

7 Days of Unprocessed Food -
The Kickstart
to Healthier
Living



By Lorena Grater from greenhealthycooking.com

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Hi there!



You may know me from Green Healthy Cooking already. My name is Lorena and I'm passionate about creating healthy nutritious meals for my family and friends. Real food is my religion and I want to convert you, too :)

Welcome to Green Healthy Cooking! Thank you, thank you, thank you for subscribing. I hope this meal plan e-book about 7 Days of Unprocessed Food becomes The Kickstart to Healthier Living for you. It is a token of my esteem for your subscription! I really truly appreciate your interest and I hope you continue your healthier living journey by trying as many recipes published on Green Healthy Cooking's website as possible. I write them all for you!

Here, I put together a 7-day meal plan of all whole, real, clean food recipes including grocery shopping list for a family of four or everything exactly halved for a couple. I made sure to include equal parts of vegan, vegetarian and omnivore meals and I focus on a large variety of recipes but without wasting food. I hate when a recipe calls for 2 stalks of celery and then I don't know what to do with the rest. If you follow this meal plan you should be left with an empty fridge, a full belly, a healthy feeling and a happy heart at the end of the 7 days. I also included the easiest and quickest recipes from the blog so people without much cooking experience can still easily follow it. There is a stay-at-home cook version and a leaving-the-home-cook version to suit your situation. If you have any doubts when going through the recipe instructions please don't hesitate to contact me at lorena@greenhealthycooking.com and I'll try to troubleshoot with you.

This is basically how the meal plan is built up:

	Breakfast	Lunch	Dinner
1	Vegetarian	Vegan	Omnivore
2	Omnivore	Vegetarian	Vegan
3	Vegan	Omnivore	Vegetarian
4	Vegetarian	Vegan	Omnivore
5	Omnivore	Vegetarian	Vegan
6	Vegan	Omnivore	Vegetarian
7	Vegetarian	Vegan	Omnivore

I recommend to start on a Saturday and go grocery shopping on Friday evening after dinner because that way you have the weekend to prepare the longer taking recipes and legume soaking etc. However, you can start which ever day suits you best. Just strike out the days and replace them by your actual days.

I am considering you have the following already in your pantry because those are things I always have in my pantry: olive oil, coconut oil, sesame oil, salt, pepper, mustard, balsamic vinegar, apple cider vinegar, rice vinegar, fish sauce, soy sauce, honey, real maple syrup, shredded coconut, raisins, chia seeds, cumin, coriander, all-purpose flour, baking powder, cinnamon. If you do not have one or several things, do not forget to add to the shopping list on the next side, they will last you a long time, not only this week.

Kitchen utensils and appliances absolutely needed: 1 large pot, 1 large pan, 2 large bowls, 2 colanders, 1 food processor and/or blender, 1 spatula, 1 wooden spoon, 1 whisk, 1 garlic press, 1 scale, measuring cups, measuring spoons, 4x500ml glass containers with waterproof-sealing lid (e.g. mason jar), 1 large chopping board, 1 good quality sharp knife, 1 can opener, 1 large ovenproof glass or ceramic dish.

Now let's get started:

FRIDAY EVENING (before your “7 Days of Unprocessed Food – The Kickstart to Healthier Living” start)

Go grocery shopping AFTER dinner, with a full tummy and buy the ingredients on the shopping list. Do NOT buy anything else. Do NOT buy ANY processed food, no, not even chocolate. If you believe this is too little for your family increase the amount of fresh fruit, nuts, seeds and add another cucumber and another bag of carrots for snacking. There is already 500 ml of unflavoured and unsweetened yogurt, 4 ounces of pistachios, 4 ounces of sunflower seeds, 4 ounces of pumpkin seeds, 3 lbs of fruit, 7 bananas and milk of choice calculated for in between meal snacking so I don't think it will be necessary to buy any more food that is on the list but as I said, if you feel your cart is too empty, add more whole foods that can be eaten raw, such as fruits, vegetables, nuts and seeds. I've written the exact amount of the dry goods you will need to cook your recipes but they will not necessarily be sold in such small quantities. You may have to buy larger packages but since those are dry goods they will last you a very long time without spoiling. Make sure to cross out anything from the list you already have in your pantry/fridge. If your grocery store doesn't have a scale for customers to use, bring one yourself to weigh your produce.

