



## 7 Day Prep Rhythm for Plant Based Menu Plan

### **Saturday:**

- Go shopping
- Soak Beans for Mixed Bean Salad

### **Make ahead on Sunday:**

- Coconut Tahini Nut Free Granola Bars
- Cranberry Zinger Instant Breakfast Porridge
  - Marinated Veggies
  - Soak Chickpeas
- Cook beans for Mixed Bean Salad in the Crockpot
  - Soak Oats for Porridge

### **Monday:**

- Cook chickpeas in the crockpot

### **Thursday Night:**

- Make pasta salad



## 7 Day Menu Plan

**Make on Sunday:**

### **Coconut Tahini Nut FREE Granola Bars**

1 ½ cups quick oats  
 ½ cup Panella or Rhapadura  
 Fair Trade Sugar (optional)  
 1/3 cup Spelt Flour (Ancient  
 Grain sold at Organic and  
 Health Food Stores)  
 ½ tsp unrefined salt  
 2 cups shredded coconut  
 1 Tbsp vanilla extract  
 ½ cup coconut oil (melted)  
 ½ cup honey  
 ½ cup tahini (sesame paste)  
 warm up on the stove for  
 easier mixing.

Preheat the oven to 350°F.  
 Line an 8" x 8" x 2" pan with  
 parchment paper, allowing it  
 to go up the sides.

Stir together all the  
 ingredients in the order  
 listed and spread evenly  
 with a fork into the pan.

Bake for 30 to 40 minutes,  
 until they're brown around  
 the edges with a little  
 color on the top too. They  
 might seem soft and  
 underbaked when you press  
 into the center of the pan,  
 but they will set completely  
 once cool.

Cool the bars in their pan  
 completely on a cooling  
 rack. To speed this up, after  
 about 20 minutes you can  
 use your parchment "sling"  
 to lift and remove the bars,  
 to cool the rest of the way  
 without the pan underneath.

Once entirely cool, use a  
 serrated knife to cut the bars  
 into squares. If bars seem  
 crumbly, chill the pan of  
 them further in the fridge,  
 then cut them cold. Wrap

the bars individually in  
 plastic wrap or stack them in  
 an airtight container. Store  
 bars in the refrigerator if  
 your house is humid. You  
 can freeze them as well.

### **MONDAY**

#### **Breakfast**

#### **Overnight Porridge**

1 cup oats  
 2 cups water  
 pinch of salt

Soak 1 cup oats overnight in  
 2 cups of water with a splash  
 of unpasteurized apple cider  
 vinegar.

In the morning, bring oats to  
 a boil with a pinch of salt  
 and once it reaches a boil  
 take it off the element and  
 let it cool down to a  
 comfortable eating  
 temperature.



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Garnish with nuts, seeds, dried fruit, coconut oil, butter, nut butters, cream and honey, maple syrup or rapadura.

**Lunch**

**Asian Noodle Salad with Toasted Sesame Dressing**  
(Feeding the Whole Family)

Salad:

1, 8 ounce package soba noodles

¼ cup chopped cilantro leaves

¼ cup toasted sesame seeds

Dressing:

2 Tbsp toasted sesame oil

3 Tbsp tamari

3 Tbsp balsamic vinegar

1 Tbsp maple syrup

1 Tbsp hot pepper oil

Optional Additions:

Chopped red cabbage

Red Pepper

Sauerkraut

Shredded Carrots

Sprouts

Cook Soba noodles according to package directions. Drain and rinse in a colander.

Combine dressing ingredients in a small bowl and whisk together. Toss noodles, dressing and additional ingredients together and serve.

**Supper**

**Split Pea and Lentil Curry with crispy onions**

(Best Vegetarian Slow Cooker Recipes)

1 cup yellow split peas

2 heaping Tbsp butter

1 onion, finely chopped

4 cloves garlic, minced

1 Tbsp shredded gingerroot

2 tsp coriander seeds

1 tsp mustard seeds

½ tsp turmeric

½ tsp ground cinnamon

1 cup brown lentils  
4 cups stock

**Crispy Onion Topping:**

2 Tbsp butter

2 onions cut in half vertically and then cut into paper thin slices

Soak lentils and split peas overnight in water with a splash of apple cider vinegar or whey.

