



# *Constance's Mini Meal Plan*



## *Green Buckwheat Pancakes*

*(Adapted from the Minimalist Baker)*

### *Ingredients:*

- 100g or ½ cup buckwheat flour
- 1 can light coconut milk
- 1 tsp Matcha powder
- 1 tbsp milled flaxseeds
- Pinch salt (optional)
- 1-2 tbsp honey (optional)
- 2 tbsp coconut oil (or try in a non stick skillet)

### *Toppings:*

Frozen berries, extra matcha to garnish, peanut butter, nuts, fresh fruit etc

### *Instructions:*

1. Blend all the ingredients together in a blender. Allow the mixture to sit for about 20 minutes.
2. Use a little bit of oil to grease a hot pan. Ladle batches into the pan. Don't turn until you see the bubbles popping on the surface and the pancake comes away easily with a spatula
3. Pile up your pancakes, garnish with toppings and enjoy.  
(P.S. using some pureed baked red beets will turn the pancakes pink!)

*Breakfast in a Jar/ Overnight Oats*

*Basic recipe in a mason jar:*

- 1/3 cup old fashioned oats
- 1/3 cup of steel cut oats
- 1 tbsp chia seeds
- 1/4 cup of your choice of plant based milk
- 1/4 cup of Greek yogurt or any other yogurt  
 (I like coconut or almond milk based yogurt)



*The options are limitless:*

**Carrot cake:**

maple syrup  
 cinnamon  
 shredded carrots  
 pecans for crunch

**Strawberry:**

strawberries  
 honey  
 scoop of cocoa powder  
 shaved chocolate

**Blueberry lemon:**

splash of vanilla  
 blueberries  
 lemon rind  
 (or try blueberry almond)

**Banana nut:**

sliced bananas  
 maple syrup  
 nut butter  
 chopped walnuts or any other nuts

**Piña Colada:**

fresh pineapple  
 honey  
 slivered almonds  
 coconut flakes



## *Very Berry Vanilla Smoothie Bowl*

### *Instructions & Ingredients*

1. To a blender, add 7 whole frozen strawberries,  $\frac{1}{2}$  cup crushed ice,  $\frac{1}{4}$  teaspoon vanilla extract, 2 chopped pitted dates, 3 tablespoons rolled oats, and  $\frac{1}{3}$  cup coconut milk.

2. Blend until smooth.

3. Pour into a bowl and top with 2 sliced strawberries,  $\frac{1}{2}$  small sliced banana, and a small handful of blueberries (I let the frozen berries sit a little bit on the counter, otherwise they are too frozen to be put into the blender)



# Red Quinoa and Black Bean Vegetable Salad

Light, fresh, and packed with protein and healthy fats, this tangy salad will have you dreaming of Spring and Summer.

Yield: ~5 cups

## Ingredients for the Salad

- 1 cup uncooked Red quinoa (Trader Joe's, for example)
- 1 (14oz) can black beans, drained and rinsed
- 1 red pepper, chopped
- 1/4 cup fresh Cilantro, finely chopped
- 2 Green Onions, chopped
- 1 cup fresh corn
- 1 small avocado, chopped into 1 inch pieces

## Ingredients for the Dressing

- 4-5 tbsp of fresh lime juice (Juice from 2 small limes)
- 1/2 tsp kosher salt, or to taste
- 1/2 tsp Freshly ground black pepper
- 1 garlic clove, minced
- 1/4 cup fresh Cilantro, finely chopped
- 1/4 cup extra virgin olive oil
- 1/2 tsp ground cumin, or more to taste

## Instructions

1. Cook 1 cup Red Quinoa according to package directions. While quinoa is cooking, prepare the chopped vegetables and whisk together the dressing.”
2. Allow quinoa to cool after cooking for about 5 minutes. Fluff with a fork. Add the beans and vegetables and toss well.
3. Drizzle dressing over salad and toss well with salt and pepper to taste. Bring salad to room temperature before serving. Keep fresh in a sealed container for 1-2 days. Makes about 5 cups.



## Black Bean Burgers

There can never be enough ways to get beans into your daily meals. This recipe is one of my family's favorites. Serve on toasted 100% whole-grain bread or buns with all the fixings. These burgers freeze well, so consider doubling the recipe so you'll have them ready for just-thaw-and-indulge moments. I also add minced carrots and red bell pepper into the mix.