Grocery Shopping List – Stay-at-Home Cook	Grocery Shopping List – Leaving-the-Home Cook
<p>VEGETABLES</p> <p>5 lbs carrots 1 lbs sugar snap peas 2 red bell peppers 2 yellow bell peppers 1 large head of romaine lettuce 1 head butter lettuce 12 oz (340g) arugula 12oz (340g) baby spinach 2 lbs (900g) tomatoes 12 oz (340g) swiss chard 2 large bunches or pots basil 2 bunches parsley 1 bunch cilantro 1 bunch mint 1 bunch rosemary 1 bunch spring onions 1 bag micro-greens (sunflower seed spouts or alfalfa or whatever you like best) 2 English cucumbers 1 large yellow onion 1 small yellow onion 2 leeks 1 large bulb garlic 2 bulbs fennel 150 g shiitake mushrooms (replace by regular mushrooms if on a budget) 2 lbs (900g) sweet potatoes 1 bunch celery 2 jalapeño peppers 1 small pack frozen peas 1 small pack frozen corn 1 small pack frozen edamame</p>	<p>VEGETABLES</p> <p>5 lbs carrots 1 lbs sugar snap peas 2 red bell peppers 2 yellow bell peppers 1 large head of romaine lettuce 1 head butter lettuce 12 oz (340g) arugula 12oz (340g) baby spinach 2 lbs (900g) tomatoes 12 oz (340g) swiss chard 2 large bunches or pots basil 2 bunches parsley 1 bunch cilantro 1 bunch mint 1 bunch rosemary 1 bunch spring onions 1 bag micro-greens (sunflower seed spouts or alfalfa or whatever you like best) 2 English cucumbers 1 large yellow onions 1 small yellow onion 2 leeks 1 large bulb garlic 2 bulbs fennel 150 g shiitake mushrooms (replace by regular mushrooms if on a budget) 2 lbs (900g) sweet potatoes 1 bunch celery 2 jalapeño peppers 1 small pack frozen peas 1 small pack frozen corn 1 small pack frozen edamame</p>
<p>FRUIT</p> <p>3 lbs apples 1 box raspberries 10 bananas 3 lbs any fruit that is on sale 2 passion fruits (omit if on a budget) 2 ripe ataulfo mangoes 6 small ripe avocados 10 large tomatoes 4 lemons 3 limes</p>	<p>FRUIT</p> <p>3 lbs apples 1 box raspberries 10 bananas 3 lbs any fruit that is on sale 2 passion fruits (omit if on a budget) 2 ripe ataulfo mangoes 6 small ripe avocados 10 large tomatoes 4 lemons 3 limes</p>
<p>DRY GOODS</p> <p>2 loafs of sliced seeded bread 1 baguette 1 package crispbread</p>	<p>DRY GOODS</p> <p>3 loafs of sliced seeded bread 1 baguette 1 package crispbread</p>

