

# Week 3

VEGETARIAN

# Slim Down Smart Meal Plans

Created for you so you can focus on getting amazing results! **Everything is mapped out for you.**



SlimDownSmart

# Shopping List

## Vegetables

5 red bell peppers  
1 orange bell pepper  
6 green onions  
4 red onions  
1 bag spring salad mix  
1 bag spinach  
2 stalks lettuce  
1 container cherry tomatoes  
1 zucchini  
1 stalk celery  
1 bunch cilantro

## Oils & Butter

olive oil  
grass fed butter

## Extras

1 dozen eggs  
plain kefir  
almond milk  
8 cloves garlic  
2 15 oz. cans black beans  
4 cans chickpeas  
1 bag string cheese  
1 jar tera's whey protein (chocolate)  
2 lemons  
1 lime  
2 containers plain Greek yogurt  
cottage cheese  
Ezekiel 4:9 cinnamon bread (contains gluten)  
Ezekiel bread crumbs (contains gluten)  
gluten free rolled oats oatmeal

## Fruits

1 container blueberries  
1 pineapple  
1 apple

## Nuts, Seeds & Nut Butters

almond butter  
almonds  
cashews  
pistachios  
macadamia nuts  
70% or high coca dark chocolate bar

## Spices & Salts

sea salt  
black pepper  
chili powder  
cumin  
garlic powder  
cayenne pepper

## Extras

cinnamon  
feta cheese  
coconut oil  
quinoa  
4 avocados  
organic red enchilada sauce  
Parmesan cheese  
honey  
mozzarella  
ice cubes

# Slim Down Smart Meal Plans

## Day 1

<b>Breakfast</b>	<b>Serving Size</b>
Oatmeal w/ Cinnamon (See Recipe Below)	1 Cup
<b>Lunch</b>	<b>Serving Size</b>
Zesty Spring Salad (See Recipe Below)	Until Satisfied
<b>Snack</b>	<b>Serving Size</b>
Chocolate Cheesecake Smoothie (See Recipe Below)	1 Medium Glass
<b>Dinner</b>	<b>Serving Size</b>
Chickpea Wraps (See Recipe Below)	3 Lettuce Wraps

## Day 2

<b>Breakfast</b>	<b>Serving Size</b>
2 Egg Omelet w/ Feta, Spinach, and Onions	Until Satisfied
<b>Lunch</b>	<b>Serving Size</b>
Veggie Power Salad (See Recipe Below)	Until Satisfied
<b>Snack</b>	<b>Serving Size</b>
Oven Baked Zucchini Chips (See Recipe Below)	Until Satisfied
<b>Dinner</b>	<b>Serving Size</b>
Black Bean & Quinoa Enchilada (See Recipe Below)	Until Satisfied

## Day 3

<b>Breakfast</b>	<b>Serving Size</b>
Slice of Cinnamon Ezekiel Bread w/ Organic Butter	1 Slice
<b>Lunch</b>	<b>Serving Size</b>
Chocolate Cheesecake Smoothie (See Recipe Below)	1 Medium Glass
<b>Snack</b>	<b>Serving Size</b>
Homemade Trail Mix (See Recipe Below)	2 Handfuls
<b>Dinner</b>	<b>Serving Size</b>
Black Bean & Quinoa Enchilada (Leftovers)	Until Satisfied

## Day 4

<b>Breakfast</b>	<b>Serving Size</b>
Plain Greek Yogurt - Granola - 1 Scoop Chocolate Protein	1 Cup
<b>Lunch</b>	<b>Serving Size</b>
Black Bean & Quinoa Enchilada (Leftovers)	Until Satisfied
<b>Snack</b>	<b>Serving Size</b>
Celery and Almond Butter	Until Satisfied
<b>Dinner</b>	<b>Serving Size</b>
Zesty Spring Salad (See Recipe Below)	Until Satisfied

## Day 5

<b>Breakfast</b>	<b>Serving Size</b>
Slice of Cinnamon Ezekiel Bread w/ Organic Butter	1 Slice
<b>Lunch</b>	<b>Serving Size</b>
Veggie Power Salad (See Recipe Below)	Until Satisfied
<b>Snack</b>	<b>Serving Size</b>
Apple w/ Cinnamon	1 Apple
<b>Dinner</b>	<b>Serving Size</b>
Chickpea Wraps (See Recipe Below)	Until Satisfied

