# Your Weekly Meal Plan

## *Eat Well, Be Well and LOVE Every Bite!*

### *Your refrigerator staple for healthy lunches and snacks:*

***Almond & Cashew Pate***

### *Your Weekly Meal Plan is:*

***Sweet Potato and Leek Soup***

***Mediterranean Chickpeas and Chard***

***Super Simple Black Beans & Rice***

### *Food For Thought: FREEZE RIGHT THERE!*

My subscribers tell me that of the best things about this meal plan is having leftovers and I could not agree more. Leftovers mean you won't have to cook every night yet you always have healthy food on hand. You can keep leftovers in the refrigerator to eat within a day or two, and I also recommend using the freezer when it is appropriate (not all food freezes well). Here are a few things to keep in mind about freezing:

1. For ease of thawing, freeze items in the serving you will want to use it in the future. If you are taking for lunch, freeze individually, if you are freezing for another dinner, freeze in dinner-sized portions. (In other words, you don't want to have any leftovers from your leftovers)
2. Write a note and hang it on the fridge reminding yourself what is in the freezer and use your frozen leftovers fairly quickly. After a while, frozen food gets lost in the abyss.
3. In general, I have found that when leafy greens are in a dish, they don't thaw and reheat well. As you know, I use a lot of leafy greens in my recipes, so if I want to freeze something I will typically do it before I add the greens. Then I add them to the dish as it is reheated. This leads to my last point….
4. When serving leftovers (frozen or refrigerated) I recommend adding something fresh (like greens) to the dish to spruce it up and give it some life. Let's face it…leftovers can be boring at times, but I have found adding something fresh really helps!

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

# Cashew & Almond Pate

This primarily raw pate is delicious spread on vegetables or tortillas for a healthy lunch. The seasonings (sage and thyme) remind me of a chicken salad.

1 cup raw cashews, soaked*
1 cup raw almonds, soaked*
1 clove garlic, minced
3 scallions, sliced
1 Tablespoon tahini
1 Tablespoon tamari
1/2 teaspoon thyme
1/2 teaspoon sage
dash black pepper

Process cashews and almonds in a food processor until well ground. Add garlic and pulse until well mixed. Add remaining ingredients and blend until creamy (add a drop or two of water if needed). Store in a covered container in the refrigerator.

*Soaking nuts and seeds makes them easier to digest, and easier to blend into creamy spreads. To soak: cover nuts with filtered water, and place in refrigerator, ideally overnight, but at least for an hour.

# Creamy Sweet Potato Soup

**Serves 6**
**Preparation Time: 20 minutes**
**Cooking Time: 30 minutes**
**Equipment Needed: Soup pot, blender**

This super tasty soup is pureed and it is SO much easier to make using an immersion blender. If you don't have one, I recommend purchasing one as soon as you can! I have a link on my website (under essential kitchen equipment).

Note: Orange sweet potatoes are typically sold under the name yam. You can use yams in this recipe or try a white sweet potato, like a Hannah or Japanese Sweet Potato.

Serve this with crusty whole grain bread or rolls. Perfect for a raining evening! YUM!

**FREEZE RIGHT THERE! This soup can be frozen and it will work best to freeze it before you add the almond milk (see below). Then, when you thaw to reheat add almond milk (just a little depending on serving size).**

1 Tablespoon olive oil
2 leeks, white part only, washed and sliced
1 white onion, chopped
2 stalks celery, chopped
1 clove garlic, minced
2 lbs sweet potato, peeled and diced
1/2 Tablespoon dried thyme
1 bay leaf
4 cups vegetable stock
1 cup unsweetened almond milk or any milk you desire
salt and pepper to taste

Gather ingredients and cut leeks, onion, celery and garlic. Heat oil and cook onions, leeks, celery and garlic over medium heat for 8-10 minutes or until soft. While that is cooking, prepare sweet potatoes. Stir in sweet potato and thyme and cook for 2 minutes.

Add stock, bring to a boil, reduce heat and simmer for 20 minutes or until potatoes are soft. Remove bay leaf and Puree soup using an immersion blender or regular blender, **FREEZE NOW.** Return to pot over medium heat, add almond milk and season to taste with salt and pepper.