<p>1 lbs basmati rice 2 lbs green lentils (dry, NOT canned) 1 lbs chickpeas (dry, NOT canned) 1 lbs oats 2.5 lbs (1.1kg) quinoa 1 400ml can coconut milk 1 jar unsweetened almond butter 2 400ml cans tomato sauce 200 g soba noodles 500g spaghetti 8 oz (220g) pistachios 8 oz (220g) sunflower seeds 8 oz (220g) pumpkin seeds 2 pizza bases coffee or tea (if you drink and ran out)</p>	<p>3.5 oz (100g) basmati rice 2 lbs green lentils (dry, NOT canned) 1 lbs chickpeas (dry, NOT canned) 1 lbs oats 2.5 lbs (1.1kg) quinoa 1 400ml can coconut milk 1 jar unsweetened almond butter 1 400ml cans tomato sauce 200 g soba noodles 500g spaghetti 8 oz (220g) pistachios 8 oz (220g) sunflower seeds 8 oz (220g) pumpkin seeds coffee or tea (if you drink and ran out)</p>
<p>DAIRY & EGGS 2 litres unsweetened vegan milk of your choice (my favourite is coconut) any other milk of choice in quantities needed depending on consumption of your family (we drink plain whole cow's milk (3.5%) and go through about 4 litres a week) 1 kg full fat, unflavoured and unsweetened yogurt 500 g full fat, unflavoured and unsweetened Greek yogurt 2 x 350g Camembert 250g butter 2 x 12 small eggs</p>	<p>DAIRY & EGGS 2 litres unsweetened vegan milk of your choice (my favourite is coconut) any other milk of choice in quantities needed depending on consumption of your family (we drink plain whole cow's milk (3.5%) and go through about 4 litres a week) 1 kg full fat, unflavoured and unsweetened yogurt 500 g full fat, unflavoured and unsweetened Greek yogurt 2 x 350g Camembert 200 g cheddar or swiss cheese 250g butter 1 x 12 small eggs</p>
<p>MEAT & FISH 1 4 lbs whole chicken 1 1 lbs ground beef 2 x 150 g Mahi Mahi filets 1 lbs frozen cooked shrimps 8 slices of ham</p>	<p>MEAT & FISH 1 4 lbs whole chicken 1 1 lbs ground beef 2 x 150 g Mahi Mahi filets 1 lbs frozen cooked shrimps 8 slices of ham</p>

Put all the processed food in your pantry in the far dark corner of your cupboard or on the highest shelf using a step stool, include all kinds of sugars there, too. Only leave honey and maple syrup at the bottom front. Push all the processed food in your fridge deep into the back of the lowest rack or better through it out all-together. Store everything you bought in fridge and emptied cupboard. Put lentils in a large bowl, and chickpeas in another large bowl, cover with abundant cold water and leave on kitchen counter loosely covered with a kitchen towel so nothing lands in it. After an hour make sure the pulses are still covered in abundant cold water, especially chickpeas soak up a lot of water so you may have to pour in some more water to the bowl.

SATURDAY:

Breakfast

Endless Possibility Pancakes

Prep time
10 mins

Cook time
20 mins

Total time
30 mins

Author: Green Healthy Cooking
Serves: 4

Ingredients

- 2 cups all-purpose white flour
- 4 tsp baking powder
- 2 eggs
- 1.5 cups milk
- 1 Tbsp butter
- Butter for cooking

Instructions

1. Take out eggs, butter and milk from fridge and let get to room temperature (about 30 minutes, this is important!)
2. In the meantime, wash 3 apples, core them and then add to food processor or blender with skins still on and process until smooth.
3. Mix flour and baking powder with a whisk until very well mixed.
4. In a separate bowl whisk together room temperature milk, room temperature butter and room temperature eggs.
5. Then mix wet and dry ingredients together with a rubber spatula and ready is your batter for cooking.
6. Heat a little butter or coconut oil in a saucepan over low-medium heat.
7. Once hot pour about ½ cup of batter onto the pan and cook until edges start to brown, flip and cook until desired color.
8. Serve with homemade unsweetened apple sauce and some cinnamon. These are American style pancakes, so they will be small and thick as opposed to the French crêpes.

Recipe by Green Healthy Cooking at <http://greenhealthycooking.com/endless-possibility-pancakes/>



For homemade apple sauce just wash and core 1 lbs (about 4 small) of apples, throw into food processor and process until smooth. You can also use a blender if you do not have a food processor, just cut up apple pieces into big chunks to help the blender do its job.