## Day 6

<b>Breakfast</b>	<b>Serving Size</b>
Plain Greek Yogurt - Granola - 1 Scoop Chocolate Protein	1 Cup
<b>Lunch</b>	<b>Serving Size</b>
Zesty Spring Salad (See Recipe Below)	Until Satisfied
<b>Snack</b>	<b>Serving Size</b>
String Cheese	2 Sticks
<b>Dinner</b>	<b>Serving Size</b>
Zesty Spring Salad (See Recipe Below)	Until Satisfied

## Day 7 – Free Day

Today is day 7, which means it's a free day!

You can eat whatever you'd like. This includes pizza, ice cream, or any of the other foods you enjoy. You may eat 4 meals today that have reasonable portion sizes.

I would recommend eating a healthy breakfast and then eating one or two meals that include your favorite foods. Free days can undo a lot of hard work from following the first week of meal plans, so enjoy but don't overdo it.

If you eat ice cream have a bowl, not the whole carton. If you get pizza, eat 2 slices, not the whole pie. Have a great day!

## Chocolate Cheesecake Smoothie



### Ingredients - Serves: 2

- 1/2 cup Blueberries
- 2 scoops Chocolate Tera's Whey Protein
- 1/2 cup almond milk
- 6 ice cubes

### Directions

1. Add all of the ingredients into a blender and mix well.



# Zesty Spring Salad

**Ingredients** - *Serves: 1*

1 handful Spring Salad Mix  
3 tbsp. Olive Oil  
5 Cherry Tomatoes  
1/2 Onion  
1/2 Red Pepper  
1/2 cup Feta Cheese

## Directions

1. Wash spring salad, tomatoes, and bell pepper.
2. Cut bell pepper, onions, and cherry tomatoes into pieces and add to the salad mix.
3. Add to plate and season with cheese and olive oil.



# Chickpea Wraps

**Ingredients** - *Serves: 4*

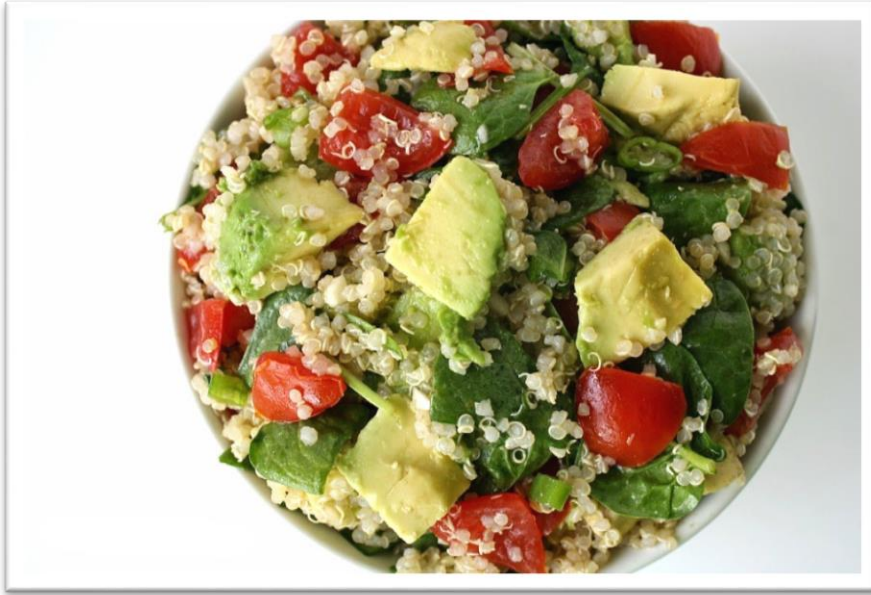
2 cans Chickpeas  
2 Red Bell Peppers  
2 Red Onions, sliced  
3 Garlic Cloves, chopped  
Juice of 1 lemon  
4 tsp. coconut oil  
lettuce to serve

