



DAY 1

Breakfast	Avocado Toast
Lunch	Buffalo Tahini Quinoa & Rice Wraps
Dinner	Rice Bowl with Spinach, Beans, and Mixed Veggies

AVOCADO TOAST

Prep Time: 2 min

Total Time: 2 min

Ingredients

Gluten Free Bread

Ripe Avocado

Lime juice

Salt, to taste

Instructions

1. Toast the bread slices.
2. Cut avocado in half, remove the pit, spoon out avocado flesh onto the bread.
3. Spread avocado with a fork.
4. Squeeze lime juice over top of the avocado. Sprinkle with salt.

BUFFALO TAHINI QUINOA & RICE WRAPS

Prep Time: 5 min

Total Time: 5 min

Ingredients

1 Gluten-Free Tortilla

1 minute ready to serve red quinoa and brown rice with garlic cup

3 romaine leaves

1-2 whole carrots

For Buffalo Tahini Spread

2 tablespoon Tahini

2 teaspoons Buffalo sauce

Instructions

1. Prepare the Red Quinoa and Brown Rice according to package directions.
2. In a small bowl, mix together the tahini and buffalo sauce until combined.
3. Lay wrap on a plate and spread the buffalo tahini mixture over the wrap.
4. On the one side of the wrap, layer quinoa and rice, romaine, and carrots.
5. Tightly roll up the wrap.



RICE BOWL WITH SPINACH, BEANS, AND MIXED VEGGIES

Prep Time: 5 min

Total Time: 35 min

Ingredients

2 cups frozen mixed vegetables

1 (15 oz) can red kidney beans

2 cups spinach, shredded

3 cups brown rice, cooked

1 cup tomatoes, diced

1/2 cup green onions

2 tablespoons cilantro

Dressing

1/2 cup cashews

1 cup fresh cilantro

3 tablespoon lemon juice

1/2 Serrano pepper

3 cloves garlic

Sea salt, to taste

Instructions

To prepare dressing:

1. Blend cashews and 3/4 cup water into creamy texture.
2. Add cilantro, lemon juice, Serrano pepper, garlic, and salt to taste.
3. Blend until smooth.

To prepare bowls:

4. In medium saucepan, cook frozen mixed vegetables until tender.
5. In small bowls, add beans, vegetables, and rice. Top with tomatoes and green onions. Drizzle with dressing.
6. Sprinkle with fresh cilantro.



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