

Arbonne's 30 Days to Healthy Living

WEEK 2 - VEGAN

Grocery List

Meal Plan

Recipes

GROCERY SHOPPING LIST - Week 2

Spices, Oils and Seasonings

- Coconut Aminos
- Apple Cider Vinegar
- Toasted sesame oil
- Grated fresh ginger
- Red pepper flakes
- Olive Oil
- Lemon
- Salt
- Pepper
- Cinnamon
- Nutmeg
- Curry powder
- Cloves garlic, minced
- Cayenne pepper (optional)
- Coconut oil
- Tamari sauce
- Lime juice
- Chili garlic sauce
- Chili Powder
- Coriander
- Cumin
- Paprika
- Oregano
- Turmeric
- Cayenne pepper
- Fresh Thyme
- Fresh rosemary
- Dried marjoram
- Dried sage
- Nutritional Yeast
- Avocado Oil

Food Items

- Uncooked quinoa
- Shredded purple cabbage
- Bag of large Carrots
- 2 limes
- Snow peas or sugar snap peas
- Fresh Cilantro
- Green onions
- Toasted slivered almonds
- Smooth almond butter
- Romaine Lettuce (chopped)
- 5-6 Avocados
- Brown's organic apple cider vinegar mustard
- Green apple
- Hemp seeds
- Raw coconut
- Raw pecans
- Unsweetened vanilla almond milk
- 4 Onions
- 7-10 medium sweet potatoes
- Low-sodium vegetable broth
- 3-4 Cans chickpeas, drained and rinsed
- Green bell pepper, diced
- 4 Red bell pepper, diced
- 1 medium head cauliflower, cut into bite-sized florets
- 1 (28-ounce) can diced tomatoes with their juices
- 1 (14 oz) can dices tomatoes with their juices
- 1-2 (10-ounce) bag baby spinach
- Coconut milk
- Thin rice noodles
- Collard green leaves
- 2 Cucumber
- Purple cabbage, shredded
- 12 basil leaves
- 12 mint leaves
- Bean sprouts
- 2 medium zucchini

DAILY MEAL PLAN - Week 2

This is an example. You can adjust times/meals to fit your lifestyle.

Monday

- 7am** Breakfast Meal Replacement Shake
- 11am** Crunchy Thai Quinoa Salad
- 3pm** Meal Basic Shake or Meal Replacement Shake
- 7pm** Dinner - 15 Minute Creamy Avocado Zoodles

Tuesday

- 7am** Power Protein Breakfast Bowl
- 11am** Extra Veg Fried Rice
- 3pm** Meal Basic Shake or Meal Replacement Shake
- 7pm** Dinner - Slow Cooker Curried Veg Stew

Wednesday

- 7am** Breakfast Meal Replacement Shake
- 11am** Asian Collard Wraps with Creamy Almond Butter Sauce
- 3pm** Basic Shake or Meal Replacement Shake
- 7pm** Dinner - Mediterranean Baked Sweet Potatoes

Thursday

- 7am** Veggie Scramble
- 11am** Kale, Strawberry and Avocado salad with poppy seed dressing
- 3pm** Basic Shake or Meal Replacement Shake
- 7pm** Dinner DIY Burrito Bowls with Avocado Lime Sauce

Friday

- 7am** Breakfast Meal Replacement Shake
- 11am** Mason Jar Taco Salad
- 3pm** Basic Shake or Meal Replacement Shake
- 7pm** Dinner - Vegetable Paella

Saturday

- 7am** Breakfast Meal Replacement Shake
- 11am** Simple Lentil Spinach Soup
- 3pm** Basic Shake or Meal Replacement Shake
- 7pm** Dinner - Kale, Meatless burger and Cauliflower Rice Bowls

Sunday

- 7am** Protein Boosted Blueberry Pecan Quinoa Breakfast Bowl
- 11am** Meal Replacement Shake
- 3pm** Classic Vegan Caesar with Avocado and Chickpeas
- 7pm** Dinner - Hippie Bowls with Secret Sauce

