



DAY 4

Breakfast	Breakfast Burrito
Lunch	Spinach, Pineapple, and Strawberry Salad
Dinner	Stir-Fried Noodles with Veggies

BREAKFAST BURRITO

Prep Time: 5 min

Total Time: 20 min

Ingredients

1 tablespoon extra virgin olive or coconut oil
3/4 cup, 1/2-inch diced potatoes
3/4 cup extra firm organic tofu, drained, patted dry, and crumbled
1/4 teaspoon ground turmeric
1/4 teaspoon garlic powder
1/4 teaspoon sea salt
1 tablespoon nutritional yeast
2 tablespoons plain, unsweetened non-dairy milk
1 large tortilla, warmed
1/4 avocado, peeled and sliced
1/3 cup fresh baby spinach or arugula
favorite salsa

Instructions

1. To pan roast the potatoes, pour half of the oil in a skillet over medium heat. Add the potatoes and season with salt and pepper. Cook until golden, about 5 minutes. Add a few tablespoons of water and cover the pan to steam the potatoes the rest of the way, about 10 minutes. Check occasionally and add more water if it has evaporated and the potatoes are not yet tender. Transfer potatoes to a plate.
2. To make the tofu scramble, heat the other half of the oil in the same pan over medium heat. Add the crumbled tofu, turmeric, garlic, salt, and nutritional yeast. Cook, stirring frequently, for 3 minutes. To make the scramble creamy, add the milk and cook another minute. Season to taste with salt and pepper.
3. To assemble the burrito, place the potatoes, tofu scramble, avocado, and greens on top of the tortilla. Roll one side of the tortilla up and over the fillings as tightly as you can. Tuck the short ends over, and continue wrapping. You can grill the outside of the burrito for a light crunch or eat it right away. Serve with salsa.



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CHICKPEA AVOCADO WRAP

Prep Time: 7 min

Total Time: 10 min

Ingredients

1 15-oz. can chickpeas rinsed and drained
1 large, ripe avocado
1/4 cup chopped fresh cilantro
2 Tbsp chopped green onions
Juice of 1 lime
Salt and pepper, to taste
Butter Lettuce, or other lettuce wrap
Tomato, for topping

Instructions

1. In a medium bowl, smash the chickpeas and avocado together using a fork or large spoon.
 2. Add in the cilantro, green onions, and lime juice and stir.
 3. Season with salt and pepper.
 4. Spread into lettuce wrap and top with your favorite toppings.
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BUTTERNUT SQUASH AND LENTIL SOUP

Slow Cooker

Cooktime: 8 hours

Ingredients

8 cups vegetable broth
2 cups red lentils, rinsed
3 stalks celery, sliced
3 large carrots, peeled and sliced
1 pound (3 cups) butternut squash, peeled and diced
2 cloves garlic, minced
1/2 tsp nutmeg

Instructions

1. Add all ingredients to slow cooker and secure lid
2. Turn it on low and leave on low for 8 hours.
3. Stir and enjoy!