Sauté onions in a skillet with butter until translucent. Add garlic, gingerroot, cumin seeds, coriander seeds, mustard seeds, turmeric and cinnamon, stir until fragrant. Then add lentils, split peas and stock, stir to combine.

Transfer to slow cooker, cover and cook on low for 10-12 hours or on high for 5 hours.

Just before serving, cook the crispy onions in butter until



they are crisp and brown.

Ladle curry into bowls, and top with crispy onions and crème Fraiche or yogurt.

\*If you don't have a slow cooker, just bring to a boil then turn down to medium low for about an hour.

Serve with rice.

### **Raita (Indian Cucumber Salad)**

1 tsp cumin or coriander  
 1 English cucumber  
 1 cup yogurt  
 1 tsp unrefined salt

Sauté 1 tsp cumin or coriander in butter until fragrant let cool and then stir into a bowl with the rest of the ingredients. Serve on a bed of baby greens (optional).

## **TUESDAY**

### **Breakfast**

#### **Cranberry Zinger Instant Breakfast Porridge**

1 cup unsweetened coconut or shredded coconut  
 1/2 cup raw pumpkin seeds  
 1 1/2 cup cranberries (unsulphured)  
 1 cup chia seeds  
 1 cup raw walnuts  
 1 Tbsp tsp cinnamon  
 1 tsp ginger powder  
 1 tsp greenleaf stevia (optional)

Process ingredients for 10-20 seconds in a food processor or coffee grinder and store in a glass jar in the fridge.

How to make it for 1 adult serving:

4 Tbsp cereal  
 1/2 cup very hot water

Let sit for a few minutes to thicken.  
 (Child-size serving: 2 Tbsp cereal and 3 Tbsp hot water)  
 Then add:  
 4 Tbsp coconut milk, hemp milk or cream to your taste  
 1/2 cup fresh fruit

### **Lunch**

#### **Marinated Veggies with Feta and Olives**

2/3 cup olive oil  
 1 Lemon, juice only  
 2 teaspoon unrefined salt  
 1 cup Broccoli  
 1 cup Cauliflower  
 1 cup Zucchini  
 1 cup Carrots  
 1 cup Red Onion, sliced

Optional toppings: fresh feta, avocados and black olives

Cut veggies into bite size pieces. Blend olive oil, lemon juice, and with salt to make a marinade. Toss it all



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together and refrigerate overnight or for 24 hours, stir and serve with fresh feta, avocados and black olives.

**Supper**

**Chickpea Toss**

(The Garden of Vegan)

- 1 small onion
- 2 cloves of garlic
- 2 tsp dark sesame oil
- 1/4 cup (or more to taste) olives
- 2 cups cooked chickpeas
- 1/2 tsp unrefined salt
- 1/2 tsp pepper
- 1 tsp curry powder
- optional: garnish with flax oil, tamari, and gomashio

In a large saucepan on medium heat, sauté the onions and garlic in oil until the onions are translucent. Reduce heat to medium. Add the olives, chickpeas, unrefined salt, pepper, and curry and simmer for 5

minutes.

Serve with cooked quinoa or rice.

**WEDNESDAY**

**Breakfast**

**Poached Eggs on Ezekial English Muffins with fresh tomatoes, goat cheese and ripe avocado**

- eggs
- English muffins
- fresh tomatoes
- goat cheese
- avocado

**How to Make Poached Eggs**

1. Fill a saucepan with 3 inches of cold water, add a pinch of salt and bring to a boil.
2. Carefully break each egg onto a small cup, plate or bowl before adding it to the water.
3. As the water reaches boiling point, reduce the

heat and allow the water to simmer.