RECIPES

CRUNCHY THAI QUINOA SALAD

Serves 2-3

INGREDIENTS

Salad

- ¾ cup uncooked quinoa
- 1 ½ cups water
- 2 cups shredded purple cabbage
- 1 cup grated carrot
- 1 cup thinly sliced snow peas or sugar snap peas
- ½ cup chopped cilantro
- ¼ cup thinly sliced green onion
- ¼ cup toasted slivered almonds

Sauce

- ¼ cup smooth almond butter
- 3 tablespoons coconut aminos
- 1 tablespoon apple cider vinegar
- 1 teaspoon toasted sesame oil
- 1 teaspoon grated fresh ginger (I love ginger so I used 2 teaspoons)
- ½ lime, juiced (about 1 ½ tablespoons)
- Pinch of red pepper flakes

DIRECTIONS

1. Cook the quinoa: First, rinse the quinoa in a fine mesh colander under running water. In a medium-sized pot, combine the rinsed quinoa and 1 ½ cups water. Bring the mixture to a gentle boil over medium heat, and then reduce the heat to medium-low and gently simmer the quinoa until it has absorbed all of the water. Remove the quinoa from heat, cover the pot and let it rest for 5 minutes. Uncover the pot and fluff the quinoa with a fork. Set it aside to cool.
2. Meanwhile, make the sauce: Whisk together the almond butter and coconut until smooth (if this is difficult, microwave the mixture for up to 30 seconds to loosen it up). Add the remaining ingredients and whisk until smooth. If the mixture seems too thick to toss into the salad, whisk in a bit of water to loosen it up.
3. In a large serving bowl, combine the cooked quinoa, shredded cabbage, carrot, snow peas, cilantro and green onion. Toss to combine, then pour in the sauce. Toss again until everything is lightly coated in sauce. Taste, and if it doesn't taste quite amazing yet, add a pinch of salt and toss again. Divide into individual bowls and garnish with slivered almonds.
4. This salad keeps well, covered and refrigerated, for about 4 days. If you don't want your toasted almonds to get soggy, store them separately from the rest and garnish just before serving.

15 Minute Creamy Avocado Zoodles

Serves 2 – 3

INGREDIENTS

9 ounces zucchini noodles.**
 1 medium garlic clove
 1/4 cup lightly packed fresh basil leaves, plus more for serving
 1 to 2 tablespoons (5 to 10mL) fresh lemon juice, to taste
 1 tablespoon (15 mL) extra-virgin olive oil, plus more if needed
 1 ripe medium avocado, pitted
 1 tablespoon (15 mL) water
 1/4 to 1/2 teaspoon fine sea salt, to taste
 Freshly ground black pepper, to taste
 Lemon zest, for serving

DIRECTIONS

1. In a food processor, combine the garlic and basil and pulse to mince. Add the lemon juice, oil, avocado, and 1 tablespoon water and process until smooth, stopping to scrape down the bowl as needed. If the sauce is too thick, add a bit more oil. Season with salt and pepper to taste.
2. Drain the zucchini noodles and place back in the pan. Add all of the avocado sauce and stir until combined.
3. Top with pepper, lemon zest, and fresh basil leaves, if desired.

Serve with a simple Arugula salad with tomatoes and pine nuts. Use olive oil, lemon juice, salt and pepper to flavor.

**If you have a spiralizer, make zucchini noodles or buy at store. Heat olive oil in a skillet over medium heat, add zucchini noodles, cook, stirring & tossing with tongs for 2-3 minutes until slightly softened. Do not overcook. Spaghetti squash also makes a good base for this sauce.

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

DIRECTIONS

Mix all ingredients in bowl and serve immediately! Have a “shot” of Greens Balance on the side.

Slow Cooker Curried Vegetable and Chickpea Stew

Serves 8 to 10

INGREDIENTS

1 teaspoon olive oil
 1 large onion, diced
 1 tablespoon kosher salt, divided
 2 medium sweet potatoes or butternut squash diced
 1 tablespoon curry powder
 1 tablespoon coconut aminos
 1 tablespoon peeled and grated fresh ginger
 3 cloves garlic, minced
 1/8 teaspoon cayenne pepper (optional)
 2 cups low-sodium vegetable broth, divided
 2 (15-ounce) cans chickpeas, drained and rinsed
 1 medium green bell pepper, diced
 1 medium red bell pepper, diced
 1 medium head cauliflower, cut into bite-sized florets
 1 (28-ounce) can diced tomatoes with their juices
 1/4 teaspoon freshly ground black pepper
 1 (10-ounce) bag baby spinach
 1 cup coconut milk

DIRECTIONS

Heat the oil in a large frying pan over medium heat until shimmering. Add the onion, season with 1 teaspoon of the salt, and sauté until translucent, about 5 minutes. Add the potatoes or squash and 1 teaspoon of the salt, and sauté until just translucent around the edges.

