



BY KHADEJAH & JABARI STEGALL

Congratulations on choosing to live a healthier life. Your physical, mental, and spiritual will be better by nourishing your temple with food God created for us to eat. Remember that there is never a “right” time to eat better. Start today! Detox your kitchen of junk food now, so you aren’t tempted to eat it. Don’t want to waste food? You would throw away bad fruit, so throw away food that doesn’t have any nutritional value and bad for your health. It is my prayer that this helps you transition into a healthier lifestyle!

BREAKFAST

GREEN SMOOTHIE (FROZEN FRUIT, KALE, BANANA, WATER, AND OPTIONAL SWEETENER)

OATMEAL WITH FRUIT

FRUIT BOWL

TOAST WITH HUMMUS

TOAST WITH NUT BUTTER TOPPED WITH BANANAS

TOAST TOPPED WITH AVOCADO

OVERNIGHT OATS: PUT ROLLED OATS, NON-DAIRY MILK, PEANUT BUTTER, AND BANANAS INSIDE A MASON JAR. SHAKE AND LEAVE IN REFRIGERATOR (SEE RECIPE [HERE](#))

QUINOA FRUIT BOWL: (PREPARE LIKE OATMEAL AND ADD YOUR FAVORITE FRUIT) SEE EXAMPLE [HERE](#)

VEGAN BREAKFAST BURRITO: (CORN TORTILLAS, BEANS, TOMATOES, ONIONS, AND BABY KALE)

POTATOES AND MIXED PEPPERS

VEGAN MUFFINS: ([RECIPE](#)) PREP THIS FOR THE WEEK FOR A QUICK SNACK OR BREAKFAST

VEGAN PANCAKES: ([RECIPE](#))

VEGAN BREAKFAST SKILLET: (POTATOES, BLACK BEANS, GREENS, ONIONS, AND PEPPERS)

SWEET POTATO BOWL: (COOK SWEET POTATO, ADD SPICES + SWEETENER, THEN ADD FRUIT OF YOUR CHOICE! SERVE WITH OATMEAL IF YOU WOULD LIKE

SNACK IDEAS

RICE CAKE WITH NUT BUTTER ([SEE DIVERSE WAYS TO MAKE THIS FUN & TASTY!](#))

HUMMUS WITH CHERRY TOMATOES, CARROTS, OR CELERY STICKS

GUACAMOLE WITH CORN TORTILLA CHIPS: (DO NOT OD ON THE CHIPS, LOOK AT THE SERVING SIZE)

BREAD WITH PEANUT BUTTER, HONEY, AND BANANAS

FRUIT SMOOTHIE (PINEAPPLE & MANGO OR WATERMELON & MANGO WITH LIME)

APPLE SLICES WITH ALMOND OR PEANUT BUTTER

CASHEWS, PISTACHIOS, OR ALMONDS (1/4 CUP)

WHOLE FRUIT

WHOLE GRAIN TORTILLA LOADED WITH VEGGIES (TOMATOES, BABY KALE, CUCUMBER, & HUMMUS)

RAW BANANA "ICE CREAM" (BLEND FROZEN BANANAS, SOME NUT BUTTER, AND AN NON-DAIRY MILK.)

AVOCADO AND NON-PROCESSED CRACKERS

CLEAN EATING COOKIES ([SEE RECIPE HERE](#)) BANANAS, ROLLED OATS, & DATES/RAISINS/CRANBERRIES, PREP FOR THE WEEK FOR A SNACK OR BREAKFAST OPTION

MANGO BLACK BEAN SALSA SALAD: (DICED MANGOES, TOMATOES, ONIONS CILANTRO, BLACK BEANS, PEPPERS. DICE EVERYTHING AND SEASON TO TASTE)

BLACK BEAN SALSA: (1 CAN OF BLACK BEANS, 1 TOMATO, 1 PEPPER, 1 AVOCADO. DICE EVERYTHING, MIX AND EAT WITH BLUE CORN OR YELLOW TORTILLA CHIPS)

KALE CHIPS

LUNCH & DINNER IDEAS

PREP IDEAS:

COOK A POT OF QUINOA OR GRAIN OF YOUR CHOICE, BEANS, AND ROAST SOME BUTTERNUT SQUASH IN THE OVEN THAT PRE-CUT IN CUBES. CHOP UP ONIONS, TOMATOES, AND PEPPERS. SQUEEZE LIME OVER THE VEGETABLES. MAKE DIFFERENT BOWLS THROUGHOUT THE WEEK. YOU CAN ADD HUMMUS OR ANY VEGETABLE YOU CHOOSE.

LENTIL STEW (LENTILS MADE WITH ONIONS, PEPPERS, AND CHOPPED KALE) YOU CAN GET RED LENTILS OR GREEN LENTILS. LENTILS DO NOT REQUIRE SOAKING. SEASONINGS (SALT, PEPPER, BAY LEAVES, TURMERIC, DILL WEED, ONION POWDER, CUMIN) IF YOU ARE JUST STARTING, JUST USE SALT + PEPPER

VEGGIE STIR FRY--- FROZEN VEGGIES WITH RICE OR NOODLE OF YOUR CHOICE. USE LIQUID AMINOS OR COCONUT AMINOS FOR THE SAUCE

BLACK BEAN BURGERS—MY FAVORITE RECIPE [HERE](#) IF YOU DO NOT WANT TO MAKE IT FROM SCRATCH, TRY A SOY FREE VEGGIE BURGER LIKE [BEYOND MEAT](#).

