

Week 4

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

- 1 bag spinach
- 1 red bell pepper
- 6 green or yellow bell peppers
- 3 green onions
- 2 red onions
- 2 bags green beans
- 5 cucumbers
- 3 celery stalks
- 1 cauliflower
- 4 lemons
- 1 lime
- 4 bunches of kale
- 1 (1-inch) pieces of ginger
- 4 roma tomatoes
- 1 head of broccoli
- 1 cabbage
- 2 sweet potatoes
- 1 jalapeno pepper
- 4 zucchini
- pico de gallo
- carrot sticks

Extras

- almond milk
- 1 jar tomato sauce
- 2 cans black beans
- 1 can tera's whey protein vanilla
- 4 oz. goat cheese, soft
- 1 bag Ezekiel 4:9 tortillas
- 1 block mozzarella
- 10 cloves garlic
- 1 jar salsa
- 1 dozen eggs
- quinoa
- vegetable broth
- 4 avocados
- Ice Cubes

Fruits

- 1 cup blueberries
- 2 green apples
- 2 bananas

Extra Extras

- feta cheese
- 5 avocados
- Parmesan cheese
- colby jack cheese
- organic tortilla chips

Nuts, Seeds & Nut Butters

- almond butter
- sunflower seeds
- almonds

Spices & Salts

- cilantro
- oregano
- cumin
- chili Powder
- sea Salt
- black Pepper

Oils & Butter

- olive oil
- coconut oil
- grass fed butter

Slim Down Smart Meal Plans

Day 1

Breakfast	Serving Size
2 Eggs + Handful of Sunflower Seeds w/ Slice Mozzarella	1 Serving
Lunch	Serving Size
Green Detox Power Salad (See Recipe Below)	Until Satisfied
Snack	Serving Size
Greens Drink Juice (See Recipe Below)	1 Serving
Dinner	Serving Size
Homemade Gourmet Pizza (See Recipe Below)	Until Satisfied

Day 2

Breakfast	Serving Size
Protein Power Smoothie (See Recipe Below)	1 Medium Glass
Lunch	Serving Size
Red Pepper Zucchini Noodles (See Recipe Below)	Until Satisfied
Snack	Serving Size
Guac Dip (See Recipe Below)	Until Satisfied
Dinner	Serving Size
Cucumber Tomato Avocado Salad (See Recipe Below)	Until Satisfied

Day 3

Breakfast	Serving Size
Eggs and Salsa (See Recipe Below)	1 Serving
Lunch	Serving Size
Black Bean Stuffed Peppers (See Recipe Below)	Until Satisfied
Snack	Serving Size
Celery and Almond Butter	Until Satisfied
Dinner	Serving Size
Quinoa, Mashed Cauliflower, Green Beans	Until Satisfied

Day 4

Breakfast	Serving Size
2 Eggs + Handful of Sunflower Seeds w/ Slice Mozzarella	1 Serving
Lunch	Serving Size
Green Detox Power Salad (See Recipe Below)	Until Satisfied
Snack	Serving Size
Greens Drink Juice (See Recipe Below)	Until Satisfied
Dinner	Serving Size
Homemade Gourmet Pizza (See Recipe Below)	Until Satisfied

Day 5

Breakfast	Serving Size
Protein Power Smoothie (See Recipe Below)	1 Medium Glass
Lunch	Serving Size
Red Pepper Zucchini Noodles (See Recipe Below)	Until Satisfied
Snack	Serving Size
Guac Dip (See Recipe Below)	Until Satisfied
Dinner	Serving Size
Cucumber Tomato Avocado Salad (See Recipe Below)	Until Satisfied

Day 6

Breakfast	Serving Size
Eggs and Salsa (See Recipe Below)	1 Serving
Lunch	Serving Size
Black Bean Stuffed Peppers (See Recipe Below)	Until Satisfied
Snack	Serving Size
Celery and Almond Butter	Until Satisfied
Dinner	Serving Size
Quinoa, Mashed Cauliflower, Green Beans	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!

Protein Power Smoothie



Ingredients - Serves: 2

- 1 Banana
- 1/2 cup Blueberries
- 2 scoops 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.