Author: Dr. Michael Greger & Robin Robertson from The How Not to Die Cookbook



### Ingredients

- 1 cup old-fashioned rolled oats
- ½ cup walnut pieces
- 1 ¼ inch piece fresh turmeric (or ¼ teaspoon ground) grated
- ½ cup red onion chopped
- ⅓ cup mushrooms chopped
- 1 ½ cup cooked or 1 15-ounce BPA-free can or Tetra Pak salt-free black beans rinsed and drained
- 2 tablespoons tahini or almond butter
- 1 tablespoon ground flaxseeds
- 1 tablespoon nutritional yeast
- 1 tablespoon fresh parsley chopped
- 2 teaspoons white miso paste
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika
- 1 teaspoon Savory Spice Blend

This savory spice blend is used a lot in Dr. Greger's "How Not to Die Cookbook" and stores well in a container in the fridge.

Author: Dr. Michael Greger & Robin Robertson from The How Not to Die

## Ingredients

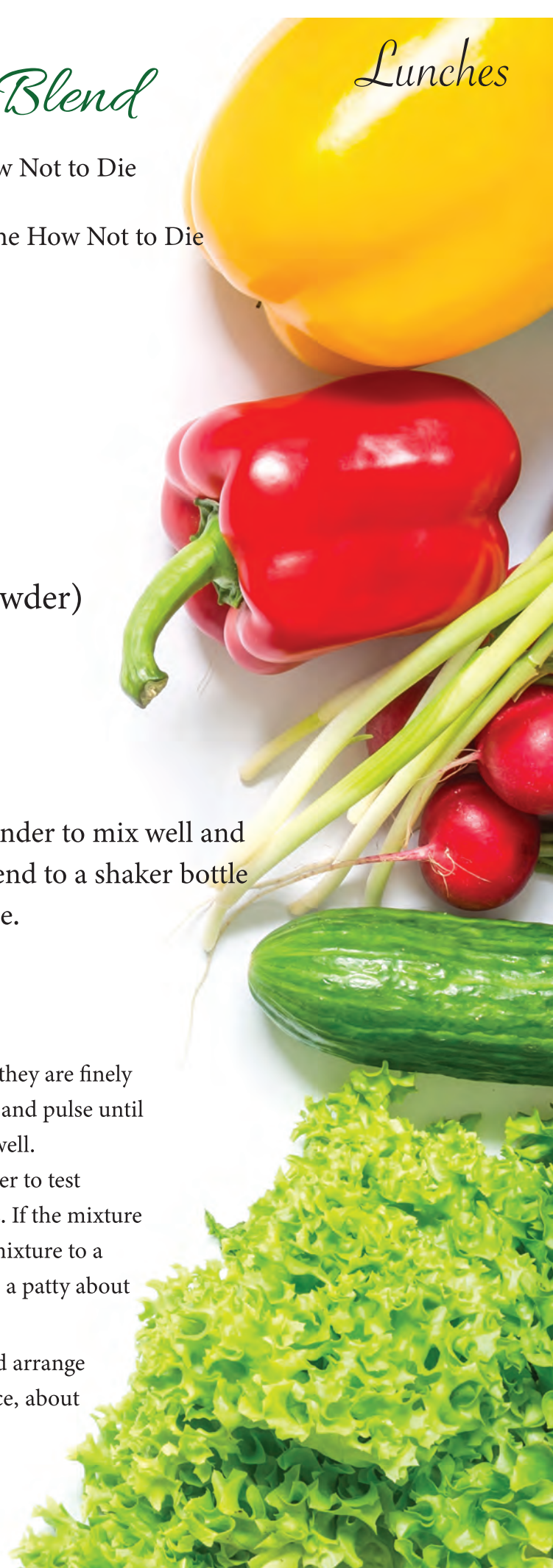
- 2 tablespoons nutritional yeast
- 1 tablespoon onion powder
- 1 tablespoon dried parsley
- 1 tablespoon dried basil
- 2 teaspoons dried thyme
- 2 teaspoons garlic powder
- 2 teaspoons dry mustard (mustard powder)
- 2 teaspoons paprika
- ½ teaspoon ground turmeric
- ½ teaspoon celery seeds

## Instructions

Combine all the ingredients in a spice grinder or blender to mix well and pulverize the dried herbs and spices. Transfer the blend to a shaker bottle or jar with a tight-fitting lid. Store in a cool, dry place.

## Instructions

1. Preheat the oven to 375°F
2. Pulse the oats, walnuts, and turmeric in a food processor until they are finely ground. Add the onion, mushrooms, beans, tahini, and flaxseeds and pulse until well combined. Add the remaining ingredients and pulse to mix well.
3. Pinch some of the mixture between your thumb and index finger to test whether it holds together. If the mixture is too wet, add more oats. If the mixture is too dry, add a little water, 1 tablespoon at a time. Transfer the mixture to a work surface and divide into four equal portions. Shape each into a patty about ½-inch thick and transfer to a plate. Refrigerate for 30 minutes.
4. Line a baking sheet with a silicone mat or parchment paper and arrange the burgers on it. Bake until hot and lightly browned, turning once, about 25 minutes. Serve hot, as desired.



