

the guilt-free flexitarian

AIMING FOR MORE PLANT-BASED EATING? IF A FLEXIBLE VEGETARIAN (FLEXITARIAN) APPROACH FEELS LIKE A BETTER FIT THAN COMPLETE AVOIDANCE OF MEAT AND OTHER ANIMAL PRODUCTS, THIS WEEKLONG MENU IS FOR YOU.

BY MARSHA MCCULLOCH, RD

DAY 1

BREAKFAST

¾ cup flaxseed granola, topped with 4 oz calcium-fortified organic soy milk and ½ sliced banana
1 large hard-boiled omega-3-fortified egg, sprinkled with dash of salt and pepper

MORNING SNACK

½ banana
1 tbsp natural almond butter

LUNCH

Tuna Stuffed Belgian Endive: 3 large (outer) leaves, filled with mix of ½ cup tuna canned in water, ¼ cup diced avocado and ½ cup chopped apple with skin
6 whole-grain crackers
1 cup cherry tomatoes
1 kiwi

AFTERNOON SNACK

¼ cup organic roasted soybeans (soy nuts)
2 tbsp dried cherries

DINNER

Taco Wrap: 1 8-inch whole-grain tortilla, ¾ cup drained and rinsed canned black beans, 1 cup shredded romaine lettuce, 2 tbsp salsa, 1 tbsp plain Greek yogurt and 1 tbsp chopped cilantro
1 serving Baked Granola Apple Slices (see recipe 1, far right)

Daily total: 1,795 cal, 60g fat (16g mono, 18g poly, 12g sat), 220mg chol, 1,394mg sodium, 258g carb (50g fiber, 100g sugars), 75g protein

DAY 2

BREAKFAST

5.3 oz plain Greek yogurt, mixed with 1 tsp cocoa powder, 1 tsp honey and ½ sliced banana
1 pita pocket (warmed), cut into pieces with 1½ tbsp natural almond butter

MORNING SNACK

2-per-pouch thin, crunchy granola bars

LUNCH

Chickpea Wrap: Fill a tortilla (warmed) with 1 cup canned chickpeas, 1 cup shredded romaine lettuce and ½ cup chopped cherry tomatoes; top with 1 serving Cilantro Tzatziki Sauce (see recipe 2, far right)
1 cup carrot sticks
1 apple, with skin

AFTERNOON SNACK

Stuffed Belgian Endive: 3 small (inner) leaves, filled with mix of ⅓ cup hummus, 3 tbsp grated carrots and 1 tbsp chopped walnuts

DINNER

Quinoa Burger: 1 pita pocket, cut in half; fill halves with total of 1 heated quinoa burger (cut in half), 1 cup shredded romaine lettuce and 1 serving Cilantro Tzatziki Sauce (leftover from today's Lunch)
5 mini sweet peppers
½ sliced banana with 1 sliced kiwi

Daily total: 1,795 cal, 55g fat (9g mono, 8g poly, 8g sat), 8mg chol, 2,083mg sodium, 273g carb (48g fiber, 88g sugars), 72g protein

DAY 3

BREAKFAST

Breakfast Bowl: 1 cup cooked pearled barley (¼ cup dry), topped with ½ sliced banana, ½ cup chopped mango, 1 tsp honey and 2 tbsp chopped walnuts

MORNING SNACK

Trail Mix: ¼ cup soy nuts, 2 tbsp dried cherries and 2 tbsp golden raisins

LUNCH

1 serving Black Bean and Pumpkin Chili with Toasted Pepitas (get recipe online at deliciousliving.com/chili)
4 whole-grain crackers

AFTERNOON SNACK

Topped Apple Rounds: 1 apple, cut in several horizontal (round) slices, cored and topped with total of 1 tbsp almond butter and 2 tbsp flaxseed granola

DINNER

Endive Chicken Salad: 3 cups shredded romaine lettuce; ½ cup chopped Belgian endive; 2 oz cooked, chopped, skinless chicken breast; ½ cup chopped avocado; ½ chopped apple with skin; 2 tbsp chopped walnuts; 1 tbsp ground flaxseed; and a spritz of balsamic vinegar
8 oz calcium-fortified organic soy milk

Daily total: 1,820 cal, 69g fat (19g mono, 28g poly, 9g sat), 4mg chol, 384mg sodium, 258g carb (55g fiber, 91g sugars), 66g protein

DAY 4

BREAKFAST

¾ cup flaxseed granola with 4 oz calcium-fortified organic soy milk
1 apple, with skin

MORNING SNACK

Stuffed Mini Peppers: 4 mini sweet peppers, stuffed with total of ¼ cup hummus and 1 tbsp chopped walnuts

LUNCH

Pocket Sandwich: 1 pita pocket cut in half; stuff halves with total of 1 cup shredded red cabbage, ⅔ cup chopped avocado, 2 tbsp feta cheese, 1 tbsp ground flaxseed, 1 tsp lime juice and a dash of pepper
1 cup carrot sticks
1 kiwi

AFTERNOON SNACK

5.3 oz plain Greek yogurt, mixed with 1 tsp cocoa powder, 1 tsp honey, ½ sliced banana and 1 tbsp chopped walnuts

