

RAWKYLE



5-DAY

**VEGAN WEIGHT LOSS
CHALLENGE MEAL PLAN**

monday

breakfast

Chocolate Almond Butter Smoothie:

1 cup unsweetened almond milk, 1 tbs almond butter, 2 tbs cacao powder, 3 medjool dates, 2-3 frozen bananas

Method: Blend until smooth & creamy and enjoy.

lunch

Sweet Potato Wedges:

3 small sweet potatoes, peeled and sliced into wedge/fry shapes

"Honey" Mustard Dipping Sauce: 1 tbs maple syrup, 1 tbs tahini, 1 tsp sriracha, ¼ tsp garlic powder, ¼ tsp Himalayan salt, ½ tsp dijon mustard

Method: Place sweet potato wedges on a parchment lined baking sheet. Bake at 425 degrees Fahrenheit for 20-25 minutes, flipping halfway through. For the dipping sauce, stir all ingredients together in a small bowl until well-combined.

dinner

Kale Caesar Salad:

3-4 cups curly kale, de-stemmed and chopped

Dressing: ½ cup raw cashews, 1/3 cup water, 1 tbs fresh lemon juice, 1 teaspoon maple syrup, 1 tsp dijon mustard, 1 clove garlic, ½ tsp Himalayan salt, ¼ tsp black pepper, 1 tbs nutritional yeast

Method: Add kale to large salad bowl. For the dressing, combine all ingredients into a blender and blend until creamy and smooth. If you don't have a high-speed blender, soak cashews in water for a few hours prior to blending to soften them. Massage dressing into kale and enjoy. Eat plain or add gluten-free, vegan croutons. (slice gluten-free bread into small squares, add garlic powder and coconut aminos or soy sauce, and bake at 350 degrees Fahrenheit for 15 minutes on a parchment lined baking sheet)



tuesday

breakfast

PB&J Smoothie Bowl:

$\frac{3}{4}$ cup unsweetened almond milk, 3 tbs organic powdered peanut butter, 2 medjool dates, $\frac{1}{2}$ cup frozen strawberries, $\frac{1}{2}$ cup frozen blueberries, 1-2 frozen bananas.

Method: Blend until smooth & creamy. Don't over blend as you want this to be a thick mixture. Transfer to a bowl and add all of your favorite toppings. I love sliced banana, fresh sliced strawberries, hemp seeds, dried coconut, cacao nibs, granola, and a small scoop of almond or cashew butter on top. (if mixture is too thick, add little bits of liquid at a time to help blend)

lunch

Rainbow Quinoa Salad with Cheesy Tahini Dressing:

3-4 cups romaine lettuce, $\frac{1}{2}$ cup chopped red bell pepper, $\frac{1}{2}$ cup sliced cucumber, $\frac{1}{2}$ cup sliced grape tomatoes, $\frac{1}{2}$ of 1 avocado, and $\frac{1}{4}$ cup quinoa

Dressing: 2 tbs tahini, 1 tbs maple syrup, 1 tbs fresh lemon juice, 3-4 tbs water, 2 tbs nutritional yeast, $\frac{1}{2}$ tsp garlic powder, $\frac{1}{4}$ tsp Himalayan salt, $\frac{1}{8}$ tsp ground black pepper

Method: Cook quinoa according to package instructions. Add all salad ingredients to a large salad bowl. Allow quinoa to fully cool and then add to salad. For the dressing, stir all ingredients together in a small bowl until well-combined. Drizzle dressing on top of salad and enjoy.

dinner

15-Minute Sweet Potato Chili:

1 cup chopped yellow onion, 5 cloves minced garlic, 1-28 oz can crushed fire roasted tomatoes, 1-15 oz can rinsed garbanzo beans, 1-15 oz can rinsed kidney beans, 1-15 oz can rinsed black beans, 3 cups vegetable broth, 2 tablespoons chili powder, 2 tablespoons coconut sugar, 1 $\frac{1}{2}$ teaspoons cumin, 1 $\frac{1}{2}$ teaspoons garlic powder, 1 $\frac{1}{2}$ teaspoons onion powder, $\frac{1}{2}$ teaspoon crushed red pepper seeds, 2 cups peeled & chopped sweet potato, 2 tbs fresh lime juice