Stir in the curry, coconut amino, ginger, garlic, and cayenne if using and cook until fragrant, about 30 seconds. Pour in 1/4 cup of the broth and scrape up any browned bits from the bottom of the pan. Transfer this onion-potato mixture into the bowl of a 6-quart or larger slow cooker. (Halve this recipe for a smaller slow cooker.)

Add the remaining 1 3/4 cups broth, chickpeas, bell peppers, cauliflower, tomatoes with their juices, pepper, and remaining 1 teaspoon salt. Stir to combine. The liquid should come about halfway up the sides of the bowl; add more broth as needed. Cover and cook for on the HIGH setting for 4 hours.

Stir in the spinach and coconut milk. Cover and let sit for a few more minutes to allow the spinach to wilt. Taste and season with salt and other seasonings as needed. Serve on its own, or over basmati brown rice.

Asian Collard Wraps with Creamy Almond Butter Sauce

Serves 2

INGREDIENTS

6 oz. extra-firm organic tofu, drained
 1 Tbsp. coconut oil

2.5 oz. thin rice noodles
 6 large collard green leaves
 1 medium carrot, peeled
 ½ cucumber
 ½ cup purple cabbage, shredded 12 basil leaves
 12 mint leaves
 1 cup bean sprouts
 4 Tbsp. almond butter
 2 tsp. apple cider vinegar
 1 Tbsp. lime juice
 1 tsp. chili garlic sauce
 1 – 2 tsp. water (to thin, as needed)
 1 ½ Tbsp. tamari sauce

DIRECTIONS

1. Press tofu between a few layers of paper towels to remove as much moisture as possible. Cut tofu into ½-inch thick strips, about 3 – 4 inches long. Begin cooking your rice noodles according to package directions.
2. Heat coconut oil in a large skillet over medium heat and fry the tofu until lightly golden, 3 – 4 minutes on each side. Check on your rice noodles and when tender, drain and set aside. Once tofu is done cooking, set on a layer of paper towels to cool.
3. Wipe clean the same skillet you used to cook the tofu (careful, it's hot!) and fill it with a few inches of salted water. Bring the water to a boil over medium heat. At this time, fill a separate pot or bowl with ice water and set aside.
4. While you wait for your water to boil, prepare your collard greens by trimming the long stem so it's flush with the leaf. Then, with the leaf upside down, gently shave down the thick stem that runs up the center of the leaf with a sharp paring knife. Doing so will make the leaf more flexible to fold and wrap.
5. Once the water is boiling, carefully drop in the collard greens. Cook for 30 seconds, then immediately transfer them to the bowl of ice water.
6. While your collard greens chill in the ice bath, prepare your veggies. For the carrot, use a vegetable peeler to create long, thin strips. Slice the cucumber in half lengthwise and then cut each half lengthwise into thin pieces. Trim the fleshy, seedy part of each piece to avoid a soggy wrap. Set chopped veggies aside.
7. Next, prepare your sauce by combining the almond butter, tamari, apple cider vinegar, lime juice and chili garlic sauce in a small bowl. Add a teaspoon or two of water to thin the sauce if it's really sticky.
8. To assemble, dry each collard green leaf between two paper towels. Lay one of the leaves on a flat surface, like your cutting board, with the stem side facing up.
9. Spread a spoonful of almond butter sauce across the bottom center of the leaf, followed by the tofu, rice noodles, carrot, cucumber, bean sprouts, mint and basil. Fold the sides of the leaf in towards the center, followed by the bottom, so your fillings are cradled.
10. Finally, using your hands to keep the sides of the leaf tucked in, roll the wrap from the bottom like

you're folding a burrito. Add a dab of almond butter sauce to the edge of the leaf to help the wrap stick to itself. Repeat this process with the remaining three wraps.