Drain lentils and chickpeas that have been soaked over night in colander and rinse with abundant cold water making sure all the legumes were rinsed. Shake well to remove excess water and then put colander on a plate so the plate can catch drops of water. Cover loosely with kitchen towel and set aside. Leave on the kitchen counter at room temperature but out of the sun. Find the darkest, shadiest corner.

Lunch

Quinoa Tabbouleh

Prep time	Total time
20 mins	20 mins

Author: Green Healthy Cooking

Serves: 4

Ingredients

- 1 bunch parsley
- 1 bunch or pot basil
- 1 bunch mint
- 2.5 cups quinoa
- 3 large tomatoes
- 2 English cucumber or 4 Lebanese cucumbers
- 3 limes
- 3 Tbsp olive oil
- Salt
- Pepper

Instructions

1. Cook quinoa as instructed on package.
2. While quinoa is cooking, destem and wash herbs.
3. Chop herb leaves very, very finely and put in a large bowl.
4. Wash and deseed tomatoes and chop finely and add to large bowl.
5. Wash and (deseed English cucumbers) finely chop cucumbers and add to large bowl.
6. Once quinoa is cooked, let cool a little and then add to bowl and mix well.
7. Now season with lime juice, olive oil, salt and pepper.

Recipe by Green Healthy Cooking at <http://greenhealthycooking.com/quinoa-tabbouleh/>



Dinner

Rosemary Lemon Roast Chicken

Prep time

20 mins

Cook time

1 hour 20 mins

Total time

1 hour 40 mins

Author: Green Healthy Cooking

Serves: 4

Ingredients

- 1 whole 3lbs chicken
- 1 large onion
- 2 lbs sweet potatoes
- 4 carrots
- 4 celery stalks
- ¼ cups olive oil
- ¼ cup cold butter
- 1 lemon
- 1 bunch rosemary
- Salt Pepper

Instructions

1. Preheat oven to 450F (230C).
2. Peel onion and cut into 3-4 about ½" (1.25cm) rounds and place in the middle of your largest ovenproof dish.
3. Peel sweet potatoes and carrots, wash celery stalks.
4. Chop vegetables into 1" dice and lay out evenly around onions.
5. Sprinkle salt and pepper over vegetables.
6. Wash you chicken (remove giblets if applicable) and place breast-side up on top of onion rounds.
7. Cut the head or tail of the lemon (only so the flesh is a little exposed) and then insert the whole lemon in the chicken's cavity.
8. Insert rosemary into chicken's cavity.
9. Cut butter into pieces and insert half of it in between chicken skin and meat and scatter the rest over here and there over the vegetables.
10. Sprinkle salt and pepper over chicken.
11. Pour ¼ cup olive oil evenly over chicken and vegetables.
12. Place dish in the oven and IMMEDIATELY TURN DOWN HEAT TO 400F (200C). If you forget this step or don't do it immediately, your chicken will end up burned.
13. Roast for 20 minutes per pound (450g) PLUS an additional 20 minutes. In my case, for my 3lbs chicken it ended up being 1:20 hours.

Recipe by Green Healthy Cooking at <http://greenhealthycooking.com/rosemary-lemon-roast-chicken/>

Serve wings, legs and thighs and back meat during dinner and leave breasts on carcass.

Remove leftover chicken breast meat from carcass and shred, then store in glass container with lid in fridge for Monday's lunch.

Rinse lentils and chickpeas with abundant cold water and make sure all legumes are rinsed well. Shake out excess water and place back on plate, cover loosely with kitchen towel and place back in dark, shady corner.

