



DAY 6

Breakfast Carrot Cake Overnight Oats
Lunch Greek Salad
Dinner Pad Thai

CARROT CAKE OVERNIGHT OATS

Prep Time: 10 min

Ingredients

1/2 cup rolled oats
1/2 shredded carrots
2 dates, pitted and chopped
1 tablespoon flaxseeds, ground
1 tablespoon pumpkin seeds
1 teaspoon ground cinnamon
1 pinch ground nutmeg
1 cup unsweetened almond milk
Toppings: hemp seeds, almond butter, almonds (optional)

Instructions

1. Combine oats, carrots, dates, flaxseeds, pumpkin seeds, ground cinnamon, ground nutmeg, and almond milk in a glass jar.
2. Cover and chill up to 2 days. Stir in toppings if desired.

GREEK SALAD

Prep Time: 10 min

Total time: 10 min

Ingredients

1/2 red onion
1 cucumber
1 green pepper
4 tomatoes, chopped
1 tablespoon oregano
Extra virgin olive oil
Salt and pepper to taste

Vegan Tofu Feta Cheese

9.7 ounces firm tofu
1/4 cup lemon juice
1/2 cup water
1/2 cup apple cider vinegar
1 tablespoon dried oregano

Instructions

For vegan tofu feta cheese:

1. Press the tofu to drain out excess water, pat and let sit to dry.
2. Cut the tofu into cubes.
3. Mix all the marinade ingredients in a bowl or a container (the lemon juice, water, apple cider vinegar and oregano), add the tofu, cover and refrigerate for at least 2 hours. It will taste even better 2 or 3 days later.

For Salad:

Toss all ingredients together with desired amount of extra virgin olive oil, salt and pepper, until well mixed.



PAD THAI

Cook Time: 40 min

Ingredients

- 1 medium spaghetti squash, seeds removed and cut into quarters (about 4 cups)
- 2 Tbsp coconut oil
- 1 medium onion, finely chopped
- 1 head broccoli, chopped
- 2 heads baby bok choy, sliced crosswise into 1-inch strips
- 6 scallions, white and green parts thinly sliced
- 1/4 tsp red pepper flakes
- 1 cup cashews, toasted and chopped
- 1/4 cup tangy peanut dressing

For tangy peanut dressing

- 1 tablespoon lime juice
- 1/2 tablespoon fresh ginger, peeled and minced
- 1/2 teaspoon fresh garlic, minced
- 1/2 teaspoon plum vinegar
- 2 tablespoon roasted almond butter
- 1/4 cup full fat coconut milk

Instructions

1. Place a metal steamer basket in a large pot and add three inches of water. Steam the spaghetti squash in the basket for 20 minutes, or until tender when pierced with a fork. Remove the spaghetti squash from the basket and allow to slightly cool so you can handle.
2. While the squash is cooking and cooling, create the tangy peanut sauce. Puree the lime juice, ginger, garlic, and vinegar until very smooth. Blend in the almond butter and coconut milk until thoroughly combined. Divide 1/4 cup for your Pad Thai and store the rest in a glass jar for up to three days.
3. Once the squash is cool enough to handle, scoop the spaghetti squash out of the skin and set aside. Heat the coconut oil in a large skillet over medium heat. Sauté the onion for eight to 10 minutes, until soft and translucent. Add the broccoli and sauté for about 10 minutes, until tender. Stir in the bok choy and sauté for three to four minutes, until wilted. Add the squash to the skillet, stir briefly to incorporate, then add the scallions and cilantro.
4. Top with toasted cashews and tangy peanut sauce. Serve hot!