4. Add 1 tablespoon of vinegar.
5. Gently slide the eggs into the water, holding the cup or plate as near to the water as possible before allowing the egg to slip slowly into the water.
6. Let the eggs cook for 2½ - 3½ minutes, allowing for the size of the egg and the preferred doneness of the egg yolks.
8. Remove each egg with a slotted spoon and drain for a few seconds on a towel.

Top with mock cheese sauce and serve.

**Mock Cheese Sauce**

- 1/2 cup nutritional yeast
- 3 Tbsp almond flour/spelt flour
- 1/2 tsp unrefined salt
- 1 cup water
- 1 Tbsp coconut oil



2 tsp prepared mustard or  
(½ tsp dry mustard)

Mix the yeast, almond flour and unrefined salt in a saucepan and then add remaining ingredients while whisking on med-high heat. Serve over vegetables, rice, seed grains or noodles.

## Lunch

### **Mixed Bean Salad**

(Easy Beans)

1 cup fresh veggies of your choice  
4 cups cooked beans  
1 small sweet onion  
2 Tbsp fresh parsley

Dressing:

¼ cup lemon juice  
3 Tbsp olive oil  
2 tsp Dijon mustard  
1 tsp grated lemon rind  
½ tsp freshly ground pepper

Combine beans, veggies, onion and parsley in a bowl.

Combine dressing ingredients in a glass jar with a tight lid, shake well. Pour dressing over salad and toss gently.

Let stand for several hours for best flavour.

Serve on a bed of lettuce or spoon over a tossed salad.

## Supper

### **Chickpea, Artichoke and Cabbage Stew**

(The Vegan Epicure)

½ cup chickpeas  
2 cups stock  
1 bay leaf  
1 tbsp thyme  
1 onion chopped  
5 cloves garlic chopped  
1 lb artichokes, cut in 1 inch pieces  
2 carrots cut in 1 inch slices

1 large potato, cut in 8-10 pieces

1 tsp ground fennel seed  
1 tsp cumin  
pinch of chilli powder  
1 tsp oregano  
2 tomatoes quartered  
½ head cabbage  
optional: pieces of bacon

Cook the chickpeas in stock or water with thyme and bay leaf for about an hour.

Add the artichokes, carrots, potatoe, onions, garlic and seasonings and cook until the vegetables are almost soft, about 20 min. Add the tomatoes and cabbage.

Cut the bacon and add. Cook for another 15 minutes. This is a hearty dish that can be served in a bowl- accompany with mustard.

\*If starting with fresh artichokes steam them for 45min to 1 hour (until soft

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all the way through inside). Peel off leaves to reveal the soft center.

## THURSDAY

### Breakfast

#### **Cheese Plate**

*(cheese of choice, ryvita crackers, olives, dried fruit, jam and nuts)*

### Lunch

#### **Bean Burrito**

Use your leftover mixed bean salad and puree it with some warm coconut oil to make it spreadable (yet firm). Spelt wraps (without canola oil)  
 Avocado  
 lettuce  
 tomato  
 shredded cheese  
 Sour cream  
 hot sauce

Put your ingredients in the spelt wrap (except for the avocado, sour cream and hot sauce). Wrap it in parchment paper and then tape it to keep it together.

Bring sour cream and hot sauce in separate containers and cut your avocado fresh before serving (or blend it with lemon juice and bring as a side in a separate container).

### Supper

#### **Simple Dal** (from Get it Ripe by Jae Steele)

1 ½ cups dry red lentils (hulled or unhulled), rinsed  
 4 cups stock or filtered water  
 2 tsp turmeric  
 1 tsp unrefined sea salt  
 2 Tbsp coconut oil  
 1 tsp cumin seeds  
 1 medium onion, chopped  
 2 cloves garlic, minced or grated  
 1 tbsp grated fresh ginger

1 cup chopped tomato  
 1 tbsp fresh lemon juice  
 1 tsp garam masala

Soak lentils in water with a splash of apple cider vinegar while you are at work. When you get home, pour off the water and rinse lentils.

Combine lentils, stock, tumeric and salt. Bring to a boil and then simmer for about 30 min.