Greens Drink Juice

Ingredients - Serves: 4

2 Green Apples, halved
4 Stalks Celery, leaves removed
1 Cucumber
4 Kale Leaves
1/2 Lemon, peeled
1 (1 inch) piece Fresh Ginger

Directions

1. Process green apples, celery, cucumber, kale, lemon, and ginger through a juicer.



Veggie Pizza

Ingredients - Serves: 4

1 Ezekiel Tortilla
4 tbsps. of Tomato/Pizza Sauce
1 Garlic Clove, minced

1/4 cup Onions, chopped
1/4 cup Green Peppers, chopped
1 oz. Organic Mozzarella Cheese

Directions

1. Preheat oven to 450F degrees.
2. Place tortilla on large pan and place in oven for 3-4 minutes to allow crust to harden.
3. Once tortilla has started to slightly crisp on edges, remove from oven.
4. Place sauce and garlic on crust first.
5. Then top with chopped onions, peppers, or any other toppings you desire.
6. Shred cheese on top of toppings.
7. Cook for 10 minutes or until cheese is melted.

Guac Dip



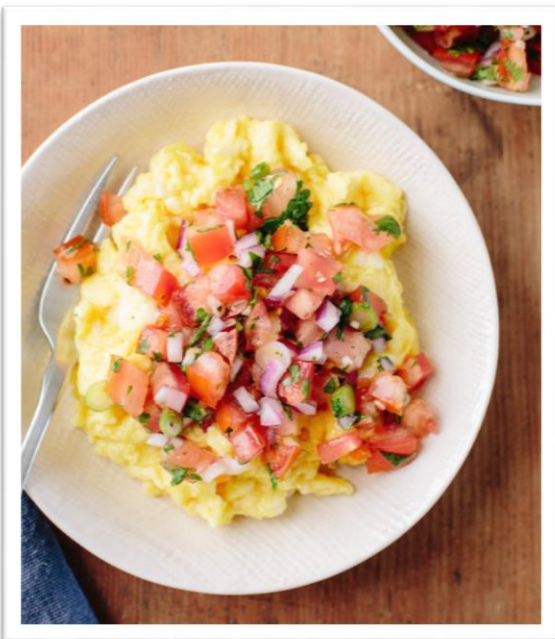
brand of tortilla chips.

Ingredients - Serves: 2

2 Avocados
1/4 cup Red Onion, chopped
1/2 Lime
4 tbsps. Pico de Gallo
Sea Salt to taste
Carrot sticks or organic tortilla chips

Directions

1. Cut avocados in half lengthwise and remove pits.
2. Spoon avocado into a mixing bowl and combine remaining ingredients. Juice the lime.
3. Serve with carrot sticks or an organic



Eggs and Salsa

Ingredients - Serves: 1

1-3 Eggs
4 tbsps. Organic Salsa
1/4 cup Red Pepper, chopped

Directions

1. Whisk eggs into a bowl with the peppers. Cook mixture in a pan with butter. Scramble your eggs by constantly mixing them up in the pan. Once cooked, serve with salsa.

Cucumber Avocado Tomato Salad

Ingredients - Serves: 2

1 Roma Tomato
1 Cucumber
1/2 Medium Red Onion, sliced
2 Avocados, diced
2 tbsp. Extra Virgin Olive Oil
Juice of 1 Medium Lemon (about
2 tbsps.)
1/4 cup (1/2 bunch) Cilantro,
chopped
1 tsp. Sea Salt
1/8 tsp. Black Pepper



Directions

1. Place chopped tomatoes, sliced cucumber, sliced red onion, diced avocado, and chopped cilantro into a large salad bowl.
2. Drizzle with 2 tbsp. olive oil and 2 tbsp. lemon juice. Toss gently to combine.
3. Just before serving, toss with 1 tsp. sea salt and 1/8 tsp. black pepper.

Red Pepper Zucchini Noodles

Ingredients - Serves: 4

1 tbsp. Coconut Oil
1/2 cup onion
2 Garlic Cloves
1 tsp. Salt
2 lbs. Zucchini
Parmesan Cheese to taste

Sauce Ingredients

2 Red Bell Peppers
1 tbsp. Olive Oil
2 oz. Soft Goat Cheese
1 tsp. Sea Salt

Directions

1. Add all sauce ingredients into a blender and mix well.
2. Cut the ends off of the zucchini and slice into noodles.
3. Heat a large skillet with the coconut oil.
4. Add the onion and garlic into pan and cook until soft.
5. Add in the salt and zucchini noodles, and toss to cook evenly.
6. Once zucchini noodles have softened add in the sauce from the blender until warm.
7. Enjoy this dish immediately with Parmesan cheese on top.



