



*week 2*

VEGETARIAN  
WEEKLY MEALS

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*transformation  
guide*

# WEEKLY MEALS MADE EASY: WEEK 2

## FRIDGE & PANTRY STOCK: LEARN HOW TO MAKE LIFE EASY IN THE KITCHEN

Life can get really hectic. Last week, I am sure you had huge success with your meal plan, as having a trusted and proven 7-day meal plan can lead to success. You learned to pre-plan and how effective it can be to cook once and eat three times. This week, we are going to learn how to stock your pantry with staples.

I am going to walk you through the essentials that are important for long-term success in your home.

When you have these staples in your fridge and in your pantry, you can make meals in a pinch, and that is the key to eating clean no matter how “on the go” your life happens to be.

# THIS WEEK'S PLAN

## THE "REVITALIZE YOUR BODY" MEALS AT A GLANCE

GRAINS	VEGGIES	DAIRY LIKE	BAKING GOODS	SEASONING
Brown Rice Brown Rice Tortillas Gluten-Free Oatmeal Quinoa Millet Buckwheat Noodles Gluten-Free Bread Gluten-Free Pasta Corn Meal for Polenta	Dark, Leafy Greens Celery Sweet peppers Garlic Onion Potatoes	Almond Milk Coconut Milk Hemp Milk Coconut Yogurt Kefir	GF Flour Blend (Namaste is great) Baking Soda Baking Powder Honey Sesame Seed Oil Almond Oil Nut Butters Coconut Oil Olive Oil Vanilla Balsamic Vinegar Bragg's Raw Apple Cider Vinegar	Sea Salt Tamari Garlic Seasoning Dulse Cinnamon Turmeric Cumin Ginger
<b>DRIED FRUIT</b> Goji Berries Currants Raisins Dates Figs	<b>BEANS &amp; LENTILS:</b> Black Beans Pinto Beans Cannellini Beans Kidney Beans Garbanzo beans	<b>SEEDS:</b> Pumpkin Seeds Almonds Cashews Sunflower Seeds Flax Seeds Chia Seeds Sesame Seeds		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gluten-Free Pancakes	Green Smoothie	Protein Pancakes	Dairy-Free Yogurt Breakfast	Tomato Spinach Frittata	Protein-Packed Healthy Gluten-Free Oatmeal	Blueberry Smoothie
Cleansing Kale Salad with your choice of protein	Corn Chowder (add 4 ounces of plant-based protein to soup)	Apple Fennel Soup and Beets and Onions with Cumin	Carrot-Ginger Soup and small side salad	Kale Salad with Cranberries and Sunflower Seeds	Chickpea Macaroni Salad with Simple Braised Greens	Leftovers (make it simple on yourself - it is Sunday!)
Braised Coconut Spinach with Black Beans and Lemon	Leftovers with a huge salad	Chopped Asian Salad	Spinach Salad with Pumpkin Seeds with ½ cup beans	Leftovers with a huge salad	Sun Butter Vegetable Curry	Leftovers & Quinoa & Asparagus Risotto

## TIPS FOR THE WEEK:

1. Many people have different preferences for eating protein.
2. Some require more protein than others.
3. Take this week to see how much protein you need.
4. If you eat meat, feel free to add bison, chicken, beef, or turkey to any meal. I like recipes from Elena's Pantry, which you can visit at <http://www.elanapantry.com>.
5. If you are vegan or vegetarian, you can add tempeh, tofu, or beans to any recipe, and you can find many recipes at Kris Karr's website at <http://kriscarr.com/recipes/>
6. Make sure you are nourishing your body with the right kind of protein for your body. Protein is the essential building block for your cells, body, and brain.

# JUST IN CASE YOU WANT TO CHANGE IT UP

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

