



3 Day Plant-Based Starter Menu *with Recipes*

Drink two 8-10 oz. glasses of water upon rising each day.

Day 1	
Breakfast	Morning Power Smoothie
Snack	Trail mix
Lunch	- Quinoa Cranberry Salad (1.5 cups) - Hummus or other black bean dip with raw celery, carrots, cucumbers, bell peppers
Dinner	- Speedy Bean Burritos - Large Mixed green salad

Day 2	
Breakfast	Creamy Raw Steel Cut Oatmeal (1 bowl)
Snack	Whole fruit - or handful of healthy trail mix
Lunch	- Chickpea and Kale Sandwich Spread on whole grain bread - Miso Mango Kale Salad
Dinner	Broccoli Almond Stir Fry with brown rice

Day 3	
Breakfast	Morning Power Smoothie-2
Snack	Roasted chickpeas or handful of healthy trail mix
Lunch	- Almond Pesto (1 cup) with red pepper slices, cucumber and gluten-free crackers - Large mixed green salad
Dinner	1 small Baked Yam, leftover Kale Salad, and Black-eyed Peas

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3 Day Plant-Based Starter Plan Recipes

Day 1 Recipes:

Morning Power Smoothie

Preparation:

- 1 mango (peeled)
- 1 orange, peeled
- 1 lemon, peeled
- ½ cup strawberries
- 3 kale leaves
- 2 tbsp hemp seeds
- 1 tbsp flax seeds
- ½ teaspoon coconut oil
- Optional: 1 scoop raw protein powder (i.e. Garden of Life raw protein powder)
- ¼ cup water and 1/2 cup ice



Preparation:

Blend until smooth; add more water as needed to aid blending.

Dr. Ruby's Cranberry Quinoa ("keen-wa"), By Ruby Lathon, PhD

Quinoa is a complete protein (has all of the essential amino acids). Keeps well refrigerated for several days.

Ingredients

- 3 cups quinoa (if you find dried sprout quinoa, that is-preferred, but any quinoa will work)
- 1 small bunch kale, torn into bite size pieces
- 1 cup dried organic cranberries
- 1 cup organic raisins
- 1 cup organic celery, diced
- 1/2 cup green onions (scallions)
- 1/2 cup raw sunflower seeds
- 1/2 cup parsley, chopped
- 3 tablespoons organic red wine vinegar
- 1 tablespoon fresh lemon juice
- 2 teaspoons extra virgin olive oil
- 1 teaspoon sea salt or to taste



Preparation:

1. Put cooked quinoa (follow package cooking instructions) in large mixing bowl and mix in torn kale; set aside.
2. In a separate bowl mix red wine vinegar, lemon juice, olive oil, sea salt, and parsley with a whisk.
3. Pour dressing over quinoa. Toss the quinoa with the cranberries, raisins, celery, onions, and sunflower seeds. Chill until ready to serve.

Note: To make the raw version of this dish sprout the quinoa: **To sprout quinoa:** put 1.5 cups of quinoa in a mason jar and fill it with purified water. Let it soak 6-12 hours. Drain and rinse the quinoa and let it sit on the counter for the next 24-48 hours, making sure to rinse it every morning and every night. After 24 hours, you will see little tails starting to grow out of the quinoa. You can then eat and/or store the quinoa in the refrigerator for a few days.

Speedy Black Bean Burritos

Ingredients

- 1 15-ounce can black beans, drained
- 1/4 cup organic salsa
- 4 sprouted grain tortillas
- 1 cup shredded leaf lettuce
- 1 tomato, chopped
- 1 avocado, sliced (optional)
- 1 additional tablespoon salsa for serving



Directions:

1. Combine black beans, and salsa, in a saucepan and simmer gently for 5 minutes, stirring occasionally. Remove from heat, cover, and let stand for 5 minutes.
2. Heat a tortilla in a dry skillet until it is warm and soft (optional)
3. Spread a line of bean mixture down the center of the tortilla. Top with lettuce, tomato, avocado, and additional salsa.
4. Roll the tortilla around the filling, and then repeat with the remaining tortillas. Serve.

