Your Weekly Meal Plan

Eat Well, Be Well and LOVE Every Bite!

Your refrigerator staple for healthy lunches and snacks:

Kale, Brown Rice and Avocado Salad

Your Weekly Meal Plan is:

Indian Red Lentil Soup

Asian Udon with Vegetables

Potatoes and Chickpea Provencal

Food For Thought: Do ONE Thing!

Well, the holiday season is here! The holidays are so fun and busy, and they can also be the time when our wellness plans go right out the window.

During these busy times, how about just focusing on DOING ONE THING every day that adds to your health? Maybe it is exercise, eating vegetables, or giving yourself 5 minutes of quiet a day—whatever it is, choose something that makes you feel really great.

My one thing usually involves daily intake of greens—ideally eating them or in the case of extreme busy-ness, drinking them in the form of powder (I really like Vitamineral Greens). By setting that as my one thing, I insure that I will focus on my health at least once a day. And you know what? Usually that one thing becomes two, three or four things and during busy times, that is a beautiful thing!

This week, I included a recipe for a yummy raw kale salad with brown rice. Maybe your one thing this week could be eating this salad for lunch instead of take out?

Until Next Week, Eat Well, Be Well and LOVE Every Bite!
~Chef Jenny

Kale, Rice & Avocado Salad

NOTE: this recipe calls for 1 cup cooked brown rice or other grain. So, get some cooking if you don't have any leftovers.

Try this salad for lunch or for your 3:00 snack! Raw foods increase our vitality and can help battle that dreaded afternoon slump. But eating raw foods in cold weather can be, well, ***cold***, so I have added brown rice to the salad (a more wintery grain) to balance out the raw. Also, good sources of fat, like the avocado keep you feeling full and make food much more satisfying.

1 head Lacinato or Dinosaur kale, thinly sliced
sea salt
1 Reed or Hass avocado, diced
1 clove garlic, minced
1 Tablespoons fresh lemon juice
2 plum tomatoes, diced
1/4 teaspoon cumin
1 cup cooked brown rice (or any leftover grain)

Place sliced kale in a bowl, sprinkle with sea salt and "massage" for 3 minutes until kale starts to break down. Fold in avocado chunks, garlic, lemon juice, tomato, cumin and cooked grain. Refrigerate until ready to eat.

Indian Red Lentil Soup

Serves 4-6
Preparation Time: 10 minutes
Cooking Time: 35 minutes
Equipment Needed: Soup pot

Kombu is a sea vegetable that adds valuable minerals to this soup. These minerals make the soup even healthier and also make the beans more digestible (read: less gas). Yahoo!

1 Tablespoon unrefined coconut oil
1 medium onion, chopped
3 cloves garlic, minced
1 teaspoon garam masala
1/2 teaspoon chili powder
1 teaspoon cumin
1 teaspoon turmeric
1 cup red lentils
1 strip kombu
4 cups vegetable stock (or water)
1 28-oz can diced tomatoes
1 Tablespoon lemon juice
2 cups baby spinach leaves
salt and pepper to taste

Heat oil in a large saucepan. Add onion and garlic and sauté for 3-4 minutes. Add spices and cook for one minute. Add lentils, kombu, stock or water and tomatoes and bring to a boil. Reduce heat and simmer for 30 minutes or until lentils are tender.

Before serving, remove kombu, add lemon juice and add salt and pepper to taste. To serve, place baby spinach in the bottom of the bowl and spoon soup overtop to wilt.

Asian Udon and Vegetables

Serves 4
Preparation Time: 20 minutes
Cooking Time: 15 minutes
Equipment Needed: Pasta pot, large skillet or wok

Gluten Free? Seitan is wheat gluten, a high protein, low-fat food. If you want this dish to be gluten free, you can substitute 1 lb of another protein or shiitake mushrooms for the seitan and rice noodles for the udon.

Arrowroot is a thickening agent, like cornstarch, but less refined. You can find it in the bulk spices section.