Black Bean Stuffed Peppers

Ingredients - Serves: 4

1 tsp. Coconut Oil
2 Garlic Cloves, minced
1/2 Large Yellow Onion, diced
1/2 Jalapeno, seeded and diced
3/4 cup Quinoa (uncooked)
2 cups Vegetable Broth, divided
1 can Black Beans (15 oz.), rinsed and drained
1 Medium Sweet Potato, peeled and finely diced
2 Roma Tomatoes, seeded and finely chopped
1 tbsp. Chili Powder
1/2 tsp. Cumin
1/2 tsp. Dried Oregano
1/2 cup Cilantro, chopped
1/8 tsp. Salt, plus more to taste if desired
Pepper to taste
3 Large Green or Yellow Bell Peppers, seeds removed and cut vertically
3/4 cup Colby Jack Cheese (reduced fat), shredded



Directions

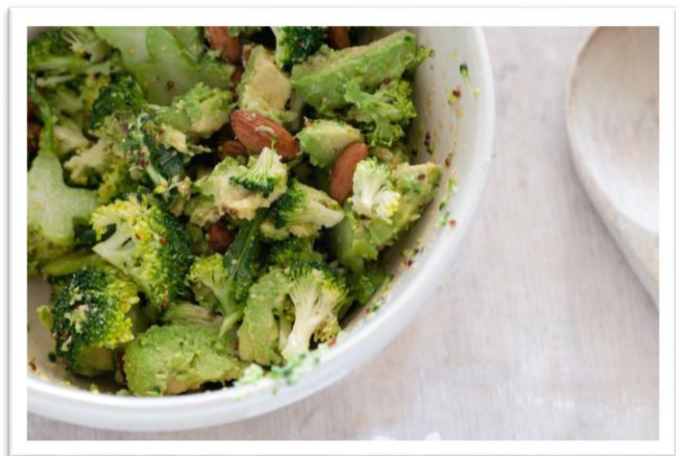
1. Preheat oven to 400F degrees.
2. In a skillet heat the coconut oil over medium-high heat.
3. Add yellow onion, jalapeno, and garlic and sauté until the onions begin to soften. Then set aside.
4. To cook quinoa: Rinse quinoa with cold water in mesh strainer. In a medium saucepan, bring 1 1/2 cups of vegetable broth to a boil.
5. Add in the quinoa and bring the mixture to a boil again. Cover, reduce heat to low, and let simmer for 15 minutes or until quinoa has absorbed all of the vegetable broth. Place quinoa in a large bowl once finished.

6. While quinoa is cooking, fill a medium pot with water and place over high heat. Bring water to a boil and add in diced sweet potato.
7. Reduce heat to medium, cover, and continue to cook for about 6 minutes or until sweet potatoes are fork tender.
8. Once tender, drain water from the sweet potatoes and place into the bowl with the quinoa and onion mixture.
9. Gently stir in the black beans, tomatoes, remaining 1/2 cup of vegetable broth, chili powder, cumin, oregano, cilantro, and salt and pepper.
10. Arrange bell peppers in large skillet or baking pan and stuff each with a heaping 1/2 cup of quinoa mixture.
11. Cover with foil and bake for 20-30 minutes, until the peppers are tender. Uncover and sprinkle each with 2 tbsp. of cheese.
12. Place in the oven for 5 minutes longer or until the cheese melts. Remove and serve immediately with toppings such as sour cream or hot sauce.

Green Detox Power Salad

Ingredients - Serves: 2

1/4 Cabbage
1/4 Head of Broccoli
1 Handful of Almonds
1/4 cup Celery, chopped
2 Large Cucumbers
1 Avocado
Juice from 1 Lemon
Olive Oil to taste



Directions

1. To make the dressing, mash 1/2 the avocado and mix in a bowl with lemon juice and olive oil.
2. Chop and add all remaining ingredients, including the other half of the avocado, into a salad bowl.
3. Mix in dressing and enjoy the salad.