My family calls this recipe "raiding the refrigerator" as we include basic ingredients as well and leftovers in the fridge. We each design our own burrito for a fun family meal.. This also makes a good lunch the next day or wraps for the lunch box. This really is the basic peasants' food - a whole wheat tortilla, brown rice or Spanish rice, beans, and guacamole.

Think Mix & Match! Wrap it up!

## Ingredients

- Homemade guacamole (see recipe below) and/ or diced avocados
- 4 cups chopped green lettuce, red cabbage or butterhead lettuce (or a mixture)
- 4 cut up green onions
- Grilled corn on the cob
- Organic grape tomatoes, chopped, and/ or salsa
- Unsalted organic tortilla chips, crunched
- Brown rice, or Spanish rice (rice cooked with a few tablespoons of tomato paste)
- 1-2 whole wheat tortillas per person
- 1 block tofu, cut into cubes and quickly fried in a pan, with 1 tsp of olive oil
- Black beans, kidney beans, or garbanzo beans, heated
- Any leftovers you find in the fridge - stews, soups, grilled veggies, plain quinoa..
- The options are endless!

## Instructions

1. Preheat the oven to 375°F
2. Pulse the oats, walnuts, and turmeric in a food processor until they are finely ground. Add the onion, mushrooms, beans, tahini, and flaxseeds and pulse until well combined. Add the remaining ingredients and pulse to mix well.
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Guacamole Recipe on the Next Page >



## *Fresh Guacamole Ingredients*

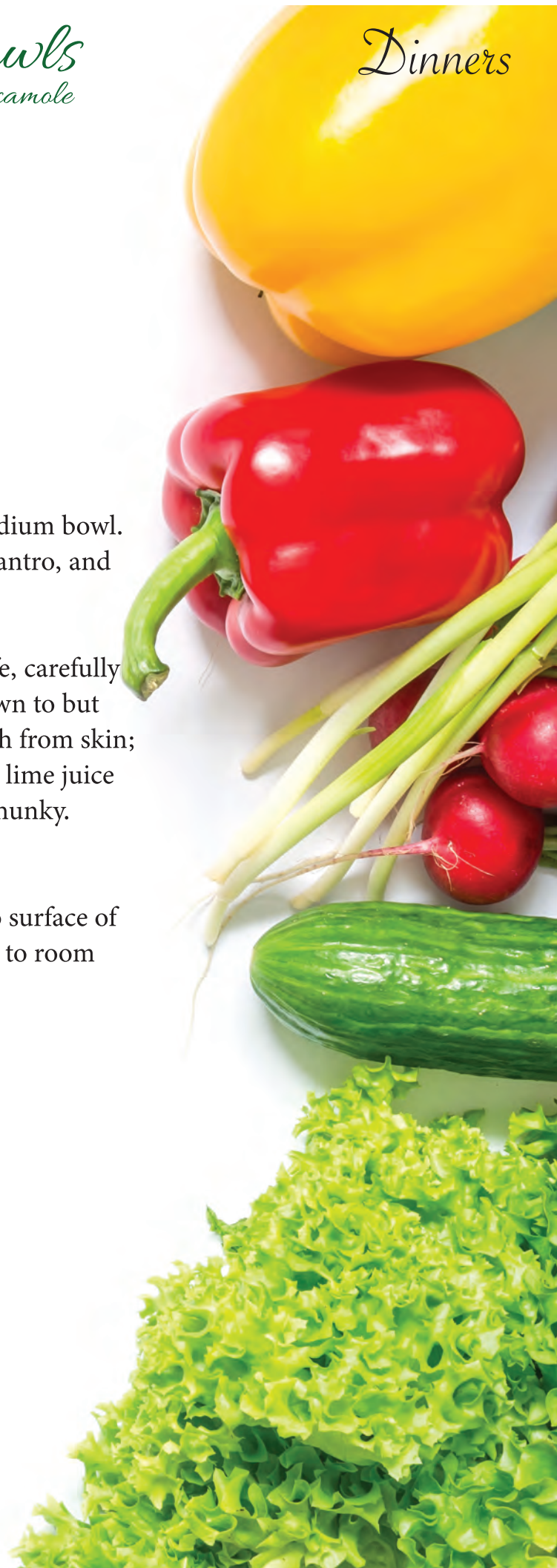
- 2 small Haas avocados, ripe
- 1 tablespoon minced red onion
- 1 small clove, garlic, minced
- ½ small jalapeno chile, minced, about 1 ½ teaspoons
- 2 tablespoons minced fresh cilantro leaves
- table salt, use carefully
- 1 tablespoon lime juice from 1 lime

## *Instructions*

1. Halve 1 avocado, remove pit, and scoop flesh into medium bowl. Using fork, mash lightly with onion, garlic, jalapeño, cilantro, and 1/8 teaspoon salt until just combined.