TOASTED HUMMUS WRAP: (TORTILLA OR BREAD WITH HUMMUS SPREAD PACKED WITH LETTUCE TOMATOES CUCUMBERS, AND AVOCADOS)

CHICKPEA SALAD SANDWICH: (MASH SOME COOKED CHICKPEAS, SEASON TO TASTE, ADD DICED PEPPERS AND VEGGIES TO MAKE SIMILAR TO A CHICKEN SALAD SANDWICH. USE VEGAN MAYO IF YOU WANT) RECIPE [HERE](#)

FALAFEL WRAP: (BLEND A CAN OF CHICKPEAS, SEASON TO TASTE, ADD FLOUR, VEGGIES, (KALE OR SPINACH) AND BAKE FOR ABOUT 35-45 MINUTES ON 350. USE PITA BREAD TO MAKE A WRAP OUT OF IT AND ADD VEGGIES. SERVE WITH A SIDE SALAD

VEGGIE SPAGHETTI: (GET A FROZEN BAG OF VEGETABLES, DAIRY FREE PASTA SAUCE, AND NOODLES.)

SPAGHETTI SQUASH MEXICAN BOWL: (COOK SPAGHETTI SQUASH AND SERVE WITH BEANS AND ONIONS, TOMATOES, HUMMUS, AND AVOCADO. SEE THIS [RECIPE](#) FOR MY FAVORITE BOWL.

VEGGIE QUESIDILLAS OR TACOS---- USE black beans, quinoa or unrefined rice, avocado, tomatoes, onions, peppers and sriracha sauce if you would like

ZUCCHINI PATTIES WITH POTATOES my favorite recipe [here](#)

CHOPPED ZUCCHINI SQUASH WITH POTATOES, GRAIN OF CHOICE, AND TOMATOES. (COOK PASTA, CHOP UP ZUCCHINI, AND POTATOES, BAKE IN OVEN UNTIL DONE. SEASON TO TASTE.)

CHICK PEA BURGERS WITH SALAD (BLEND UP A CAN OF CHICKPEAS, SEASON TO TASTE, ADD KALE, THEN MAKE INTO A PATTY. BAKE OR PAN FRY WITH GRAPESEED OR AVOCADO OIL.

GROCERY LIST

FRUIT: (CHOOSE 2-3 OF YOUR FAVORITE FRUITS TO SNACK ON AND TO INCLUDE IN YOUR OATMEAL IF YOU WOULD LIKE FOR THE WEEK)

APPLES

BANANAS

MANGOES

PEARS

SEEDED CHERRIES

ORANGES

SEEDED WATERMELON

BLUEBERRIES

****FROZEN FRUIT FOR SMOOTHIES**

VEGETABLES

KALE

TOMATOES

AVOCADO

ONIONS

GARLIC

YELLOW, GREEN, OR RED PEPPERS

ZUCCHINI

PRE-DICED BUTTERNUT SQUASH

(CELERY, CARROTS, OR CUCUMBERS) TO DIP IN HUMMUS

SPAGHETTI SQUASH

GRAINS/STARCHES

QUINOA

BROWN JASMINE OR BASMATI RICE

SWEET POTATOES

YUKON POTATOES OR IDAHO POTATOES

BLUE CORN TORTILLA CHIPS

CRACKERS WITH AT LEAST 3GRAMS OF FIBER AND NON-GMO

RICE CAKES (ONE THAT HAS AT LEAST 3 GRAMS OF FIBER

ROLLED OATS FOR OATMEAL

CORN TORTILLAS FOR TACOS

WHOLE GRAIN BREAD FOR SANDWICHES (AT LEAST 3G OF FIBER)

RYE FLOUR/ALL PURPOSE UNBLEACHED FLOUR FOR BAKING

LEGUMES/BEANS

BLACK BEANS

CHICKPEA/GARBANZO BEANS

LENTILS

FROZEN FOODS

FROZEN VEGGIES FOR PASTA AND STIR-FRYS

FROZEN FRUIT FOR SMOOTHIES

CONDIMENTS

ALMOND OR PEANUT BUTTER

HONEY, AGAVE, OR MAPLE SYRUP (CHOOSE YOUR SWEETENER)

DAIRY FREE SIRACHA SAUCE IF YOU LIKE SPICINESS TO YOUR FOOD

LIQUID AMINOS OR COCONUT AMINOS (FIND IN TARGET OR HARRIS TEETER, WHOLE FOODS, HEALTH FOOD STORE)

APPLE CIDER VINEGAR TO CLEAN VEGGIES

STAPLE SEASONINGS

HIMALAYAN SALT

BLACK PEPPER

TUMERIC

CUMIN

ONION POWDER

MILK CHOICES

ALMOND MILK

COCONUT MILK

HEMP MILK

— 2012 SHOPPER'S GUIDE —

THE DIRTY DOZEN

IMPORTANT TO BUY THESE ORGANIC **HIGHEST IN PESTICIDE**

APPLES	SPINACH
CELERY	LETTUCE
SWEET BELL PEPPERS	CUCUMBERS
PEACHES	DOMESTIC BLUEBERRIES
STRAWBERRIES	POTATOES
IMPORTED NECTARINES	GREEN BEANS*
GRAPES	KALE, COLLARDS and LEAFY GREENS*

*These do not meet traditional Dirty Dozen™ criteria but were commonly contaminated with highly toxic organophosphate insecticides and should be avoided as well.

