatoes**

4-5 medium sized potatoes (600 g)

1/2 tbsp oil

Spices: 1/2 tsp onion powder, 1/4 tsp smoked paprika, 1/4 tsp whole cumin, sea salt, and pepper to taste

Base

1 avocado sliced

15 oz can of kidney beans drained and rinsed (you can use other beans)

1 green pepper chopped (or color of choice)

2 tomatoes chopped

5 oz mushrooms sliced (140 g)

1 onion chopped

2 cloves of garlic minced

Red cabbage shredded (optional)

1/2 tbsp oil

Spices: 1 tsp oregano, 3/4 tsp ground cumin, 1/2 tsp onion powder, 1/3 tsp smoked paprika, sea salt, and pepper to taste

Cashew sauce

2 tbsp cashew butter (32 g)

Juice of 1/2 lime

Enough water to thin out

1/3 tsp onion powder, 1/4 tsp garlic powder

Sea salt & pepper to taste

INSTRUCTIONS*Roasted Potatoes*

1. Preheat oven to 400 degrees F (200 degrees C) and line a baking sheet with parchment paper.

2. Chop potatoes into 1-inch cubes and put them in a bowl. Add the other ingredients for the roasted potatoes.
3. Toss well to coat and transfer the potatoes onto the lined baking sheet. Bake in the oven for about 30 minutes or until cooked through and golden brown.

Cashew Sauce

1. To make the cashew sauce, simply mix all ingredients in a small bowl with a whisk until smooth and creamy.
2. Burritos
3. While the potatoes are in the oven, chop mushrooms, onion, garlic, tomatoes, pepper, avocado, and red cabbage.
4. Heat 1/2 tbsp oil in a skillet, add onion, mushrooms, and pepper. Cook on medium heat for 5 minutes. Add the spices, garlic, tomatoes and cook for a further 1-2 minutes.
5. Layer your base on a bed of spinach and top with fresh salsa and avocado and your sauce!

Buddha Bowls (Serves 3)

INGREDIENTS

Kale... lots and lots of kale to spread over each plate
 2 sweet potatoes (dices into bite size pieces and roasted)
 2 C cooked Brown rice
 1 can Organic corn

DIRECTIONS

Line plates with kale, top with, scoop sweet potatoes, scoop brown rice, corn
 Top with
 Cilantro
 Avocado
 Drizzle with BOMB DIGGITY sauce!
 Sauce
 Almond butter
 Liquid aminos
 Red pepper flakes
 Olive oil & sesame oil
 Fresh lime juice

Stuffed Portabello Mushrooms

Ingredients

4 large portabella mushrooms wiped with a damp paper towel
 2 tablespoons olive oil plus more for coating the mushrooms
 1 large sweet onion diced

2 medium zucchini diced
 1 roasted red pepper diced
 4 – 6 sun dried tomatoes chopped
 2 – 3 cloves garlic minced
 1 large handful of spinach
 1 pinch dried oregano crushed between your fingers
 dash of crushed red pepper flakes
 freshly ground black pepper to taste

Instructions

1. Preheat your oven to 375 degrees. Line a sided baking sheet with parchment paper.
2. Using a small spoon, gently scoop the gills out of the inside of the mushroom. With a small knife, remove the stalk.
3. Rub each mushroom with a bit of olive oil and set them on the prepared baking sheet, stalk side up.
4. In a 12 inch sauté pan over medium high heat, add the olive oil then the onions. Sauté for 3 or 4 minutes, then add the zucchini and continue to cook as the zucchini begins to soften. Next add the red pepper and tomatoes. Cook for another few minutes. When the onions have become translucent and soft, add the garlic. Cook for one minute and add the spinach.
5. Once the spinach wilts, remove the pan from the heat and add the rest of the ingredients, up to and including the Parmesan. Stir to combine.
6. Divide the mixture in four; I spread the mixture out evenly in the pan and using my spoon, just slice through like a pie to divide equally. Stuff each mushroom with a quarter of the mixture.
7. Bake in the oven for about 35 to 40 minutes.

A BASIC SHAKE

INGREDIENTS

2 scoops Arbonne Protein Powder + 1/2 - 1 scoop Arbonne Fiber Boost
 1 cup unsweetened almond milk, coconut milk, rice milk or chilled water (add ice if desired)
 Optional add: 1/2 - 1 scoop of Arbonne Greens Balance

DIRECTIONS

Shake vigorously in a shaker cup or mix in blender

Meal Replacement Shakes

ALWAYS ADD: Healthy fat (avocado, nut butter, nut oil, raw nuts, flaxseed, chia seed) to meal replacement shakes.

ALWAYS ADD: Veggie (kale, spinach, collard greens) fresh or frozen to meal replacement shake.

ENJOY: ...a variety of fruits in workout recovery shakes, but prioritize low-GI fruits in meal replacement shakes. ...your shakes more/less thick and more/less creamy by adjusting water, non-dairy milk and ice content.

SWEET VERY BERRY

2 scoops of Arbonne Vanilla Protein Powder + 1 scoop of Arbonne Fiber Boost +
 1 scoop Arbonne Greens Balance
 1/4 cup unsweetened coconut milk + 1/2 cup unsweetened almond milk
 8 oz. water
 1 Tbsp. of almond butter
 1/4 cup frozen or fresh berries
 (optional: a pinch or two of unsweetened coconut shavings)
 Add ice to taste

CARROT CAKE

2 scoops of Arbonne Vanilla Protein Powder + 1 scoop of Arbonne Fiber Boost
 1 handful of spinach
 1 cup cooked or raw chopped carrots
 1 Tbsp. walnuts
 1 tsp pumpkin pie spice or cinnamon
 1 cup of water + 1 cup unsweetened almond milk
 Add ice to taste

CHOCOLATE SPINACH CRUNCH

2 scoops of Arbonne Chocolate Protein Powder + 1 scoop of Arbonne Fiber Boost
 9 oz. water
 1 1/2 - 2 handfuls of fresh spinach
 6-8 hazelnuts
 Add ice to taste

DOUBLE CHOCOLATE FIX

2 scoops of Arbonne Chocolate Protein Powder + 1 scoop of Arbonne Fiber Boost +
 1 scoop of greens balance
 1 cup unsweetened chocolate almond milk
 3/4 tsp flax oil
 a pinch of unsweetened Cocoa nibs
 1 tsp. unsweetened cocoa powder
 Add ice to taste

NUTTY APPLE CINNAMON

2 scoops of Arbonne Vanilla Protein Powder
 1 scoop of Arbonne Fiber Boost
 1 handful of kale or spinach
 1 cup unsweetened almond milk
 1/2 sour green apple, sliced
 ground cinnamon, to taste
 1 Tbsp. raw pecans; or slivered/sliced raw almonds
 Add ice to taste