Cashew Sour Cream: 1 cup raw cashews, $\frac{1}{4}$ cup fresh lemon juice, $\frac{1}{4}$ cup water, 1 tsp Himalayan salt

Method: Combine onion and garlic in a large pot with $\frac{1}{4}$ cup of water and sauté over medium heat for 5-7 minutes. Add remaining ingredients, stir, bring to a boil over medium heat, then cover and cook for 15 minutes, stirring occasionally. For the cashew sour cream, combine all ingredients in a blender and blend until creamy & smooth. Add chili to a bowl and top with avocado and cashew sour cream. (chili makes at least 4 servings)



wednesday

breakfast

The Best Green Smoothie:

1 cup unsweetened almond milk, 1 tbs hemp or chia seeds, 2-3 medjool dates, 1-2 cups spinach, 2 bananas, 2 cups frozen mango

Method: Blend until smooth & creamy and enjoy.

lunch

Rice Or Quinoa Burrito Bowl:

½ cup brown rice or quinoa, ½ of 1 mashed avocado, ½ cup organic non-gmo corn, ½ cup rinsed black or kidney beans, ½ cup sliced grape tomatoes, ¼ cup organic salsa, ¼ cup chopped red onion

Method: Cook rice or quinoa according to package instructions. Add rice to a bowl and layer the rest of the ingredients around the top of the bowl. Sprinkle with Himalayan salt & black pepper.

dinner

Spaghetti Squash Alfredo:

1 spaghetti squash

Alfredo Sauce: 2 tbs fresh lemon juice, ¼ cup water*, 1 medjool date, 2 cloves garlic, 1 tsp onion powder, ¼ tsp Italian seasoning, ¼ tsp Himalayan salt, ½ cup raw cashews, black pepper (optional)

Method: Slice spaghetti squash in half, (lengthwise) scoop out seeds, and place face down on a parchment lined baking sheet and bake at 400 degrees Fahrenheit for approximately 40-45 minutes. Allow to cool slightly and then carefully scrape out "noodles" using a fork and place them into a bowl. For the Alfredo Sauce, simply blend all ingredients together until smooth and creamy, then stir into noodles. If you don't have a high-speed blender, soak cashews in water for a few hours prior to blending to soften them.

*Adjust water amount to make sauce as thin or thick as you like.



thursday

breakfast

Chocolate Raspberries & Cream Smoothie:

1 cup cashew milk, 1 cup fresh raspberries, 2-3 medjool dates, 2 tbs cacao powder, 1 tbs hemp seeds, 2-3 frozen bananas

Method: Blend until smooth & creamy and enjoy.

lunch

Cheesy Broccoli Potato Soup:

5 cups peeled and chopped russet potatoes, 2 cups low-sodium vegetable broth, 2 cups unsweetened almond milk, 5 cloves minced garlic, 1 cup finely chopped yellow onion, ½ cup nutritional yeast, ¼ - ½ tsp black pepper, 1 tbs coconut sugar, 1 ½ tsp Himalayan salt, 2 cups frozen broccoli

Method: In a large pot, combine all ingredients, except for frozen broccoli, and bring to a boil over high-heat. Once you've reached a boil, lower heat to medium, cover, and allow to cook for 10 minutes, stirring occasionally. Then, add frozen broccoli, increase heat back to high to return to a boil, then lower heat to medium, cover, and allow to cook for an additional 5 minutes. Mash soup using a potato masher or transfer half of soup to a blender, purée, and then return to pot for a creamier soup. (makes 4 servings)

dinner

One-Pot Pasta Stir-Fry:

1 cup vegetable broth, 1 cup unsweetened almond milk, 2 tbs tahini, 1 tbs coconut aminos*, 1 tbs apple cider vinegar, 1 tbs maple syrup, 3 cloves garlic, 1/8 - ¼ tsp cayenne pepper, 3-4 tbs nutritional yeast, 2 cups frozen stir-fry vegetable blend, 1 ¼ cups gluten-free penne pasta