SUNDAY:

Breakfast

Fried Eggs with Sautéed Chard and Bread with Ham

Prep time	Cook time	Total time
10 mins	15 mins	25 mins

Author: Green Healthy Cooking

Serves: 4

Ingredients

- 6 eggs (2 per adult, 1 per child)
- ½ onion
- 1 bunch chard
- Sliced Bread
- Sliced Ham
- Butter

Instructions

1. Peel and chop onion.
2. Wash, dry and destalk chard and chop coarsely.
3. Heat a little olive oil in a pan over medium heat.
4. While waiting put sliced bread in toaster.
5. Once hot, fry onion and chard until soft, divide onto 4 plates.
6. Put another round of bread in toaster.
7. In same pan, add another splash of olive oil and once hot, fry eggs, two at a time and place on prepared plates.
8. Serve fried eggs and sautéed chard with toasted bread, butter and ham.

Recipe by Green Healthy Cooking at <http://greenhealthycooking.com/?p=1041>



Rinse lentils and chickpeas one last time, shake super duper well to remove all excess water. Line two large glass containers with a double layer of paper towel, put sprouted lentils in one and sprouted chickpeas in the other, put on lid and store in fridge.

Lunch

Baked Camembert with Pistachios and Apple Raspberry Sauce

Prep time

20 mins

Total time

20 mins

Author: Green Healthy Cooking

Serves: 4

Ingredients

- 350g Camembert
- ½ cup pistachios
- 1 apple
- 5-8 raspberries
- baguette
- salted butter



Instructions

1. Preheat oven to 350 F (180°C).
2. Take Camembert out of wooden box, remove all paper and plastic around it and place back into wooden box.
3. With a sharp knife carefully scrape off the top white layer only in the middle. Leave the sides so the eventually melted cheese doesn't go over the edges.
4. Coarsely chop pistachios and put in a small bowl.
5. Wash fruit and blend in blender or food processor until smooth and then put in a small bowl.
6. Place the wooden box with Camembert on a baking sheet and bake for approximately 15 minutes. Keep an eye on it at the end. As soon as the box breaks, take it out of the oven, otherwise the cheese will run onto the baking sheet as opposed to stay in its beautiful round presentation.
7. While the cheese is baking, cut up baguette into squares.
8. Heat a Tbsp of salted butter in a pan over medium heat and once hot toss bread squares in it and move around until toasted golden.
9. Put bread on a wooden skewer to dip into gooey Camembert, pistachio crumbs and apple raspberry sauce.

Recipe by Green Healthy Cooking at <http://greenhealthycooking.com/baked-camembert-with-walnuts-and-pear-raspberry-sauce/>

+ a romaine lettuce washed, dried, torn apart and seasoned with this dressing.

Maple Mustard Balsamic Dressing

Prep time

2 mins

Total time

2 mins

Author: Green Healthy Cooking

Serves: 4

Ingredients

- 1 Tbsp maple syrup
- 1 Tbsp dijon mustard
- 1 Tbsp Balsamic vinegar
- 4 Tbsp olive oil



Instructions

1. Put all the ingredients in a bowl and whisk well together or put them in a sealable glass jar and shake until well combined.

Recipe by Green Healthy Cooking at <http://greenhealthycooking.com/maple-mustard-balsamic-dressing/>

Dinner

Stay-at-home cooks: cook half of your sprouted lentils by bringing water to the boil in a large bowl. Once boiling, add lentils and a little bit of salt. Cook until reaching desired consistency. Sprouted lentils take very little time to cook. About 10 minutes. Drain in a colander and set aside. Then make this recipe. You don't have to make Lettuce Wraps, you can also just throw everything in a large bowl and make a giant salad with the Tahini Herb Sauce as Dressing.

Leaving-the-Home Cooks: Cook all lentils as described above, use half for dinner and store other half in a sealed container in the fridge.