11. With a serrated knife, carefully slice each wrap in half to serve. Or, if you're going to travel with your wrap, leave it whole and cut it on arrival. Use any extra almond butter sauce for dipping.

Veggie Breakfast Scramble

Serves 1

INGREDIENTS/DIRECTIONS

Saute veggies (such as onion, spinach, mushroom, garlic, asparagus) 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 salad with strawberries, avocado, almonds and lemon poppy seed dressing

Serves 4

INGREDIENTS

Salad

4 cups chopped kale, stems removed
Pinch of sea salt
1 cup sliced strawberries
1 avocado, chopped
1/3 cup sliced almonds

Lemon Poppy Seed Dressing

2 tablespoons olive oil
2 tablespoons fresh lemon juice
1/2 teaspoon poppy seeds
1/8 teaspoon salt
1/8 teaspoon freshly ground black pepper

DIRECTIONS

1. Put the kale in a large bowl. Sprinkle a pinch of sea salt over the kale and massage the leaves with your hands until the leaves are darker in color and tender.
2. Add the strawberries, avocado, and almonds. Toss gently.
3. In a small jar, combine the olive oil, lemon juice, honey, poppy seeds, salt, and pepper. Shake until mixed well.
4. Pour the dressing over the salad and toss to coat. Serve.

DIY Burrito Bowls with Avocado Lime Sauce

Serves 3

INGREDIENTS

For the burrito bowl

1 cup dry brown rice
1 tablespoon refined coconut oil or grape seed oil
Salsa, as needed

Sliced green onion, for garnish

Sliced grape tomatoes, for garnish (optional)

For the Spicy Black Beans:

2 tablespoons refined coconut oil or extra-virgin olive oil

1 cup diced sweet onion

4 medium garlic cloves, minced

3/4 to 1 cup chopped fresh tomatoes

1 teaspoon chili powder

1 teaspoon garlic powder

1 teaspoon dried oregano

1/4 teaspoon cayenne pepper (optional)

1/2 plus 1/8 teaspoon fine sea salt, or to taste

2 1/2 tablespoons tomato paste

1 (14-ounce) can black beans, drained and rinsed

1/2 cup unpacked cilantro, large stems removed and finely chopped

For the Avocado-Lime Sauce (makes heaping 1/2 cup):

1 large garlic clove

1 large avocado, pitted

1 tablespoon fresh lime juice, plus more to taste

1 tablespoon water

1/4 teaspoon fine sea salt, or to taste

DIRECTIONS

1. For the rice: Add the rice and 1 tablespoon of oil into a medium pot along with 2 cups of water. Increase heat to medium-high and bring to a simmer. Immediately reduce the heat to low-medium, and cover with a lid. Cook the rice until it's tender and the water is absorbed. For brown long-grain rice this will take 13 to 20 minutes, but please follow the directions on your specific package for best results.
2. Meanwhile, prepare the Spicy Black Beans: In a large wok or skillet, add the oil and melt it over medium heat. Stir in the onion and garlic, along with a pinch of salt, and sauté for about 5 to 6 minutes, until softened.
3. Stir in the chopped tomatoes, chili powder, garlic powder, dried oregano, cayenne (if using), and 1/2 teaspoon of salt. Continue sautéing for another 3 to 5 minutes (increasing/reducing heat if necessary), until the tomato softens.
4. Now stir in the tomato paste and drained and rinsed black beans. Cook for a few more minutes until heated throughout. Taste and add more salt if desired. Stir in the cilantro. You can leave the mixture over low heat until ready to serve or simply turn off the heat and reheat before serving.
5. For the Avocado-Lime Sauce: Mince the garlic clove in a mini food processor (or use a regular size processor, if necessary). Now add the avocado flesh, lime juice, water, and salt. Process until smooth. Taste and adjust lime juice if desired. I usually add another teaspoon.
6. When the rice is ready, reheat the bean mixture, if necessary. Divide the rice between 2 to 3 bowls. Top each with a couple scoops of the hot black bean mixture, and a large spoonful of both the salsa and the Avocado-Lime Sauce. Garnish with sliced green onion and optional sliced grape tomatoes. Serve immediately over a bed of greens.
7. Optional ingredients to add to your bowl: peppers and onions, olives

