

JUMPSTART

week 6

CHIA SEED
Pudding

THAI BUTTERNUT
Soup

MEXICAN
Pilaf





SCHEDULE

JUMPSTART WEEK 6

MON

- BREAKFAST
 - LUNCH
 - DINNER
- Banana Berry Oatmeal
 - Ratatouille
 - Thai Butternut Soup + Fruit+ Power Salad + Newport Nectar Berry Sorbet

TUE

- BREAKFAST
 - LUNCH
 - DINNER
- Chia Seed Pudding
 - Mexican Pilaf + Fruit
 - Coconut Lentil Soup + Super Greens Salad + Cucumber Tahini Dressing + Creamy Green Smoothie

WED

- BREAKFAST
 - LUNCH
 - DINNER
- Banana Berry Oatmeal
 - Ratatouille
 - Thai Butternut Soup + Fruit+ Power Salad + Newport Nectar Berry Sorbet

THU

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of your Choice
 - Mexican Pilaf + Fruit
 - Coconut Lentil Soup + Super Greens Salad + Cucumber Tahini Dressing + Creamy Green Smoothie

FRI

- BREAKFAST
 - LUNCH
 - DINNER
- Banana Berry Oatmeal
 - Ratatouille
 - Thai Butternut Soup + Fruit+ Power Salad + Newport Nectar Berry Sorbet

SAT

- BREAKFAST
 - LUNCH
 - DINNER
- Chia Seed Pudding
 - Mexican Pilaf + Fruit
 - Coconut Lentil Soup + Super Greens Salad + Cucumber Tahini Dressing + Creamy Green Smoothie

SUN

- BREAKFAST
 - LUNCH
 - DINNER
- Banana Berry Oatmeal
 - Ratatouille
 - Thai Butternut Soup + Fruit+ Power Salad + Newport Nectar Berry Sorbet

JUMPSTART WEEK 6 - SHOPPING LIST

PRODUCE

<input type="checkbox"/>	Apples	6
<input type="checkbox"/>	Banana	15
<input type="checkbox"/>	Basil	2 teaspoons
<input type="checkbox"/>	Butternut squash	4 cup
<input type="checkbox"/>	Carrots	3
<input type="checkbox"/>	Cilantro	2.50 cup
<input type="checkbox"/>	Garlic	2 heads
<input type="checkbox"/>	Cranberries	1 cup
<input type="checkbox"/>	Cucumber	1 cup
<input type="checkbox"/>	Dates	14
<input type="checkbox"/>	Eggplant	2 cup
<input type="checkbox"/>	Fresh Fruit of Your Choice	8 cup
<input type="checkbox"/>	Fresh ginger root	5 tablespoons
<input type="checkbox"/>	Green onion	2.67 tablespoons
<input type="checkbox"/>	Kale	7 cup
<input type="checkbox"/>	Lemons	6
<input type="checkbox"/>	Limes	2
<input type="checkbox"/>	Loose leaf spinach	21 cups
<input type="checkbox"/>	Oregano	3.33 teaspoons
<input type="checkbox"/>	Portobello mushroom	2 cup
<input type="checkbox"/>	Red peppers	1
<input type="checkbox"/>	Shallots	4 tablespoons
<input type="checkbox"/>	Tomato	4
<input type="checkbox"/>	Yellow onions	3
<input type="checkbox"/>	Zucchini	4

RICE/PASTA

<input type="checkbox"/>	Red Lentils	1 cup
<input type="checkbox"/>	Wild rice	2.67 cup

NUTS/SEEDS

<input type="checkbox"/>	Chia Seeds	1/2 cup
<input type="checkbox"/>	Pecans	1 cup
<input type="checkbox"/>	Rolled oats	1 cup
<input type="checkbox"/>	Walnuts	1.25 cup

CANNED GOODS

<input type="checkbox"/>	Black beans	15 cups
<input type="checkbox"/>	Chopped tomato	2 cans
<input type="checkbox"/>	Cooked garbanzo beans	1 can
<input type="checkbox"/>	Diced tomatoes	3 cups
<input type="checkbox"/>	Marinara	2 cup
<input type="checkbox"/>	Peanut butter	4 tablespoons
<input type="checkbox"/>	Sun dried tomatoes	0.67 cup
<input type="checkbox"/>	Vegetable Broth	7 cup

FREEZER

<input type="checkbox"/>	Frozen berries	9 cup
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DAIRY/JUICE

<input type="checkbox"/>	Lite coconut milk	2 can
<input type="checkbox"/>	Orange juice	0.87 cup
<input type="checkbox"/>	Unsweetened Almond Milk	7 cup

SPICES AND CONDIMENTS

<input type="checkbox"/>	Balsamic vinegar	0.50 cup
<input type="checkbox"/>	Cayenne powder	pinch
<input type="checkbox"/>	Chili powder	2.67 teaspoons
<input type="checkbox"/>	Cumin	3 teaspoons
<input type="checkbox"/>	Curry powder	3 teaspoons
<input type="checkbox"/>	Dijon Mustard	1.67 tablespoons
<input type="checkbox"/>	Ground coriander	1.50 teaspoons
<input type="checkbox"/>	Ground turmeric	3 teaspoons
<input type="checkbox"/>	Tahini	4 tablespoons

Meal Prep Week 6

Prep the following at the beginning of the week in the order shown below.