Method: In a large pot, combine all ingredients, except for pasta, stir well, and bring to a boil over high-heat. Add pasta, lower heat to medium-low, stir, cover, and allow to cook for approximately 12 minutes, or until noodles become tender. Stir every 2-3 minutes. Remove from heat and allow to cool/thicken for 5-10 minutes before serving. If pasta is not fully cooked after 12 minutes and there is no liquid left in the pot to help it cook, slowly add splashes of almond milk and continue cooking until noodles are tender. (serves 2)

*Coconut aminos are a gluten-free soy sauce alternative. You can also use tamari or another gluten-free soy sauce. You'll want to use less as most soy sauce is much higher in sodium than coconut aminos.



breakfast

Ultimate Greens & PB Smoothie:

1 cup unsweetened almond milk, 1 tbs hemp seeds, 3 tbs organic powdered peanut butter, 2-3 medjool dates, 2 cups spinach, 2-3 frozen bananas

Method: Blend until smooth & creamy and enjoy.

lunch

Raw Pesto Pasta:

2 large zucchini, peeled

Pesto Sauce: ¼ cup water, 1 tbs fresh lemon juice, ½ cup fresh basil, (approximately 15 leaves) 2 cloves garlic, ¼ tsp Himalayan salt, 1/8 tsp black pepper, 2 tbs raw pine nuts, 1 avocado

Method: Make noodles out of your zucchini using a spiralizer. If you don't have a spiralizer you can also use a mandolin or simply a vegetable peeler to make veggie noodle strips. For the sauce, add all ingredients to a food processor or blend and blend until creamy and smooth. Combine sauce with noodles and enjoy right away. (raw zucchini contains a lot of water and will begin to get soggy and release water the longer it sits after the sauce has been added)

dinner

Apple Quinoa Salad With Maple Dijon Dressing:

3-4 cups chopped romaine lettuce, 1 chopped apple, 2-3 chopped medjool dates, ¼ cup chopped red onion, ¼ cup quinoa, crushed walnuts or pecans (optional)

Maple Dijon Dressing: 2 tbs tahini, 1 tbs apple cider vinegar, 1 ½ tbs maple syrup, 1-2 tsp dijon mustard, ½ tsp garlic powder, ¼ tsp Himalayan salt, 1/8 tsp black pepper, water (slowly add 1 tbs at a time until you reach the dressing consistency that you like)

Method: Cook quinoa according to package instructions. Let cool fully before assembling your salad. For the dressing, I like to make this a "bottom of the bowl" dressing. Grab your salad (or mixing) bowl and add in dressing ingredients. Stir together until well-combined. Add salad ingredients on top of dressing and stir until salad is evenly coated. Enjoy immediately.



healthy snack options

Good:

- Sprouted Grain Bread (like Ezekiel) or Vegan + Gluten-Free Bread with Mashed Avocado, Himalayan Salt, & Black Pepper OR with Nut or Seed Butter and Fresh Fruit Slices
- Gluten-Free Crackers with Organic Hummus
- Organic Popcorn (freshly popped, if possible)

Better:

- Rice Cakes with Mashed Avocado, Himalayan Salt, & Black Pepper OR with Nut or Seed Butter and Fresh Fruit Slices
- Kale Chips
- Oil-Free Baked Potato Wedges/Fries

Best:

- Fresh Fruit (as much as you care for)
- Nuts & Seeds or Organic Trail Mix
- Homemade Energy Balls/Bites
- Chia Pudding
- Overnight Oats
- Sliced Apple and/or Banana with Nut or Seed Butter
- Chocolate Avocado Pudding
- Fresh Vegetables with Organic Hummus
- Sweet Potato Toast
- Fresh Guacamole with Raw Crackers or Fresh Vegetables

For recipe ideas on any of the above options, post in the Facebook Group for support. That's what it's there for. Everyone will be more than happy to help and so will I. 😊