DINNER

1 serving Black Bean and Pumpkin Chili with Toasted Pepitas (leftover from Day 3 Lunch), sprinkled with 1 tbsp nutritional yeast
4 whole-grain crackers
1 cup mango cubes (fresh or frozen)

Daily total: 1,792 cal, 63g fat (22g mono, 22g poly, 9g sat), 14mg chol, 1,060mg sodium, 260g carb (58g fiber, 93g sugars), 68g protein

DAY 5

BREAKFAST

Breakfast Bowl: 1 cup cooked barley topped with 2 tbsp dried cherries and 1 tbsp chopped walnuts
1 hard-boiled omega-3-fortified egg with dash of salt and pepper

MORNING SNACK

Trail Mix: 2 tbsp roasted pumpkin seeds, 2 tbsp soy nuts and 2 tbsp golden raisins

LUNCH

Taco Wrap: 1 tortilla, ¾ cup canned black beans, 1 cup shredded romaine, 2 tbsp salsa, 1 tbsp Greek yogurt and 1 tbsp cilantro
1 kiwi

AFTERNOON SNACK

Stuffed Belgian Endive: 3 small (inner) leaves filled with total of ⅓ cup hummus, 3 tbsp grated carrots and 1 tbsp walnuts

DINNER

Veggie Salad: 3 cups shredded romaine, 1 cup sliced mushrooms, ½ cup chopped cucumber, ½ cup canned chickpeas, ½ cup chopped avocado, ½ cup tomatoes, 1 tbsp ground flaxseed, 2 tsp nutritional yeast and spritz of balsamic vinegar
6 whole-grain crackers
1 apple, with skin

Daily total: 1,785 cal, 66g fat (16g mono, 22g poly, 10g sat), 187mg chol, 1,592mg sodium, 253g carb (56g fiber, 74g sugars), 68g protein

DAY 6

BREAKFAST

5.3 oz plain Greek yogurt, topped with 2 tbsp flaxseed granola
1 tortilla, warmed and spread with 2 tbsp natural almond butter and then rolled

MORNING SNACK

4 mini sweet peppers and ½ cup cherry tomatoes with 1 serving Cilantro Tzatziki Sauce (see recipe 2, right)
8 oz calcium-fortified, organic soy milk

LUNCH

Quinoa Burger Wrap: 1 tortilla, filled with 1 heated and crumbled quinoa burger, ½ cup chopped cherry tomatoes, ½ cup chopped cucumber, ⅓ cup chopped mushrooms, 1 tbsp feta cheese and a splash of balsamic vinegar
1 cup mango cubes

AFTERNOON SNACK

Trail Mix: 2 tbsp soy nuts, 2 tbsp chopped walnuts, 1 tbsp dried cherries and 1 tbsp golden raisins

DINNER

1 serving Hummus Pita Pizza (see recipe 3, right)
1 cup carrot sticks
1 sliced kiwi and ½ sliced banana, tossed with 1 tsp lime juice

Daily total: 1,817 cal, 64g fat (7g mono, 12g poly, 12g sat), 14mg chol, 1,829mg sodium, 243g carb (35g fiber, 91g sugars), 82g protein

DAY 7

BREAKFAST

Breakfast Wrap: 1 tortilla, filled with 2 large omega-3-fortified eggs, scrambled with ¼ cup chopped mushrooms, ¼ cup chopped cherry tomatoes and 1 tbsp chopped onion; top with 1 tbsp feta cheese
½ apple, with skin, with 1 tbsp natural almond butter

MORNING SNACK

2-per-pouch thin, crunchy granola bars

LUNCH

Tuna Stuffed Belgian Endive: 3 large (outer) leaves, filled with mix of ½ cup tuna canned in water, ¼ cup diced avocado and ½ cup chopped apple with skin
6 whole-grain crackers
1 kiwi

AFTERNOON SNACK

Stuffed Mini Peppers: 3 mini sweet peppers, stuffed with total of 3 tbsp hummus and 1 tbsp chopped walnuts

DINNER

1 serving Chickpea Barley Salad (see recipe 4, right)
1 tortilla, spread with ⅓ cup mashed avocado and topped with ½ cup diced cherry tomatoes and 2 tsp nutritional yeast and then rolled

Daily total: 1,790 cal, 82g fat (33g mono, 15g poly, 15g sat), 407mg chol, 1,928mg sodium, 212g carb (42g fiber, 47g sugars), 68g protein

Quick recipes to complete your menus

(each makes 1 serving unless otherwise noted)

1. Baked Granola Apple Slices

Core 1 apple and cut into about ten wedges. Toss with 1 tsp whole-wheat flour, ¼ tsp cinnamon and dash of nutmeg; then stir in 2 tbsp granola and drizzle with 1 tsp melted butter and 1 tsp honey. Bake at 350° for 25–30 minutes or until tender.

2. Cilantro Tzatziki Sauce

Combine ½ cup finely grated, drained seedless English cucumber; 5.3-oz container plain Greek yogurt; 1 minced garlic clove; ¼ cup minced cilantro; 2 tsp lime juice; ¼ tsp salt and dash of pepper. Makes 3 servings.