While lentils are simmering, heat coconut oil in a small skillet on medium high. Add cumin seeds and sauté for about 30 seconds or until the seeds are fragrant, then stir in the onions, garlic, and ginger. Reduce heat to medium and sauté until onions begin to brown. Add tomato and sauté for another 7 minutes.

Once the lentils are tender, stir in the onion mixture, lemon juice, garam masala, [www.NutritionWisdom.ca](http://www.NutritionWisdom.ca)



and additional salt to taste.

Add the onions and spices at the end, simmer for at least another 15 minutes or longer.

## FRIDAY

### Breakfast

#### **Mochi Breakfast Toast**

Cut Mochi so that you can make 'toast' with it.

Bake on low broil until it puffs.

Serve with butter and jam on top!

### Lunch

#### **Pasta Salad**

Dressing:

- 2 Tbsp balsamic vinegar
- ¼ cup apple cider vinegar
- 2 Tbsp maple syrup
- 2 Tbsp water

- 1 Tbsp olive oil
- 2 tsp dried basil
- 1-3 cloves garlic pressed
- ½ tsp salt
- 1/8 tsp ground pepper
- ¼ parmesan

Salad:

- 3 cups corkscrew pasta
- ½ cup pitted black olives, sliced
- 2 tbsp green olives, sliced
- ¼ cup rehydrated sundried tomatoes
- ½ small red onion
- ½ cup fresh parsley chopped

Cook pasta according to directions on package. Drain noodles and cool. To prepare dressing put all dressing ingredients in a small bowl and whisk together. Toss pasta, salad ingredients and dressings together and refrigerate for an hour before serving.

### Supper

#### **Creamy Curried Veggies** (How it All Vegan)

- 1 large onion, sliced
- 2-6 cloves garlic minced
- 1-3 large carrots, diced
- 2 tbsp coconut oil
- 1 medium potato cubed
- 1 ½ cups cauliflower
- 6-8 mushrooms, sliced
- 1 tbsp curry powder
- ½ tsp cumin
- ½ tsp turmeric
- 1 can coconut milk
- 3 Tbsp tamari

In a large saucepan, sauté the onions, garlic, and carrots in oil on medium until the onions are translucent. Add the rest of the veggies and spices cooking for 2-4 minutes. Add the coconut milk and simmer until the potatoes are soft and can be pierced with a fork.



## SATURDAY

### Breakfast

#### **Be Bop Breakfast**

(Feeding the Whole Family)

2-3 tablespoons butter,  
divided

2-3 scallions, chopped

2 cups cooked brown rice

4-5 kale leaves, cut into  
ribbons

2 eggs

#### **Condiments:**

Tamari

Apple cider vinegar

Kim chee or sauerkraut

Thai chili sauce

Get out a big skillet, cast iron is perfect. Heat it up. Put about 2 teaspoons of butter in it and add scallions. When they are bright green, add the cooked rice. Shovel it around until it is thoroughly heated.

Divide rice and put into 2 large bowls. Sprinkle rice with a little bit of tamari if desired.

Put 2 more teaspoons of butter in the skillet. Add kale and toss until the kale is starting to wilt and glistening. Put two tablespoons of water on the kale and cover until water is gone and kale is tender. Divide kale into the bowls with the rice. Sprinkle kale with a little bit of vinegar if desired.

Add remaining butter to skillet and heat until it sizzles a little. Break eggs into skillet. When whites are no longer transparent, flip each egg. Up to you how long to let the egg cook. I like my yolk thick but moving, which means about one minute or less on the flipped side.

Put one over-easy egg into each bowl. Add a tablespoon or two of kim chee or sauerkraut. Dress all with a tiny trail of Thai chili sauce. Have a super-charged morning.