2. Halve and pit remaining avocado. Using a dinner knife, carefully make 1/2-inch cross-hatch incisions in flesh, cutting down to but not through skin, . Using a soup spoon, gently scoop flesh from skin; transfer to bowl with mashed avocado mixture. Sprinkle lime juice over and mix lightly with fork until combined but still chunky. Adjust seasoning with salt, if necessary, and serve.

(Can be covered with plastic wrap, pressed directly onto surface of mixture, and refrigerated up to 1 day. Return guacamole to room temperature, removing plastic wrap just before serving.)



# Ginger Sweet Potato & Coconut Milk Stew With Lentils & Kale

NOTES: Coconut milk is naturally sweet and (obviously) so are sweet potatoes. You can use dried chili to balance things out, but of course add as much as you feel comfortable with. Chard or mustard greens would also be delicious in place of the kale. SERVES 4 to 6.

## Ingredients:

- 1 tablespoon coconut oil
- 1 diced medium yellow onion
- ½ - 1 teaspoon dried chili flakes
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- ½ teaspoon ground turmeric
- 2-inch piece fresh ginger, peeled and minced
- 3 garlic cloves, peeled and minced
- sea salt and ground black pepper, to taste
- 1 ½ lbs (690 gr. or 2 medium) sweet potatoes, peeled and diced into 1-inch pieces
- ½ cup brown lentils, picked over
- 4 cups vegetable stock
- 13.5 oz (400 ml) can full fat coconut milk
- 1 small bunch of kale, stems removed & leaves chopped (about 4 cups chopped & lightly packed kale)

## Garnish

- chopped cilantro
- extra chili flakes
- lime wedges
- Nigella seeds (optional)

## Instructions:

1. Heat a large, heavy-bottomed soup pot over medium heat. Add the coconut oil to the pot and let it melt. Add the onions to the pot and stir. Saute the onions, stirring occasionally, until translucent and quite soft, about 5 minutes. Add the chili flakes, coriander, cumin, and turmeric. Saute spices until very fragrant, about 1 minute. Add the ginger and garlic to the pot and cook for another minute. Add a pinch of salt and pepper.
2. Add the sweet potatoes to the pot and stir to coat in the spices. Add the lentils to the pot and stir once more. Season everything liberally with salt and pepper. Add the vegetable stock and stir, scraping up any browned bits on the bottom of the pot. Place the lid on top of the pot and bring to a boil.
3. Once the stew is boiling, lower the heat to a simmer and set the lid slightly askew on top of the pot so that there's a couple inches available for steam to escape. Simmer until the sweet potatoes are almost falling apart and the lentils are tender, about 30 minutes. The liquid should also be reduced by almost a third.
4. Add the coconut milk and kale to the pot and stir. Place the lid on top and continue to simmer the stew until the kale is wilted and bright green, about 3-4 minutes. Season the sweet potato and coconut milk stew again with salt and pepper. Bring the stew back up to a strong simmer and check for seasoning. Adjust with more salt, pepper, chili etc. if necessary.
5. Serve the stew hot with chopped cilantro, extra chili flakes, and lime wedges.

# Blueberry Coconut Chia Seed Pudding

## Chia Seed Pudding Ingredients:

- 1 can lite coconut milk
- ¼ cup water
- 1 tsp vanilla extract
- 6 tbsp chia seeds
- 1 ½ cup frozen blueberries (or other berries)
- 2 tbsp water



## Instructions:

1. Add 1 can lite coconut milk, vanilla extract, ¼ cup of water and chia seeds to a large mixing bowl
2. Mix together thoroughly and place in the refrigerator to chill for at least 6 hours or overnight
3. Prepare the blueberry or berry sauce by adding frozen blueberries and 2 tbsp of water to a saucepan and bring heat to medium
4. When the blueberries begin to burst after 3-5 min, smash them with a fork or potato masher
5. Reduce the heat and simmer for 10 min stirring frequently.
6. Remove saucepan from stove and allow to cool completely
7. Pour chia mixture into mason jars and top with blueberry sauce. Store in refrigerator.

Enjoy

# Chocolate Peanut Butter Energy Bites

(Recipe by Megan Marlow)

These little peanut balls are so delicious they serve as a snack or treat as well.

## Ingredients:

- 5 medjool dates (pitted and soaked in warm water for 15 min to soften if hard)
- 1/3 cup rolled oats
- 1/4 cup almond meal
- 1 Tbs chia seeds
- 1/4 tsp vanilla extract
- 2 Tbs raw cacao
- 3 Tbs peanut butter (unsweetened, unsalted)
- 2 Tbs cacao nibs
- Pinch of coarse sea salt



## Instructions:

1. Blend all ingredients in food processor until combined. Roll into balls

Enjoy