3. Hummus Pita Pizza

Sauté 3 chopped mini sweet peppers, ¼ cup chopped cherry tomatoes, ¼ cup chopped onion and ½ minced garlic clove until tender. Sprinkle with a dash of cumin and black pepper, and toss with 1 tsp lime juice. Warm 1 uncut whole-grain pita pocket in 350° oven for 5 minutes. Spread with ¼ cup hummus and top with sautéed vegetables, 2 tbsp feta cheese and 1 tbsp chopped cilantro.

4. Chickpea Barley Salad

Combine ¾ cup cooked and chilled barley (¼ cup dry barley), ½ cup drained and rinsed chickpeas, ½ cup chopped cherry tomatoes and ⅓ cup chopped cucumber. Make dressing of 1 tsp lime juice, 2 tsp EVOO, ¼ tsp all-purpose herb seasoning and a dash of salt and pepper. Toss dressing with barley mixture and top with 2 tbsp feta cheese.



Black Bean ▶
and Pumpkin Chili

SHOPPING LIST

Here's what you'll need to make the week's worth of menus on page 18 and 19 for one person.

FRUITS & VEGETABLES

- 8 medium apples
(**TRY:** Pink Lady organic apples)
- 4 medium bananas
- 6 kiwi
- 2 limes
- 2½ cups mango
(fresh or frozen)
- 4 avocados
- 1 head Belgian endive
- 1 lb carrots
- 4½ cups cherry tomatoes
- 1 bunch cilantro
- 6 garlic cloves
- 1 cup red cabbage
- 10 cups romaine lettuce
- 5 seedless English cucumbers
- 19 mini sweet peppers
- 2 cups white mushrooms
- 2 small yellow onions
- 1 (15-oz) can diced tomatoes
- 1 small can chipotle
chiles en adobo
- ½ cup dried cherries
(**TRY:** Made in Nature
Organic Tart Cherries)
- ½ cup golden raisins



PROTEINS & DAIRY

- 2 oz boneless, skinless
chicken breast
- 2 (5-oz) cans tuna
in water
- 2 quinoa burgers,
frozen (**TRY:** Quunch Organic
Quinoa Burgers, Original)
- 3 (15-oz) cans black beans
(**TRY:** Westbrae Natural
Organic Black Beans)
- 1 (15-oz) can chickpeas
(**TRY:** Westbrae Natural
Organic Garbanzo Beans)
- 4 large omega-3-
fortified eggs
- 6 (5.3-oz) containers
(or 32 oz) nonfat plain
Greek yogurt
- ½ cup reduced-fat feta
cheese
- 24-oz calcium-fortified
organic soy milk
(**TRY:** Silk Organic
Unsweetened Soymilk)



NUTS & SEEDS

- ¾ cup dry-roasted pumpkin seeds
- ¾ cup organic roasted soybeans (soy
nuts)
- ¾ cup walnuts
- ⅓ cup ground flaxseed
(**TRY:** Spectrum Organic
Ground Flaxseed)
- 1 jar unsweetened
natural almond butter



GRAINS

- 1 cup pearled barley
- 2 cups flaxseed granola
(**TRY:** Nature's Path
Organic Flax Plus
Pumpkin Flax Granola)
- 1 box whole-grain crackers
- 7 (8-inch) whole-grain tortillas
- 4 whole-grain pita
pockets, uncut (**TRY:**
Food for Life 7-Grain
Pocket Bread)



MISCELLANEOUS

- 1 box (2-per-pouch)
thin, crunchy granola
bars (**TRY:** Nature's
Path Organic Apple
Pie Crunch Chia Plus)
- 1 cup low-sodium vegetable broth
- 1 (15-oz) can pumpkin purée
- ¼ cup salsa
- 1 cup sweet roasted
red pepper hummus
(**TRY:** Cedar's Roasted
Red Pepper Hommus)



PANTRY STAPLES

- All-purpose herb seasoning
(**TRY:** Simply Organic
All-Purpose Seasoning)
- Black pepper
- Iodized sea salt
- Honey
- Chili powder
- Dried oregano
- Ground cinnamon
- Ground cumin
- Nutmeg
- Unsweetened cocoa
powder
- Balsamic vinegar
(**TRY:** Balsamic Nectar)
- Extra-virgin olive oil
- Butter
- Nutritional yeast seasoning
(**TRY:** Bragg brand)
- Whole-wheat flour
(**TRY:** Bob's Red Mill
Whole Wheat Pastry
Organic Flour)



You cannot get through a single day without having an impact on the world around you. **What you do makes a difference**, and you have to decide what kind of difference you want to make." —Jane Goodall

HEALTH TIP: As plant foods start to dominate your plate, be sure to include plenty of plant proteins, such as beans, nuts, seeds and whole grains; nonfish sources of omega-3 fats, such as flaxseed and walnuts; and minimally processed, fortified foods to ensure you get enough calcium and vitamin B12. Also, consider adding an omega-3, calcium and vitamin B12 supplement to your regimen.