# Moroccan Chickpeas & Chard

**Serves 4-6**
**Preparation Time: 10 minutes**
**Cooking Time: 25 minutes (plus 30 for the rice)**
**Equipment Needed: Large Skillet, rice cooker**

Serve this yummy dish over brown rice.

Brown Rice Times Two!
When rice is cooked, take out 2 cups and reserve for later this week.

2 cups short grained brown rice
4 cups water
pinch of salt

Combine rice, water and salt in a saucepan or rice cooker. Bring to a boil, reduce heat and simmer until rice is thoroughly cooked, about 45 minutes.

1 Tablespoon olive oil
2 cloves garlic, minced
1 red onion, sliced
1 teaspoon smoked paprika
1 teaspoon ground cumin
1 teaspoon turmeric
1 teaspoon thyme
1 28-oz can plum tomatoes with liquid
1 bunch swiss chard, washed, and chopped
2 15-oz cans chickpeas
salt and pepper to taste

In a large pot with a lid, heat the olive oil, onion, and garlic over medium. Cook for about 3-5 minutes, or until onion is getting clear, then add the paprika, cumin, turmeric, and thyme. Stir together and cook for a minute or two until fragrant. Add the tomatoes, breaking them up with the back of a spoon. Add chickpeas and chard simmer for 15-20 minutes or until chard is cooked and wilted. Season to taste with salt and pepper and serve over brown rice.

# Super Simple Black Beans and Rice

**Serves 4**
**Preparation Time: 15 minutes**
**Cooking Time: 30 minutes (NOTE: this recipe calls for leftover brown rice)**
**Equipment Needed: Large skillet**

This recipe is super simple because you are using leftover rice in this tasty dish! You can serve this one of two ways: add the rice right into the dish like a pilaf. Or, serve the black bean mixture over the rice.

**FREEZE RIGHT THERE:** This dish will be best frozen before the spinach is added, as noted below in the instructions.

1 Tablespoon olive oil
1 red onion, diced
1 red bell pepper, diced
2 cloves garlic, minced
2 15-oz cans black beans, rinsed and drained
2 tablespoons apple cider vinegar
1 teaspoon chili powder
2 teaspoons dried oregano
2 cups cooked brown rice
4-6 cups baby spinach (sounds like a lot but it really cooks down)
salt and pepper to taste
Hot Sauce to Taste

Heat oil in a large pan over medium heat and sauté onion, peppers and garlic until soft, about 3 minutes. Add black beans, vinegar, oregano and chili powder. Bring to a boil; reduce heat to low, cover, and simmer for 5 minutes. Stir in cooked rice (***take some out and freeze now if desired***) and baby spinach; heat through until spinach is completely wilted. Season to taste with salt and pepper, adding hot sauce 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 | **Cashew Almond Pate** ***(purchase veggies or tortillas for lunch)*** | **Sweet Potato and Leek Soup (*get some whole grain bread if desired)*** | **Chickpea and Chard over Brown Rice** | **Black Beans and Rice *(this recipe calls for leftover rice)*** |
|---|---|---|---|---|
| Produce | 1 clove garlic<br>3 scallions | 1 clove garlic<br>1 white onion<br>2 leeks<br>2 celery stalks<br>2 lbs sweet potato | 2 cloves garlic<br>1 red onion<br>1 bunch swiss chard | 2 cloves garlic<br>1 red onion<br>1 red bell pepper<br>4-6 cups baby spinach |
| Bulk/Refrig/ Frozen | 1 cup raw cashews<br>1 cup raw almonds | | 2 cups short grained brown rice | ***2 cups cooked brown rice*** |
| Grocery/ Canned | 1 T tahini<br>1 T tamari | 1 T olive oil<br>4 cups vegetable stock<br>1 cup unsweetened almond milk (or any milk you prefer) | 1 T olive oil<br>2 15-oz cans chickpeas<br>1 28-oz can plum tomatoes | 1 T olive oil<br>2 15-oz cans black beans<br>2 T apple cider vinegar<br>Hot sauce to taste |
| Spices/Misc. | 1/2 t thyme<br>1/2 t sage | 1/2 T thyme<br>1 bay leaf | 1 t thyme<br>1 t smoked paprika<br>1 t ground cumin<br>1 t turmeric | 2 t chili powder<br>2 t dried oregano |