### Lunch

#### **Portebello Mushroom Bake**

(The Garden of Vegan)

½ cup almonds (or almond flour)

¼ cup coconut oil

¼ cup tamari

¼-1/2 cup water

2 tbsp balsamic vinegar

3 cloves garlic roughly  
chopped

1 tsp dried rosemary

1 tsp dried oregano

4 large portebello  
mushrooms

1 med onion sliced

Preheat oven to 350 F degrees. In a blender or food processor, blend the almonds until powdered.



Add oil, tamari, water, vinegar, garlic, rosemary and oregano and blend until well combined. In a large baking dish, place the mushrooms upside down and top with onions. Pour sauce over top and bake for 20-25 minutes. Makes 2-4 servings.

### **Yams with Cinnamon Drizzle**

2 large yams, peeled & sliced into rounds  
(marinate in enough lime juice to coat and let sit overnight or while you are at work)  
4 Tbsp coconut or butter

Melt butter and pour over the sliced marinating yams. Bake at 400 degrees Fahrenheit for an hour. Serve with cinnamon dipping sauce!

### **Cinnamon Drizzle (Get it Ripe)**

4 Tbsp nut butter  
1 tbsp plus 1 tsp coconut oil  
1 Tbsp plus 1 tsp molasses  
1 Tbsp plus 1 tsp cinnamon  
1/4 tsp unrefined salt

Mix with a fork and then drizzle over yams!

### **Supper**

#### **Sweet and Sour Lentils (For the Love of Food by Jeanne Marie Martin)**

1 cup brown or green lentils  
2-2 1/4 cups water or stock  
1/2 medium onion, chopped  
3 Tbsp apple cider vinegar  
3 Tbsp honey  
1 Tbsp coconut oil or butter  
1 tsp unrefined sea salt  
1 tsp dried basil

Soak lentils in water with a splash of apple cider vinegar while you are at work. When

you get home, pour off the water and rinse lentils.

Bring lentils in the 2-2 1/4 cup stock or water to a boil and then bring down to simmer. Add all remaining ingredients and continue to simmer for about 45 min or until lentils are soft.

This recipe taste great served over toast!

#### **Luscious Beet Salad with Toasted Pumpkin Seeds (Feeding the Whole Family)**

##### **Dressing:**

3 tablespoons extra-virgin olive oil  
2 tablespoons balsamic vinegar  
3/4 teaspoon Dijon mustard  
1/4 teaspoon freshly ground pepper  
1 tablespoon finely chopped fresh basil

Place all dressing



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ingredients in a jar and shake well and set aside.

**Salad:**

4 large beets with greens  
 ¼ cup pumpkin seeds, toasted  
 1 bunch beet greens  
 3 cups fresh arugula, washed and spun dry  
 2 scallions, finely chopped  
 ¼ pound feta cheese  
 Steam beets until soft.  
 Toast pumpkin seeds by placing seeds in a dry skillet over medium heat.  
 Boil beet greens for 3 min  
 Toss all ingredients together and serve!

**SUNDAY**

**Breakfast**

**Pancakes**

Coconut oil for coating the pan  
 ¾ cup buckwheat flour  
 ¾ cup almond flour or spelt flour (or buckwheat)

adjust flour amounts to suit texture you prefer  
 3 Tbsp honey, maple syrup or rapadura  
 ½ teaspoon unrefined salt  
 1 teaspoon baking soda  
 3 Tbsp unsalted butter, melted  
 1 egg  
 2 cups kefir, yogurt or buttermilk  
 Optional ingredients:  
 banana (squashed), nut butter or cooked squash for added nutrition.

Place a generous amount of coconut oil in a pan and bring the heat to med (the pan should be hot before ladling the batter in so that it doesn't stick).

Mix the dry and wet ingredients separately. Then stir everything together until combined.

Ladle the batter onto the hot surface to the desired size, about 4-5 inches wide.

(A ¼ cup measure will ladle about a 4-inch pancake.)  
 Reduce the heat to medium-low.

Watch for bubbles on the surface of the pancake. When air bubbles start to rise to the surface at the center of the pancake, flip the pancake. Cook until nicely browned.

Keep your pancakes warm on a rack in the oven set on "warm," or stack them on a plate and cover with a towel as you make more.