Mixed Green Salad

Ingredients

- 3 cups organic spring mix greens
- 1 cup purple cabbage, shredded
- 1 organic yellow or red bell pepper, diced
- ½ cup organic alfalfa or broccoli sprouts
- 1 tomato, chopped
- 2 tablespoons raw pumpkin or sunflower seeds
- 2 tablespoons organic raisins

Dressing

- 2 tablespoon balsamic vinegar
- 1.5 tablespoon extra virgin olive or hemp seed oil
- Dash of cracked pepper and sea salt to taste
- Juice of half a lemon



Directions:

1. Add all ingredients into a large bowl; toss gently until well mixed.
2. Whisk dressing ingredients in a small bowl until mixed
3. Drizzle dressing over salad and toss again until leaves are coated.

Day 2 Recipes:

Creamy Oatmeal (Raw)

This recipe has to be soaked overnight, but so easy!

Ingredients:

- 1 cup steel cut oats
- 1 1/2 cups water
- 1 chopped apple
- 1 tablespoon raisins
- 1 teaspoon cinnamon
- Optional Toppings: plain almond milk, berries, sliced peaches, diced mango



Preparation:

1. The night before, add the water, raisins, cinnamon and then the steel cut oats into your blender.
2. Let them sit overnight (un-blended).
3. In the morning, start your blender.
4. While the water and oats are blending, chop the apple and then add it to the blender.
5. Continue blending until the oatmeal is a nice, smooth texture.
6. Add any optional toppings

Simple Trail Mix

Ingredients:

- 2 tablespoons raw sunflower seeds
- 1 tablespoon raw pumpkin seeds
- 1.5 tablespoons organic raisins
- 1 tablespoon raw walnuts
- 1 tablespoon raw almonds

Preparation: Mix together in a bag or bowl.



Chickpea and Kale Spread, by Nava Atlas, *Plant Power: Transform Your Kitchen, Plate, and Life*

Makes a great spread or a filling for pita bread or a wrap with lettuce and sliced tomatoes. Or, place a scoop of it on a bed of baby greens. Serves: 4 to 6

Ingredients:

- 3 medium kale leaves
- 2 cups or one 15-ounce can organic chickpeas, drained and rinsed
- 2 tablespoons nutritional yeast
- 1/3 cup vegan mayonnaise (*Veganaise* or *Simply Mayo*)
- 2 teaspoons brown mustard
- 2 tablespoons fresh parsley, chopped
- 2 scallions (green onions), finely chopped
- 1 to 2 tablespoons lemon juice, to taste
- 1/2 teaspoon curry powder
- 1/2 teaspoon ground cumin
- Sea salt and freshly ground pepper to taste



Directions:

1. Stem the kale leaves and tear the leaves into several pieces. Place in a food processor and pulse on and off until finely chopped.
2. Add the remaining ingredients and pulse on and off until the chickpeas are also evenly chopped and everything is blended—don't over process; leave the mixture a bit chunky.
3. Serve at once, or cover and refrigerate until needed. Serve as suggested above.

Note: if you don't have a food processor, mash the chickpeas with a fork or potato masher and tear kale leaves into bite-size pieces.

Dr. Ruby's Miso Mango Kale Salad, By: Ruby Lathon, PhD

Ingredients (makes 6 to 8 servings):

- 2 large bunches curly kale, washed and torn into small pieces
- 4 tablespoons miso tamari (or 4 tablespoons regular tamari and 1 tablespoon white miso paste –mix well)
- 1-2 tablespoons stone-ground mustard
- 2 tablespoons extra virgin olive oil
- 3 cloves garlic, minced
- Juice from 1 lemon
- 1 large, ripe or almost ripe mango, peeled and diced



Directions:

1. Place the kale in a large bowl. Massage the kale for a minute or two to soften.
2. Whisk all ingredients except kale and mango until well mixed.
3. Drizzle the over the kale and toss salad to coat all leaves with the dressing.
4. Add in the diced mango and toss well. Serve immediately or store in refrigerator.