## Directions

1. Combine the chickpeas, bell peppers, onions, garlic, and lemon juice in a bowl and mix well.
2. When ready to cook, heat a large skillet over a medium heat and cook the whole preparation with the coconut oil until the pepper and onions become soft.
3. Place the hot food in a large bowl and spoon hot mixture in each lettuce wrap. Add your favorite toppings. (Salsa, Organic Sour Cream)



# Veggie Power Salad



## Ingredients - Serves: 4

1 cup Quinoa

2 medium Avocados

2 handfuls Spinach

1 tsp. Salt

8 Cherry Tomatoes

2 Red Onions

### *Dressing*

1 clove of Garlic, minced

2 tbsp. Olive Oil

Sea Salt to taste

## Directions

1. Cook the quinoa according to package directions.
2. Add all of the dressing ingredients into a bowl and mix.
3. Wash and chop the spinach, and add into a bowl.
4. Chop the red onion, halve the cherry tomatoes, and slice the avocado into pieces.
5. Add cooked quinoa into the bowl with spinach and toss.
6. Add in the onion, tomatoes, and dressing to the spinach and quinoa.
7. Add avocado on top, toss, and serve!



# Oatmeal w/ Cinnamon

**Ingredients** - *Serves: 1*

1/2 cup Rolled Oats (not-instant)  
1 cup Water  
handful of Blueberries or Raspberries (washed)

## Directions

1. Combine oats and water in a small saucepan over medium heat and cook for 5-10 min.
2. Add cinnamon on top of oatmeal to add more flavor.



# Oven Baked Zucchini Chips

**Ingredients** - *Serves: 4*

1 (large) Zucchini, cut into slices  
1/3 cup Ezekiel Breadcrumbs  
1/4 cup finely grated Organic Parmesan Cheese  
1/4 tsp. Black Pepper  
Sea Salt to taste  
1/8 tsp. Garlic Powder  
1/8 tsp. Cayenne Pepper  
Avocado Oil

## Directions

1. Preheat oven to 425F degrees.
2. Combine in a small mixing bowl, Ezekiel breadcrumbs, Parmesan cheese, black pepper, salt, garlic powder, and cayenne pepper. Dip zucchini slices into milk and dunk into breadcrumbs to coat both sides. Note: It may be necessary to press crumbs onto zucchini slices to ensure the crumbs stick.
3. Arrange zucchini on a cookie sheet with tin foil.



4. Bake 15 minutes, turn over and continue baking until golden, approximately 10-15 minutes (be careful not to burn them). Allow to cool at room temperature before storing in an airtight container.

## Black Bean & Quinoa Enchilada

### Ingredients - Serves: 8

1 cup Quinoa  
1 tbsp. Organic Butter  
1 Onion, diced  
3 Cloves Garlic, minced  
1 Red Pepper, diced  
1 Orange Pepper, diced  
Juice of 1 small lime  
1 tsp. ground Cumin  
1 tbsp. Chili Powder  
1/3 cup Cilantro, chopped  
Salt and Pepper, to taste  
2 (15 oz.) cans Black Beans, drained  
2 cups Organic Red Enchilada Sauce  
2 cups Mozzarella, shredded



### Directions

1. Preheat the oven to 350F degrees. Grease a 9x13 baking dish with organic butter.
2. Cook quinoa according to package instructions. Set quinoa aside.
3. In a skillet, heat the tablespoon of butter over medium-high heat. Add the onion and garlic. Sauté until softened. Add in the peppers. Cook for about 3-4 minutes. Add lime juice, cumin, chili powder, and cilantro. Stir to combine. Season with salt and pepper, to taste.
4. In a large bowl, add the cooked quinoa and black beans. Add the sautéed vegetable mixture and stir to combine. Pour in the enchilada sauce and stir. Add 1/2 cup shredded cheese.
5. Pour the black bean and quinoa mixture into the prepared baking dish. Top with remaining shredded cheese. Bake for 25 minutes. Let cool for 10 minutes.

# Homemade Trail Mix

## **Ingredients** - *Serves: 10*

- 1 cup cashews
- 1 cup almonds
- 1 cup pistachios
- 1 cup macadamia nuts
- 1 cup 70% or high cocoa dark chocolate bar, chopped

## **Directions**

1. Add all ingredients into a bowl or Tupperware container and enjoy!