8 oz. Udon pasta**
2 Tablespoons tamari (soy sauce)
1 pinch chili flakes
1 teaspon toasted sesame oil
1 Tablespoon arrowroot
1 cup vegetable stock
1 Tablespoons olive or coconut oil
2 cloves of garlic, minced
1 1-inch piece of fresh ginger, minced
2 carrots, grated
1 bunch scallions, sliced on diagonal
1 lb. seitan, sliced
1 bunch bok choy, sliced
1/2 cup sesame seeds for garnish

**Cook pasta according to package direction, drain and rinse in cold water.

In a small bowl, whisk together tamari, chili flakes, toasted sesame oil, arrowroot and vegetable stock, making sure the arrowroot is well-dissolved. Set aside.

Heat olive or coconut oil in a large skillet or wok. Add garlic, ginger, carrots, scallions and seitan and sauté for 3-5 minutes or until fragrant (this smells SO good!). Add sliced bok choy and tamari mixture to the skillet and cook for 3 minutes. Stir in cooked pasta, tossing to coat. Serve with sesame seeds for garnish. Yum!

Potato and Chickpea Provencal

Serves 6
Preparation Time: 15 minutes
Cooking Time: 20 minutes
Equipment Needed: Large Skillet

Yum! I love the taste of artichoke hearts and they add tanginess to this hearty dish. Serve this with a green salad.

2 Tablespoons olive oil
2 large russet potatoes, peeled or unpeeled, cut into rounds (about 1/2 inch thick)
3 cloves garlic, minced (about 1 Tbs.)
1/2 tsp. crushed red pepper
1 15-oz can stewed tomatoes
1 28-oz can chickpeas, drained
1 14-oz can artichoke hearts in water
2 Tablespoon capers, drained
1 1/2 teaspoon lemon zest (cut up remaining lemon into wedges for garnish, if desired)
1/2 cup dry white wine
1/2 cup chopped fresh basil leaves

Heat oil in large skillet over medium heat. Pat potatoes dry, then arrange in single layer in skillet. Season with salt and pepper. Cook 5 minutes per side, or until potatoes are golden brown.

Move potatoes to sides of skillet. Place garlic and red pepper in the middle and add tomatoes, chickpeas, artichokes, capers and lemon zest. Add wine and stir to combine. Bring to a boil.

Cover, reduce heat to medium, and simmer 5 minutes, or until potatoes are almost tender, stirring occasionally. Add basil; season with salt and pepper. Simmer 3 minutes more.

Spoon mixture onto plates and serve with lemon wedges if desired.

Shopping List

Remember to read through your recipes before shopping to see if there is anything you would like to double. Also, I don't have salt or pepper on here—I am assuming you have them in the kitchen already. **Have fun shopping!**

Store Section	**Kale, Rice and Avocado Salad**	**Indian Red Lentil Soup**	**Asian Udon**	**Potato and Chickpea Provencal (*buy green salad ingredients if desired*)**
Produce	1 head lacinato or dinosaur kale 1 reed or hass avocado 1 clove garlic 1 lemons (for 1 T juice) 2 plum tomatoes 1 cup cooked brown rice or any leftover grain	1 medium onion 3 cloves garlic 1 lemon (for 1 T juice) 2 cups baby spinach leaves	2 cloves of garlic 1 1-inch piece of fresh ginger 2 carrots 1 bunch scallions 1 bunch bok choy	2 large russet potatoes 3 cloves garlic 1/2 cup fresh basil leaves 2 lemons
Bulk/Refrig/ Frozen	Brown Rice or other leftover grain (1 cup cooked)	1 cup red lentils	1 lb. Seitan (wheat gluten) 1/2 cup sesame seeds for garnish	
Grocery/ Canned		1 T unrefined coconut oil 1 strip kombu 4 cups vegetable stock 1 28-oz can diced tomatoes	8 oz. Udon pasta 1 cup vegetable stock 1 T olive or coconut oil 1 t toasted sesame oil 1 T arrowroot 2 T tamari	2 T olive oil 1 15-oz can stewed tomatoes 1 15-oz can artichoke hearts in water 2 T capers 1/2 cup dry white wine 1 28 oz can chickpeas
Spices/Misc.	1/4 t cumin	1 t garam masala 1/2 t chili powder 1 t cumin 1 t turmeric	1 pinch chili flakes	1/2 t crushed red pepper