Recipe	Prep Time
Mexican Pilaf	
Thai Butternut Soup	30 minutes
Coconut Lentil Soup	30 minutes
Cucumber Tahini Dressing	5 minutes
Newport Nectar Dressing	5 minutes
Freeze bananas for nice cream and Smoothie: 7-9	5 minutes
Chia Seed Pudding: Recipe yields 4-5 servings	10 minutes

Vegetable Prep:

Some people prefer to chop their veggies ahead of time and keep them stored in the fridge, ready for salads! If this is you, then work this into your meal prep at the beginning of the week! Mason jars make great storage containers!

Power Salad

Super Greens Salad

Ratatouille veggies for the week:

(I do not recommend making the ratatouille ahead of time because it takes much better when it's made over stovetop, fresh.) However, chopping your veggies ahead of time might be helpful. You'll make this dish 4 times this week. If you want to chop your veggies ahead of time and refrigerate, here's what you'll need:

- 2 yellow onion chopped
- 4 tomato chopped
- 4 zucchini chopped
- 2 cup eggplant chopped
- 2 cup Portobello mushrooms chopped



Power Salad

1 serving – Make 4 times this week

Ingredients

3 cups loose leaf spinach
1 apple chopped
¼ cup pecans
1/2 cup chopped apples
1 tbsp. Chia Seeds

Instructions

1. Toss all ingredients together.
 2. Serve with Dressing of your choice
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Super Greens Salad

1 serving – Make 3 times this week

Ingredients

2 cups kale chopped
1 cup spinach
¼ cup walnuts

Instructions

1. Toss chopped kale, spinach, and walnuts in a large salad bowl.
2. Serve with dressing of your choice

Cooked

Coconut Lentil Soup

3 servings – Batch cook and reheat for 3 nights this week.

Ingredients

1.5 teaspoon Ground cumin
1.5 teaspoon Ground coriander
5 Cloves garlic chopped finely
2 cans chopped tomato or 3 large fresh tomatoes, chopped
4 cups Vegetable Broth
3 tablespoons fresh ginger peeled and chopped into small pieces
1 tablespoon ground turmeric
1 cup Red Lentils
pinch cayenne powder
1 can coconut milk Full fat for a creamier soup - lite coconut milk for a more compliant batch
1 cup kale coarsely chopped
3 carrots chopped
1 cup Cilantro chopped

Instructions

1. Sauté ginger, garlic, cumin and coriander seeds in 3-4 tablespoons vegetable broth stirring constantly until fragrant. Add more veggie broth if necessary to prevent spices from burning or sticking to the pan.
2. Add carrots, tomatoes and turmeric, stirring together until ingredients are well assimilated. Add lentils and 3 cups of vegetable broth to the pot and bring it to a boil. Then, reduce to a simmer, cover the pot, and let it simmer for 35-40 minutes, or until the lentils are soft. Stir periodically.
3. Once the lentils are soft kale, and cilantro and bring the pot back to a simmer. Add more water if soup has become too thick. *May be served as a lentil curry over rice, rather than soup.
4. Remove from heat and stir in coconut milk
5. Stir well and adjust seasonings as necessary
6. If you wish to add salt, I recommend adding it to the soup once it's in a bowl and ready to eat (rather than cooking with it).

This dish can be prepared as a soup (adding extra water at the end to thin) or a lentil curry sauce to be served over rice. Either way, it's delicious. I just love saving my grains for another time of day and this soup is so filling alone - You won't miss the rice!