Mediterranean Baked Sweet Potatoes

Serves 4

INGREDIENTS

- 4 medium (~1/3 lb each) sweet potatoes*
- 1 15-ounce can chickpeas (rinsed and drained)
- 1/2 Tbsp olive oil
- 1/2 tsp each cumin, coriander, cinnamon, smoked (or regular) paprika
- 1 pinch sea salt or lemon juice (optional)

Garlic Herb Sauce

- 1/4 cup hummus or tahini
- 1/2 medium lemon, juiced (1/2 lemon yields ~1 Tbsp juice)
- 3/4 - 1 tsp dried dill (or sub 2-3 tsp fresh per 3/4-1 tsp dried)
- 3 cloves garlic, minced (3 cloves yield ~1 1/2 Tbsp or 9 g)
- Water or unsweetened almond milk (to thin)
- Sea salt to taste (optional // I didn't need any)

Toppings (optional)

- 1/4 cup cherry tomatoes (diced)
- 1/4 cup chopped parsley (minced)
- 2 Tbsp lemon juice

DIRECTIONS

1. Preheat oven to 400 degrees F (204 C) and line a large baking sheet with foil or parchment paper.
2. Rinse and scrub potatoes and cut in half length wise. This will speed cooking time. Otherwise leave whole and bake longer (approximately double the time (45 min - 1 hour).
3. Toss rinsed and drained chickpeas with olive oil and spices and place on a lined baking sheet.
4. Rub the sweet potatoes with a bit of olive oil and place face down on the same baking sheet (or another baking sheet depending on size).
5. While the sweet potatoes and chickpeas are roasting, prepare your sauce by adding all ingredients to a mixing bowl and whisking to combine, only adding enough water to almond milk to thin so it's pourable. Taste and adjust seasonings as needed. Add more garlic for more zing, salt for savoriness, lemon juice for freshness, and dill for a more intense herb flavor.
6. NOTE: Hummus or tahini will make a great base for the sauce - just adjust the seasonings to accommodate the less flavor tahini provides.
7. Also prepare the parsley-tomato topping by tossing tomato and parsley with lemon juice and setting aside to marinate.
8. Once sweet potatoes are fork tender and the chickpeas are golden brown - roughly 25 minutes - remove from oven.
9. For serving, flip potatoes flesh-side up and smash down the insides a little bit. Then top with chickpeas, sauce and parsley-tomato garnish. Serve immediately.
10. Additional side ideas are roasted or sauteed spinach or side salad.

Extra Veggie Fried Rice

Serves 2-3

INGREDIENTS

1½ teaspoons + 2 tablespoons avocado oil or safflower oil, divided
 1 small white onion, finely chopped (about 1 cup) 2 medium carrots, finely chopped (about ½ cup)
 2 cups additional veggies, cut into very small pieces for quick cooking (options include snow peas, asparagus, broccoli, cabbage, bell pepper, and/or fresh or frozen peas—no need to thaw first)
 ¼ teaspoon salt, more to taste
 1 tablespoon grated or finely minced fresh ginger
 2 large cloves garlic, pressed or minced
 Pinch of red pepper flakes
 2 cups cooked brown rice
 1 cup greens, such as spinach, baby kale or tatsoi 3 green onions, chopped
 1 tablespoon Bragg's or coconut aminos 1 teaspoon toasted sesame oil