Spread more coconut oil on the pan as needed between batches of pancakes.

Serve with plenty of butter and maple syrup.

**Lunch**

**Savoury Bread Pudding**  
 (Rebar Modern Food Cookbook)



3 Tbsp butter  
 3 medium leeks (mostly the whites)  
 ½ tsp salt  
 8 cloves garlic, minced  
 1 ½ lbs of assorted mushrooms of your choice  
 cracked pepper  
 ½ cup Madeira

Custard:

5 eggs  
 1 cup whipping cream  
 1 cup milk  
 ½ tsp salt  
 ½ tsp cracked pepper  
 1 lb bread cut into ¼ inch cubes  
 2 Tbsp thyme leaves (1 tsp dried)  
 2 Tbsp minced sage (1 tsp dried)  
 4 cups grated Gruyere cheese  
 minced chives for garnish

Sauté the leeks in butter. Add the mushrooms, and salt and pepper and then cover and cook until the

mushrooms release their juices. Deglaze with Madeira and let the liquid evaporate and then set it all aside while you make the custard.

Beat the eggs and then whisk in cream, milk, salt and pepper. Stir in the bread crumbs, cover and let stand for 1 hour. Stir occasionally to let the bread soak evenly. Stir in the herbs, mushroom leek mixture and half of the grated cheese.

Heat the oven to 350 degrees F. Butter a 9 x 13 baking dish and spoon the bread pudding mixture into the pan. Sprinkle with reserved cheese and bake until custy and golden brown and set in the middle (about 45 min). Sprinkle with minced chives and let stand for several minutes. Cut into squares and serve hot.

## Supper

### **Cream of Vegetable Soup** (Nourishing Traditions)

2 medium onions or leeks  
 2 carrots peeled  
 4 Tbsp butter  
 3 medium potatoes  
 2 quarts chicken stock  
 several sprigs of fresh thyme, tied together  
 1/2 tsp dried peppercorns crushed  
 4 zucchini ends removed and sliced  
 unrefined sea salt, pepper and crème Fraiche to taste.

Chop onions and then sauté in butter until translucent. Add carrots and sauté until soft ish. Add stock and the remaining ingredients. Remove the thyme and blend until creamy. Add unrefined sea salt, pepper and crème Fraiche to taste (you can substitute every vegetable in this recipe for



whatever you have on hand and it will still be great!

### Caesar Salad

romaine or butter lettuce  
1 red onion sliced into thin but large pieces  
seed crackers or grain free bread for croutons

### Caesar Salad Dressing (The Dolce Vegan)

#### Ingredients:

½ cup almonds  
3 large cloves of garlic  
1 Tbsp nutritional yeast

2 Tbsp tamari  
3 tbsp lemon juice  
1 Tbsp mustard  
¼ cup water  
1 tbsp olive oil  
Blend until smooth and creamy.

### Garlic Bread

½ cup butter  
2 large cloves garlic (or more) pressed  
¼ cup fresh chopped parsley  
salt to taste if your butter is unsalted

¼ cup parmesan  
sourdough bread  
Mix butter, parsley, salt, garlic and parmesan into a spreadable paste.

Cut a loaf of bread in half, generously spread garlic butter on both sides. Bake in the oven until crispy or to make soft garlic bread by wrapping loaf in parchment paper and then aluminium foil before baking for 15 minutes at 350 F.

Slice and serve!