After dinner, wash baby spinach (if not already washed) (leave out 5-6 hands full, dry super well and store in an airtight container in the fridge for Wednesday's lunch), wash 4 tomatoes and dice. Divide in four large sealable containers, add shredded chicken to each container and put 1 or 2 slices of bread on top and then seal (small children probably won't need the extra bread). In small waterproof containers add Maple Mustard Balsamic Dressing Ingredients in teaspoon quantities (2 teaspoons maple syrup, 2 teaspoons dijon mustard, 2 teaspoons balsamic vinegar, 8 teaspoons olive oil). Seal and place on top of each salad container and store in fridge. Take out in the morning before going to work/school. During lunch break, first take out bread from salad container, then shake dressing container really, really well so all ingredients blend together (← this is why the container HAS to be waterproof), then pour into salad container, seal and shake as well. Enjoy!

Also, prepare tomorrow's breakfast **TONIGHT** because it has to soak in the fridge over night. It only takes 5 minutes.

Use whatever micro-green you decided to buy on Friday. It does not have to be alfalfa.

Vegan Lentil Lettuce Wraps

Prep time
20 mins

Cook time
5 mins

Total time
25 mins

Author: Green Healthy Cooking
Serves: 4

Ingredients

- 2 heaped Tbsp coconut oil
- 1 small onion, chopped
- 4 cups cooked lentils
- 1 Tbsp apple cider vinegar
- Head butter lettuce
- 4 carrots, grated
- 2 ripe but firm avocado
- 2 ripe but firm mango
- Tahini Herb Sauce (recipe: <http://greenhealthycooking.com/out-of-this-world-tahini-herb-sauce/>)
- alfalfa for garnish

Instructions

1. Wash butter lettuce leaves carefully and pat dry one by one.
2. Peel and grate carrots.
3. Peel avocados and cut into slices.
4. Peel mango and cut into long skinny pieces.
5. Wash alfalfa.
6. Peel and finely chop onion.
7. Heat coconut oil in a large pan over medium heat.
8. Fry onion until translucent, then add cooked lentils and warm up for maybe 2 minutes.
9. Season with salt and pepper to taste.
10. Remove from heat, add apple cider vinegar and mix well.

Recipe by Green Healthy Cooking at <http://greenhealthycooking.com/?p=1047>



Out of This World Tahini Herb Sauce

Prep time

10 mins

Total time

10 mins

Author: Green Healthy Cooking

Serves: 4

Ingredients

- 40g basil leaves
- 20 g parsley leaves
- 1 Tbsp honey (agave nectar for vegan version)
- 3 garlic, crushed
- ¼ cup rice vinegar
- 1 Tbsp soy sauce
- 2 Tbsp tahini
- 2 Tbsp olive oil
- Juice of half a lemon
- Jalapeño pepper (optional)

Instructions

1. Wash herb leaves and dry in salad spinner.
2. Peel and crush garlic.
3. Deseed jalapeño pepper (if using).
4. Add all ingredients to food processor.
5. Process until smooth.

Recipe by Green Healthy Cooking at <http://greenhealthycooking.com/out-of-this-world-tahini-herb-sauce/>



MONDAY:

Breakfast

Raspberry Vanilla Overnight Oats

Click to open the formatting window

Prep time	Total time
5 mins	5 mins

Author: Green Healthy Cooking

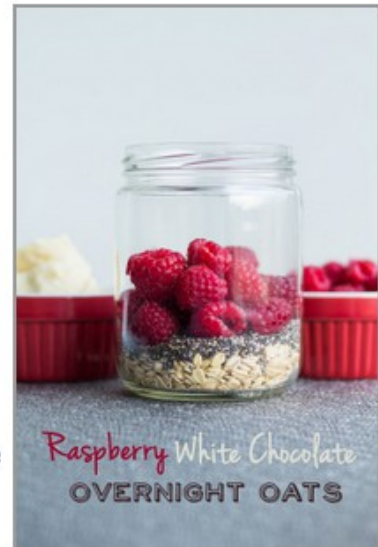
Serves: 4

Ingredients

- 2 cups old fashioned rolled oats
- 8 Tbsp Chia seeds
- 1 box raspberries (minus 5-8 berries used for apple raspberry sauce on Sunday)
- 4 tsp vanilla extract
- 8 Tbsp maple syrup
- Vegan milk