DIRECTIONS

1. This recipe comes together quickly. Before you get started, make sure that all of your ingredients are prepped and within an arm's reach from the stove. Also have an empty bowl nearby for holding the cooked veggies. I'm suggesting that you start over medium-high heat, but if at any point you catch a whiff of oil or food burning, reduce the heat to medium.
2. Warm a large cast iron or stainless steel skillet over medium-high heat until a few drops of water evaporate within a couple of seconds. Immediately add 1 ½ teaspoons of oil and swirl the pan to coat the bottom. Cook until they are just lightly set, flipping or stirring along the way.
3. Return the pan to heat and add 1 tablespoon of oil. Add the onion and carrots and cook, stirring often, until the onions are translucent and the carrots are tender, about 3 to 5 minutes.
4. Add the remaining veggies and salt. Continue cooking, stirring occasionally (don't stir too often, or the veggies won't have a chance to turn golden on the edges), until the veggies are cooked through and turning golden, about 3 to 5 more minutes.
5. Return the pan to heat and the remaining 1 tablespoon oil. Add the ginger, garlic and red pepper flakes, and cook until fragrant while stirring constantly, about 30 seconds. Add the rice and mix it all together. Cook, stirring occasionally, until the rice is hot and starting to turn golden on the edges, about 3 to 5 minutes.
6. Add the greens and green onions, and stir to combine. Add the cooked veggies and stir to combine. Remove the pan from the heat and stir in the coconut amino and sesame oil.
7. Divide into bowls and serve immediately. Leftovers store well in the refrigerator, covered, for 3 to 4 days.

Mason Jar Taco Salad

Makes 2 salads

INGREDIENTS

1 Tbsp Olive oil
 1/2 cup cumin spiced black beans, quinoa, or brown rice
 2 cup Large carrots sliced (about 1 of slices)

- 1 Large Red Bell pepper sliced
- 1/2 Cup Large onion roughly chopped (about 1/2)
- 2 tsps Garlic minced
- 2 tsp Cumin seed not the powder Salt
- 1 Large avocado
- 1 Large Lime juiced
- 1 Cup Salsa of choice
- 2 Cup Roma tomatoes chopped (about 1)
- 1/2 cup a Cucumber chopped (about 1)
- 1/2 Cup Cilantro roughly chopped
- Fresh spinach
- 2 Quart Wide-Mouth sized Mason Jars

DIRECTIONS

1. Cook beans, quinoa or rice according to directions.
2. Add 1 Tbsp of olive oil into the pan turn to medium heat. Cook the carrots until they begin to just soften, about 3-5 minutes. Add in the pepper, onion and garlic. Cook until soft and the outsides begin to look charred.
3. While the veggies cook, place the cumin seeds in a small, dry pan over medium/high heat and toast them, stirring frequently until golden brown and fragrant, about 2-minutes. Transfer them to a cutting board and crush. I use the bottom of a glass, which works really well.
4. Add the crushed seeds into the pan with the veggies and season with salt. Mix well and turn off the heat.
5. Scoop the avocado and the lime juice into a small food processor and blend until smooth and creamy. You can also just mash them together in a bowl if you wish.

To assemble:

1. Place 1/2 cup of salsa in the bottom of each jar, spreading evenly. Divide the avocado/lime mixture on top, gently spreading out. Then, divide the cumin roasted veggies. You may need to lightly pack everything in to get it all to fit.
2. Place the chopped tomatoes, and then the cucumbers. Finish off by dividing the cilantro and then as much spinach as you can stuff in there!
3. Seal and refrigerate until ready to DEVOUR.

Vegetable Paella

Serves 4-6

Can be cooked in Instapot or dutch oven.

INGREDIENTS

- 3 tablespoons extra-virgin olive oil, divided

1 medium yellow onion, chopped fine
 1 ½ teaspoons fine sea salt, divided
 6 garlic cloves, pressed or minced
 2 teaspoons smoked paprika
 1 can (15 ounces) diced tomatoes (preferably the fire-roasted variety), drained
 2 cups short-grain brown rice*
 1 can (15 ounces) chickpeas, rinsed and drained, or 1 ½ cups cooked chickpeas
 3 cups vegetable broth
 ⅓ cup vegetable broth
 ½ teaspoon saffron threads, crumbled (optional)
 1 can (14 ounces) quartered artichokes or 1 jar (12 ounces) marinated artichoke, drained
 2 red bell peppers, stemmed, seeded and sliced into long, ½"-wide strips
 ½ cup Kalamata olives, pitted and halved
 2 cups Spinach
 Freshly ground black pepper
 ¼ cup chopped fresh parsley, plus about 1 tablespoon more for garnish
 2 tablespoons lemon juice, plus additional lemon wedges for garnish
 ½ cup frozen peas

