



# DAY 8

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<b>Breakfast</b>	Acai and Oats
<b>Lunch</b>	West Coast Toast
<b>Dinner</b>	Mediterranean Chickpea and Rice

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## ACAI AND OATS

Cook time: 20 min

### Ingredients

- 2 frozen bananas
- 2 packets acai pulp
- 3/4 cups rolled oats
- 1/2 cup shredded zucchini
- 1/4 cup millet
- 1/4 teaspoon ground cinnamon
- 1/2 tablespoon maple syrup
- 1/4 teaspoon vanilla bean powder

### Instructions

1. In food processor, combine bananas and acai until fluffy.
2. In medium saucepan, bring 2 cups water to a boil. Stir in oats, zucchini millet, and cinnamon. Return to boil. Simmer until oats are tender, and liquid is absorbed. Stir in maple syrup and vanilla bean powder to taste.
3. Divide oat mixture between bowls. Serve with acai mixture.

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## WEST COAST TOAST

Prep: 10 min

### Ingredients

- 1 cup mixed salad greens
- 1 teaspoon red-wine vinegar
- 1 teaspoon extra-virgin olive oil
- Pinch of salt
- Pinch of pepper
- 2 slices sprouted whole-wheat bread, toasted
- 1/4 cup plain hummus
- 1/4 cup alfalfa sprouts
- 1/4 avocado, sliced
- 2 teaspoons unsalted sunflower seeds

### Instructions

1. Toss greens with vinegar, oil, salt and pepper in a medium bowl.
2. Spread each slice of toast with 2 tablespoons hummus.
3. Top with sprouts, avocado and the greens and sprinkle with sunflower seeds.



## MEDITERRANEAN CHICKPEA AND RICE

### Ingredients

15oz can chickpeas, drained and rinsed  
1 pint cherry or grape tomatoes  
1 cucumber  
1 small red onion  
chopped fresh parsley

### For marinade

1/4 cup lemon juice (about 2 lemons)  
1 teaspoon honey  
1 teaspoon salt  
1 teaspoon dried oregano  
1/2 teaspoon pepper  
1/2 teaspoon gluten-free Dijon mustard  
2 cloves garlic, minced  
1/2 cup extra virgin olive oil

### For garlic sauce

3/4 cup vegan mayonnaise  
3 Tablespoons lemon juice (about 1 lemon)  
2 large cloves garlic, minced  
salt

### For turmeric rice

1 Tablespoon extra virgin olive oil  
2 Tablespoons minced shallot or onion  
salt  
1 clove garlic, minced  
1-1/2 teaspoons turmeric  
1 cup long grain white rice (like basmati or jasmine)  
1-1/4 cups vegetable broth

### Instructions

#### *For the chickpea marinade:*

Whisk marinade ingredients together in a small bowl then reserve 1/4 cup marinade and pour the rest into a large Ziplock bag. Combine marinade with chickpeas in a bowl then season with salt and pepper and place in the refrigerator to marinate.

#### *For the garlic sauce:*

Combine ingredients in a blender or food processor then blend or process until smooth. Refrigerate until ready to use (can be done several days ahead of time.)

#### *For the turmeric rice:*

1. Heat oil in a small saucepan over medium heat. Add shallots or onions, season with salt, then saute until softened, 2 minutes. Add garlic then saute for 30 seconds, and then add turmeric and saute for 30 seconds. Add rice then saute until fragrant, 1 minute, and then add broth and turn heat up to bring to a boil. Place a lid on top then turn heat down to low and simmer for 10 minutes (heat should be low enough that the broth is at a very gentle, barely-there simmer.) Remove the pan from the heat then let sit for 5 minutes before removing the lid and fluffing the rice. Set aside to cool slightly.
2. Slice the cherry tomatoes in half, peel, seed and chop the cucumber, then thinly slice the red onion.
3. Scoop rice into bowls then top with marinated chickpeas, cherry tomatoes, cucumbers, and red onion, then drizzle with garlic sauce and sprinkle with chopped parsley and serve.