## 7 Day Menu Plan Grocery List

### CONDIMENTS

½ cup apple cider vinegar  
 9 tbsp balsamic vinegar  
 1 ¼ cup coconut oil  
 1 cup extra virgin olive oil  
 2 ¾ tsp Dijon mustard  
 ¾ cup tamari  
 2 tbsp toasted sesame oil  
 4 tbsp coconut oil or butter  
 1 can coconut milk  
 2 tsp dark sesame oil  
 ½ cup tahini (sesame paste)  
 ¼ cup+ 3tbsp tamari  
 Thai chili sauce  
 2 tbsp green olives  
 4 tbsp nut butter  
 ½ cup+1tbsp nutritional yeast  
 ¼ cup or more olives  
 Optional garnish, with flax oil, tamari and gomashio

### DAIRY

1 lb butter  
 ¼ lb feta cheese  
 4 cups grated Gruyere cheese  
 2 cups kefir, yogurt or buttermilk  
 1 cup milk

Crème Fraiche  
 Goat cheese  
 Hemp or coconut milk or cream  
 1 cup whipping cream  
 ½ cup Parmesan cheese  
 Optional shredded cheese  
 Optional: sour cream  
 Yogurt  
 8 eggs

### SPICES & HERBS

Cracked pepper  
 1 bay leaf  
 1 tbsp+1 tsp curry powder  
 3 tsp basil - dried  
 1 tsp rosemary - dried  
 1 tbsp thyme dried  
 9 tsp unrefined salt  
 Pinch chili powder  
 3 tbs cinnamon  
 2 tsp coriander seeds  
 1 ½ tsp cumin  
 1 tsp cumin or coriander  
 1 tsp cumin seeds  
 2 tsp oregano dried  
 ¼ tsp freshly ground pepper  
 1 tsp garam masala  
 1 tsp ground fennel seed  
 Minced chives for garnish  
 2 tbsp mince Sage (1 tsp dried)

3 tsp turmeric  
 1 tsp ginger powder  
 2 tsp mustard or (1/2 tsp dry mustard)

### FRESH HERBS

¼ cup cilantro leaves chopped  
 ¾ cup parsley leaves chopped  
 Several sprigs of thyme

### DRIED GOODS

1/3 cup Spelt Flour (Ancient Grain sold at Organic and Health Food stores)  
 ¾ cup almond flour or spelt flour (or buckwheat)  
 3 tbsp almond flour or spelt flour  
 ¾ cup buckwheat flour  
 1 cup oats  
 1 ½ cups quick oats  
 2 cups brown rice  
 3 ½ cups chickpeas  
 1 cup yellow split peas  
 1 ½ cups dry red lentils (hulled or unhulled)  
 1 cup brown lentils  
 1 cup brown or green lentils  
 ½ cup almonds



½ cup almonds or (almond flour)

1 cup chia seeds

¾ cup pumpkin seeds

1 cup raw walnuts

1 8oz soba noodles package

### BAKING

½ cup honey

3 tbsp honey, maple syrup or rapadura

5 tbsp maple syrup

1 tbsp+1tsp molasses

1 tbsp vanilla extract

1 tsp baking soda

1 ½ cup cranberries (unsulphered)

3 cups unsweetened shredded coconut

### PRODUCE

1 lb artichokes

1 ½ lbs assorted mushrooms

2 avocado

4 tomatoes

4 large beets with greens

1 cup broccoli

7 carrots

1 cauliflower

3 lemons

16 medium garlic cloves

10 large garlic cloves

3 medium leeks

1 small sweet onion

1 large onion

1 small onion

6 medium onions

5 scallions

2 medium onions or leeks

½ cup pitted black olives, sliced

4 large portabella mushrooms

4 medium potatoes

3 red onions

2 tbsp shredded gingerroot

1 bunch beet greens

Romaine or butter lettuce

3 cups fresh Arugala

1 cup fresh veggies of your choice

½ head cabbage

4-6 kale leaves

2 large yams

4 zucchini

3 zucchini

¼ cup rehydrated sundried tomatoes

6-8 mushrooms

Lettuce

Optional: red pepper

Optional: banana, nut butter or squash

Optional: chopped red cabbage

### BREADS

Seed crackers or grain free bread for croutons

Sourdough bread

Spelt wraps (without canola oil)

1 lb bread

English Muffins

### MISCELLANEOUS

2 quarts chicken stock

6 cups stock

2-2 ¼ cups water or stock

4 cups stock or water

Kim chee or sauerkraut

½ cup Madeira (wine)

Mochi

Optional pieces of bacon