DIRECTIONS

1. Arrange your oven racks in the upper and lower thirds of the oven, making sure that you have ample space between the two racks for your Dutch oven. You're going to need a large Dutch oven (preferably 6 quarts/11-to-12" in diameter or bigger, although I got by with my 5.5-quart Le Creuset) or a large skillet with a snug-fitting lid (both must be oven-safe!).
2. Preheat the oven to 350 degrees Fahrenheit. Heat 2 tablespoons of the oil in your Dutch oven or skillet over medium heat until shimmering. Add the onion and a pinch of salt. Cook until the onions are tender and translucent, about 5 minutes.
3. Stir in the garlic and paprika and cook until fragrant, about 30 seconds. Stir in the tomatoes and cook until the mixture begins to darken and thicken slightly, about 2 minutes. Stir in the rice and cook until the grains are well coated with tomato mixture, about 1 minute. Stir in the chickpeas, broth, saffron (if using) and 1 teaspoon salt.
4. Increase the heat to medium-high and bring the mixture to a boil, stirring occasionally. Cover the pot and transfer it to the lower rack in the oven. Bake, undisturbed, until the liquid is absorbed and the rice is tender, 50 to 55 minutes.
5. Meanwhile, line a large, rimmed baking sheet with parchment paper for easy cleanup. On the baking sheet, combine the artichoke, peppers, chopped olives, 1 tablespoon of the olive oil, ½ teaspoon of the salt, and about 10 twists of freshly ground black pepper. Toss to combine, then spread the contents evenly across the pan.
6. Roast the vegetables on the upper rack until the artichokes and peppers are tender and browned around the edges, about 40 to 45 minutes. Remove from the oven and let the vegetables cool for a few minutes. Add 2 cups Spinach and ¼ cup parsley to the pan and the lemon juice, and toss to combine. Season with salt and pepper, to taste. Set aside.
7. Sprinkle the peas and roasted vegetables over the baked rice, cover, and let the paella sit for 5 min-

utes. Garnish with a sprinkle of chopped parsley (about 1 tablespoon) and serve in individual bowls, with lemon wedges on the side.

Simple Lentil Spinach Soup

Serves 4-6

INGREDIENTS

2 tbsp. extra-virgin olive oil
 2 carrots, peeled and diced
 2 celery stalks, diced
 1 small onion, diced
 3 cloves garlic, minced
 2 tsp. cumin
 1 tsp. coriander
 1/4 tsp. crushed red pepper flakes, plus more if desired
 kosher salt
 Freshly ground black pepper
 1 14-oz. can diced tomatoes, with juices
 10 oz. lentils
 2 tsp. fresh thyme
 4 c. vegetable broth
 4 c. baby spinach

DIRECTIONS

1. In a large pot over medium-high heat, heat olive oil. Add carrots, celery, and onion and cook until beginning to soften, 5 minutes. Add garlic, cumin, coriander, and red pepper flakes, and cook 1 minute, stirring constantly, then season with salt and pepper.
2. Add tomatoes, lentils, thyme, and vegetable broth and bring to a boil. Reduce heat, cover partially, and simmer until lentils are tender and soup has thickened, 20 minutes. (If most of liquid has been absorbed, add in 1/2 to 1 cup more water.)
3. Stir in spinach and continue cooking until wilted, 2 minutes, then season with salt and pepper.

Kale, Meatless Burgers & Cauliflower Rice Bowls

Serves 2

INGREDIENTS

1 Impossible or Beyond Meat burgers
 12 Brussels sprouts, chopped in half
 1 bunch kale, washed and shredded

½ head cauliflower, pulsed into cauliflower rice (you can use a whole cauliflower head if you wish)

3 tablespoons olive or coconut oil 1 teaspoon curry powder Himalayan salt

For marinade

¼ cup tamari sauce

1 teaspoon Brown's Dijon mustard 1 teaspoon sesame oil

1 tablespoon sesame seeds

DIRECTIONS

1. Preheat oven to 350°F.
2. Line a baking tray and add chopped Brussels sprouts. Coat with 1 tablespoon oil and season with salt. Add to oven and roast for 20 minutes.
3. Meanwhile, make marinade by combining all ingredients in a bowl and whisking until combined.
4. Remove Brussels sprouts after 20 minutes and add burger patties to the baking tray. Spoon marinade over patties and return to oven for a further 10 to 15 minutes, or until burger is cooked to your liking.
5. While brussels and patties are cooking, heat a pan over medium-high heat and add 1 tablespoon oil. Add kale and sauté until wilted (2 to 3 minutes). Remove from pan and set aside.
6. Heat remaining oil in pan and add cauliflower rice. Season with 1 teaspoon curry powder and salt and sauté until cooked (2 to 3 minutes).