Instructions

1. The evening before your oatmeal breakfast day: line up four sealable glass containers such as mason jars, add $\frac{1}{2}$ cup oats, 2 Tbsp Chia seeds, 1 tsp vanilla extract, 2 Tbsp maple syrup and $\frac{1}{4}$ box raspberries.
2. Then fill up with milk and seal very well.
3. Shake for about 30 seconds or until all ingredients are evenly distributed in the whole jar and place in your refrigerator for minimum 6 hours.
4. (for children under 4 I recommend using only $\frac{1}{2}$ cup of oats and milk to fill $\frac{3}{4}$ of the jar, this is usually enough for mine)



Recipe by Green Healthy Cooking at <http://greenhealthycooking.com/raspberry-white-chocolate-overnight-oats/>

Lunch

Baby spinach tomato salad and shredded chicken with Maple Mustard Balsamic Dressing

Wash and dry 12 oz (340g) of baby spinach and add to a large bowl (leave out 5-6 hands full, dry super well and store in an airtight container in the fridge for Wednesday's lunch), wash and dice 4 tomatoes and add to bowl. Add leftover shredded chicken from Saturday's dinner to bowl. Prepare Maple Mustard Balsamic Dressing as instructed on the next page and season salad with it. Serve everything with sliced toasted bread.

Maple Mustard Balsamic Dressing

Prep time
2 mins

Total time
2 mins

Click to open the formatting window

Author: Green Healthy Cooking
Serves: 4

Ingredients

- 2 Tbsp maple syrup
- 2 Tbsp dijon mustard
- 2 Tbsp Balsamic vinegar
- 8 Tbsp olive oil

Instructions

1. Put all the ingredients in a bowl and whisk well together or put them in a sealable glass jar and shake until well combined.

Recipe by Green Healthy Cooking at <http://greenhealthycooking.com/maple-mustard-balsamic-dressing/>



Dinner

Cook all sprouted chickpeas by bringing water to the boil in a large bowl. Once boiling, add chickpeas and a little bit of salt. Cook until reaching desired consistency. Sprouted chickpeas take very little time to cook. About 10 minutes. Drain in a colander and set aside. What you don't need for making dinner, store in a sealable container in the fridge.

Leaving-the-Home Cooks: after dinner prepare Arugula Sprouted Lentil Salad with Lemon Honey Vinaigrette by washing and drying arugula (if necessary), dividing it then in 4 containers, add cooked sprouted lentils to 4 containers, put frozen corn in colander and defrost by letting hot water run over them for about 30-60 seconds, drain well, then add to 4 containers. Wash 4 tomatoes, dice and add to four containers. Put honey lemon vinaigrette ingredients into small waterproof containers using teaspoon measurements for each (3 teaspoons lemon juice, 3 teaspoons honey, 12 teaspoons olive oil). Seal salad containers, seal vinaigrette containers and put on top of salad containers, store everything in fridge to take to work/school the next morning.

Lemon Butter Garbanzos

Click to open the formatting window

Prep time	Cook time	Total time
5 mins	20 mins	25 mins

Author: Green Healthy Cooking

Serves: 4

Ingredients

- 1.5 cups quinoa
- 1 bulb fennel
- 3 cups cooked chickpeas
- 3 cups frozen peas
- Juice of 1 lemon
- ½ cup butter
- Salt
- Pepper

Instructions

1. Cook quinoa as instructed on package.
2. Wash and cut fennel into chickpea size pieces discarding the dill-like leaves.
3. In a large saucepan heat half of the butter over low-medium heat and once hot add fennel and sauté until desired consistency. I like it still crunchy but if you like it soft you just have to give it a little more time. Keep trying a piece throughout the sautéing process.
4. Once the desired consistency is reached, add chickpeas and frozen peas and cook for about 2 minutes or until peas are defrosted and heated through.
5. Remove pan from heat and add remaining butter, lemon and season with salt and pepper.
6. Serve over hot quinoa.