Thai Butternut Soup

4 serving – Batch Cook and reheat throughout the week

Ingredients

- 1 yellow onions chopped
- 4 cups butternut squash chopped
- 1 can lite coconut milk
- 2 tablespoons fresh ginger root grated or sliced fine
- 1/4 cup cilantro fresh
- 1/4 cup peanut butter
- 2 limes juiced
- cayenne pepper dash
- 1 tablespoon curry powder
- 2 cups vegetable broth
- 1 can cooked garbanzo beans
- 2 tablespoons garlic i prefer using one large clove of elephant garlic (it's huge!)
- 2 dates

Instructions

1. In a large stock pot, water sauté yellow onion, butternut squash, ginger, cilantro, and chopped garlic, turning often.
2. Once onion is fragrant, stir in curry powder, stirring to ensure that all pieces are coated.
3. Cover ingredients with 2 cups vegetable broth
4. Simmer over medium heat until squash is tender and can be mashed with a fork.
5. Add remaining ingredients: coconut milk, lime juice, garbanzo beans, peanut butter, and red pepper to taste
6. In a microwave safe bowl, heat pitted dates in 1/4 cup water for one minute in the microwave
7. Add date/water mixture to the soup.
8. Remove pot from heat and use an immersion blender to blend soup to desired consistency. I like to save a 1/2 cup of garbanzo beans to add after blending. Just a personal preference. It's great when it's smooth and creamy!

Mexican Pilaf

3 serving – Batch Cook and reheat throughout the week

Ingredients

3 cups wild rice (brown rice works too)
3 tablespoons green onion
1 ½ cups Diced tomato
½ cup Black beans
½ cup Cilantro
2 Tablespoons fresh oregano
1 tablespoon chili powder
½ teaspoon Cumin
2 tablespoon lemon juice
½ cup sun dried tomatoes

Instructions

1. Place cooked rice in a bowl and toss with chopped green onion, 1 cup diced tomato (leaving ½ cup for the sauce), cilantro, black beans, and oregano.
 2. In a high speed blender, blend sun-dried tomatoes, ½ diced tomatoes, garlic, chili powder, cumin and lemon juice.
 3. Toss together with rice and enjoy.
 4. Refrigerate or freeze leftovers for another meal.
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Ratatouille

1 serving – Make 4 times this week

Ingredients

¼ cup Vegetable Broth
1/2 yellow onion chopped
1 tomato chopped
1 zucchini chopped
½ cup eggplant chopped
½ cup Portobello mushrooms chopped
½ teaspoon oregano
½ teaspoon basil
½ cup marinara

Instructions

1. Chop all vegetables and water sauté over medium/high heat in 2 tablespoons vegetable broth. Turn frequently until lightly browned on all sides.
2. Once veggies are cooked, add chopped basil and oregano. Stir in marinara until vegetables are well coated.
3. Serve hot!

Toppers

Cucumber Tahini Dressing

4-6 servings

Ingredients

2 Lemons Juiced (1/4 cup)
0.25 cup Tahini
1 cup cucumber chopped
1 Cloves garlic
1 tsp Cumin
1 red pepper ground (Optional)

Instructions

Combine all ingredients in a blender until smooth.
Use as a veggie dip or over salads.
Water to thin if needed

Newport Nectar

4-6 Servings

Ingredients

1/2 cup walnuts
4 tablespoons shallots
1 cup water
1/2 cup balsamic vinegar
2 teaspoon dijon mustard
2 dates

Instructions

Blend all ingredients in a high speed blender and serve over salad.

Breakfast

Banana Berry Oatmeal

1 serving – Made 4 time this week

Ingredients

1/2 cup frozen berries
1 bananas
1/4 cup rolled oats
1 date
1/2 cup unsweetened almond milk

Instructions

In a high-speed blender, blend almond milk and date until date is well assimilated.
In a microwave-safe bowl, layer berries, banana, and top with rolled oats and almond milk.
Microwave for 90 seconds.
Serve hot.

Chia Seed Pudding

3 servings – Batch cook and refrigerate for use during the week

Ingredients

2 cups almond milk
1 banana
1/4 cup chia seeds
4 dates

Instructions

1. Blend almond milk and dates in a high-speed blender until you reach an even consistency
2. Stir chia seeds and milk mixture into a large mason jar or container with a lid
3. Shake milk/chia seed mixture vigorously for 1 minute
4. Refrigerate mixture for one hour
5. Remove mixture from fridge and shake again for 1 minute (to prevent chia seeds from clumping)
6. Refrigerate overnight

Fresh Fruit of your Choice

Choose your favorite in-season fruits. The goal is at least 4 per day.

Desserts

Berry Sorbet

Ingredients

1 Bananas chopped frozen
1 cup frozen berries (Frozen Berries of your choice - I use mixed blackberries, blueberries and raspberries)
2-3 tbsp orange juice

Instructions

1. Throw frozen bananas, berries, and orange juice into a food processor or free standing blender and blend, stopping every 30 seconds to scrape sides and stir together. Continue blending until mixture is smooth.
 2. Once processed, if mixture is too runny, spoon it into a baking dish and return to freezer for 1 hour before serving.
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Green Dream Smoothie

Ingredients

2-3 cups Loose Leaf Spinach
1 Bananas frozen (cut into slices)
1-2 cup water
1 tsp vanilla

Instructions

1. Place ingredients in high speed blender and blend on high until smooth.
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