Remove patties (can keep whole or chop up) and Brussels sprouts from oven and divide into two bowls. Add sautéed kale and cauliflower rice to bowls.

Classic Vegan Caesar with Avocado and Chickpeas

Serves 2

INGREDIENTS

Dressing

¼ cup tahini

¼ cup water (plus more for thinning)

2 teaspoons fresh grated garlic

2 tablespoons nutritional yeast flakes

2 teaspoons whole grain Dijon mustard (Brown's made with AC vinegar)

¼ teaspoon salt

DIRECTIONS

Stir together the dressing ingredients in a small bowl, or a coffee mug. Use a fork to blend smooth. Add additional tablespoons of water to thin, as needed. Taste for salt and seasoning. It should be slightly salty, because the saltiness will subside when you dress the salad.

In a large mixing bowl, toss the greens with the dressing. Add the avocado and chickpeas. Serve with fresh black pepper sprinkled on top.

Salad

8 oz romaine (2 hearts), chopped

1 head of baby arugula

1 5 oz can chickpeas, rinsed and drained (about 1 ½ cups)

1 avocado diced

Fresh black pepper to taste

Hippie Bowl with Secret Sauce

Serves 2-4

INGREDIENTS

1 cup dry quinoa
 1 small sweet potato, scrubbed clean and cut into 1/2 inch chunks
 1 small head of broccoli, cut into small florets
 1 cup cooked chickpeas (if canned rinsed and drained)
 1 cup shredded purple cabbage
 1 cup shredded carrots
 1/4 cup almonds, roughly chopped
 1 small avocado, diced

For the Sauce

1/4 cup tahini
 1/4 cup water
 1 TBS apple cider vinegar
 2 tsp Dijon style mustard (Brown's)
 pinch of cayenne pepper)
 3 TBS nutritional yeast
 salt to taste

DIRECTIONS

1. Preheat the oven to 425.
2. In a large bowl combine the sweet potato, broccoli and chickpeas. Toss with a little olive oil, salt and pepper. Place on a prepared baking sheet and roast in the oven until lightly browned on all sides (about 20 minutes). Toss veggies halfway through cooking time.
3. While veggies roast cook the quinoa. Combine 1 cup of quinoa with two cups of water. Bring to a boil. Reduce heat to low, cover and cook until liquid has evaporated and quinoa can easily be fluffed with a fork. About 15 minutes.
4. Prepare the "hippie sauce" by combining all ingredients and processing until smooth with an immersion blender or regular blender (a hand whisk will work too, just put a LOT of muscle into it!)
5. Once veggies are done roasting toss them with the cooked quinoa. Add the shredded cabbage, carrots, avocado, and almonds. Drizzle with creamy sauce and serve warm.

Protein Boosted Blueberry Pecan Quinoa Breakfast Bowl

Serves 1

INGREDIENTS

3/4 cup cooked quinoa
 1/4 cup coconut milk
 2 scoops Arbonne Protein Shake Mix (or 1 scoop shake mix and 1 scoop Protein Boost)
 Sprinkle of cinnamon
 2-3 tablespoons pecan pieces
 2-3 tablespoons shredded coconut
 1/2 cup blueberries

DIRECTIONS

Mix ingredients together in a bowl and enjoy!

Basic Shake

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

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. Make your shakes more/less thick and more/less creamy by adjusting water, non-dairy milk and ice content.

SWEET VERRY BERRY

2 scoops of Arbonne Vanilla Protein Powder + 1 scoop of Arbonne Fiber Boost

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 cup cooked, 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 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 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