NOT AS IMPORTANT TO BUY ORGANIC **LOWEST IN PESTICIDE**

ONIONS	DOMESTIC CANTALOUPE	SWEET PEAS
SWEET CORN	SWEET POTATOES	ASPARAGUS
PINEAPPLES	GRAPEFRUIT	MANGOES
AVOCADO	WATERMELON	EGGPLANT
CABBAGE	MUSHROOMS	KIWI

SOURCE: ENVIRONMENTAL WORKING GROUP

SIMPLEGREENSMOOTHIES.COM



THINGS TO REMEMBER + TIPS

TO START, CHOOSE 5 OF YOUR FAVORITE MEALS FROM THE LIST AND MAKE SURE YOU HAVE ALL THE INGREDIENTS.

DINNER LEFTOVERS CAN BE LUNCH FOR THE NEXT DAY.

SEASON YOUR TORTILLA WRAPS TO ADD FLAVOR

BUY GROCERIES BY THE WEEK AND ONLY BUY WHAT YOU NEED.

COOKING IS TRIAL AND ERROR. WATCH YOUTUBE VIDEOS IF YOU NEED A VISUAL GUIDE ON HOW TO COOK.

INVEST IN A CHEAP BLENDER. IT WILL MAKE THINGS EASIER AND IS A STAPLE FOR HEALTHY EATING

THE MICROWAVE WILL KILL YOUR FOOD SO WEAN YOURSELF OFF THE MICROWAVE AND HEAT YOUR FOOD UP IN THE OVEN

EAT YOUR GREENS AND FRUIT

DRINK LOTS OF WATER, HALF YOUR WEIGHT IN OUNCES DAILY

COOK IN AVOCADO OR GRAPESEED OIL

PREPPING YOUR FOOD FOR THE WEEK WILL MAKE YOUR LIFE EASIER!

DITCH OILS SUCH AS VEGETABLE OIL, CANOLA OIL, PALM, AND PEANUT OIL.

COOK IN GRAPESEED OIL, AVOCADO OIL, OR SESAME OIL.

OLIVE OIL AND COCONUT OIL ARE GOOD TO USE FOR UNCOOKED FOODS.

WASH YOUR VEGGIES WITH FILTERED WATER AND APPLE CIDER VINEGAR. PUT FRUIT OR VEGGIES INTO A BOWL AND LET IT SIT FOR ONE MINUTE.

YOU MUST SEASON YOUR FOOD FOR IT TO TASTE GOOD!!!

IF YOU HAVE AN UNHEALTHY CRAVING, DRINK A GREEN SMOOTHIE

Classification of Carbs

SIMPLE		COMPLEX	
monosaccharides, disaccharides, digosaccharides, sugar alcohols		polysaccharides	
REFINED	UNREFINED	REFINED	UNREFINED
- white sugar	- raw honey	- bread	- legumes
- fruit juice	- maple syrup	- white rice	- whole grains (properly prepared)
- corn syrup	- fresh juice	- pasta	- dried beans
- high fructose corn syrup	- fruit	- chips	- brown rice
			- vegetables

SAUCES TO MAKE:

AVOCADO SAUCE: GOES GREAT WITH SANDWICHES AND AS A DRESSING FOR SALAD (TO MAKE AVOCADO SAUCE BLEND UP AN AVOCADO WITH WATER AND USE SALT AND PEPPER FOR TASTE. ADD LEMON OR LIME IF YOU WOULD LIKE.

KALE SAUCE: (KALE, OIL, SEASON TO TASTE, ADD UNREFINED FLOUR SUCH AS RYE FLOUR TO THICKEN IT UP) (GREAT OVER PASTA)

HUMMUS: BLEND UP A CAN OF CHICKPEAS OR COOKED CHICKPEAS, ADD A VEGETABLE SUCH AS KALE, RED PEPPER, OR AVOCADO, SALT AND PEPPER, TUMERIC, AND CUMIN. OPTIONAL: TAHINI, GARLIC, TUMERIC, AND CUMIN

FAST FOOD/OUT TO EAT OPTIONS:

CHIPOTLE

MEDITERRANEAN, INDIAN, AND LEBANESE HAVE MORE VEGAN OPTIONS

JAMAICAN FOOD

ASK FOR THE RESTAURANTS ALLERGY MENU AND ORDER DAIRY FREE + MEAT FREE OPTIONS

GOOGLE VEGAN OPTIONS IN YOUR AREA AND START TRYING DIFFERENT DISHES FOR INSPIRATION!