Broccoli Almond Stir Fry, By: Ruby Lathon, PhD

Ingredients:

- 1 head of broccoli, cut into florets
- 1 large red bell pepper, (remove seeds) cut into 2 inch chunks
- 1/2 cup raw almonds (soaked for 2 or more hours, drain)
- 1/4 cup sundried tomatoes, chopped
- 1 teaspoon dulse (granules)
- 1 tablespoon Bragg's Liquid Amino
- 1 teaspoon olive oil
- ½ teaspoon garlic powder (optional)
- ½ package of marinated coconut curry tempeh (**optional**)



Directions:

1. Chop bell pepper. Heat about 3-4 tablespoons of water in a wok or stainless steel pan.
2. Add tempeh and cook for about 3 minutes to brown slightly.
3. Add broccoli, bell pepper and sundried tomatoes. Cover and let cook on medium heat for about 2 minutes, stir occasionally to prevent tempeh from sticking.
4. Add all other ingredients except olive oil. Cover for 2 more minutes until broccoli is bright green and still firm.
5. Remove from heat and drizzle with olive oil. Serve over brown rice or quinoa.

Day 3 Recipes:

Morning Power Smoothie-2

Preparation:

- 1 banana (peeled)
- 1 orange, peeled
- ½ cup strawberries
- 1 inch fresh ginger, peeled
- 1 cup spinach or 3 large kale leaves
- 2 tbsp hemp seeds
- Optional: 1 scoop raw protein powder (i.e. Garden of Life raw protein powder)
- ¼ cup water and 1/2 cup ice



Preparation:

Blend until smooth; add more water as needed to aid blending.

Almond Garlic Pesto, *By: Ruby Lathon, PhD*

Serve on romaine lettuce, with raw veggies, over salad, with pita bread or tossed over pasta.

Ingredients:

- ½ cup raw almonds or cashews
- 1 cup fresh cilantro (parsley also works)
- 2 tablespoons fresh squeezed lemon juice
- 3-5 tablespoon virgin olive oil
- 3 cloves raw garlic (or more to taste)

Directions:

Add all ingredients to a food processor except the olive oil. Pulse the food processor until all ingredients are combined. While the processor is running add the olive oil a tablespoon at a time until the desired consistency is reached. Serve immediately or store refrigerated.



Mixed Green Salad – See day 1 for recipe

Spicy Collard Greens, *by Tracye McQuirter, “By Any Greens Necessary”*

Ingredients:

- 4 or 5 cloves garlic, peeled and minced
- 1 bunch collard greens, bottom stems removed
- 1/4 halved sun-dried tomatoes (7-10 tomatoes)
- 1 tablespoon Bragg Liquid Aminos or coconut aminos
- dash cayenne pepper



Directions:

1. Heat a few tablespoons water a skillet. Add the garlic and sauté until translucent.
2. Cut the collards lengthwise into strips. Add the collards to the skillet, stirring to make sure all the strips are coated.
3. Cover and let the collards break down, 5-10 minutes. Add the tomatoes and seasonings, stir and cook for another 5 minutes.

Black Eyed Peas:

- Frozen black eyed peas: prepare according to package directions.

OR

- Dried peas

Directions (Dried Peas):

1. Sort dried peas by hand to remove any leaves or small rocks. Discard peas that have extremely wrinkled skins or blotches. Rinse peas.
2. Put 1 lb. of dried peas in a 4-qt. stock pot.
3. Cover peas with 6 cups of hot water.
4. Add salt and pepper to taste, along with seasonings if desired.
5. Bring the pot to a boil.
6. Cover the pot and reduce the heat to simmer.
7. Uncover pot to add seasonings 1 large chopped onion, and 2 cloves minced garlic – cover pot again.
8. Cook peas for 45 minutes to 1 hour until tender. Add 3/4 teaspoon sea salt (or to taste), ½ teaspoon cayenne pepper, 1 tablespoon olive oil.



Baked Yam

Ingredients:

- 1 Large yam (or more for additional diners)
- 1 teaspoon raw agave nectar
- 1 teaspoon cinnamon

Directions (Dried Peas):

1. Wash yam thoroughly (leave skin on)
2. Place in glass dish and bake (400 degrees) for 60-90 minutes until you can pierce easily with a fork.
3. Cut open and mash with fork.
4. Drizzle with 1 teaspoon raw agave syrup and ½ teaspoon cinnamon. Optional: Add ¼ cup coconut or almond milk and mix with fork