Recipe by Green Healthy Cooking at <http://greenhealthycooking.com/lemon-butter-garbanzos/>



TUESDAY:

Breakfast

Toasted slice of bread with almond butter and sliced banana on top plus this smoothie:

Passion Fruit Mango Smoothie

Prep time
5 mins

Total time
5 mins

Author: Green Healthy Cooking
Serves: 2

Ingredients

- 2 passion fruits
- 1 cup water
- 2 very very ripe mango
- 2 cups unflavored and unsweetened yogurt

Instructions

1. Cut open passion fruits and spoon the inside into your blender.
2. Add cup of water, cover and turn on for 2-3 seconds. This will separate the seeds from the slime (which is what we want to keep).
3. Pour passion fruit water through a sieve into a glass and discard the seeds.
4. Rinse out blender to remove all seed bits.
5. Return sieved passion fruit water into blender.
6. Peel and deseed mango and add all the flesh into the blender.
7. Add yogurt, cover and blend until smooth (about 30 seconds).

Recipe by Green Healthy Cooking at <http://greenhealthycooking.com/passion-fruit-mango-smoothie/>



Lunch

Arugula Sprouted Lentil Salad with Lemon Honey Vinaigrette

Prep time	Total time
Click to open the formatting window <small>ns</small>	

Author: Green Healthy Cooking
Serves: 4

Ingredients

- 4 cups sprouted lentils
- 2 cups frozen corn
- 12 oz Arugula
- 4 large tomatoes
- 3 Tbsp lemon juice (about ½ a juicy lemon)
- 12 Tbsp olive oil
- 3 Tbsp honey
- 1 tsp salt
- Pepper

Instructions

1. Put lentils in a pot and cover with water.
2. Bring to the boil and then reduce heat to low, cook for 10-15 minutes depending on how soft you like them.
3. In the meantime, wash Arugula (if necessary), wash tomatoes and dice.
4. Prepare vinaigrette by adding lemon juice, olive oil, honey, salt and about 5-6 turns of pepper from your pepper mill into a jar with a tight lid.
5. Once lentils are cooked, remove from stove and add frozen corn to hot lentil water and move around for 1 minute. This is enough to defrost them.
6. Drain lentils and corn in a colander.
7. Combine all salad ingredients in a large bowl, shake your vinaigrette and mix into salad or place salad ingredients on individual plates and let everybody pour the vinaigrette onto their plates themselves.

Recipe by Green Healthy Cooking at <http://greenhealthycooking.com/arugula-sprouted-lentil-salad-with-lemon-honey-vinaigrette/>



Dinner

Leaving-the-Home Cooks: after dinner prepare Baby Spinach Camembert Sandwiches by washing and drying baby spinach (if necessary), toasting sliced bread, buttering it, putting abundant baby spinach and camembert between two toasted and buttered slices of bread. 2-3 sandwiches per adult and one per child should be enough. Put in container and store in fridge to take to work/school the next morning.

Mahi Soba Noodle Stir-Fry

Prep time	Cook time	Total time
15 mins	10 mins	25 mins

Author: Green Healthy Cooking

Serves: 4

Ingredients

- 2 Tbsp chilli oil (olive oil if children are eating)
- 2 cloves garlic
- 4 spring onions
- 2 lb [Click to open the formatting window](#)
- 10 oz (300g) mahi mahi fillet
- 7 oz (200g) shiitake mushrooms
- 7 oz (200g) soba noodles
- 10 oz (300g) edamame in pod
- 1 Tbsp fish sauce
- 6 Tbsp soy sauce
- 1 Tbsp sesame oil
- 1 Jalapeño pepper



Instructions

1. Shell edamame. If frozen, thaw under cold water, then shell. Set aside.
2. Peel carrots and cut into thin long pieces.
3. Bring about 12 cups (3 liters) of water to the boil.
4. Wash and chop spring onions separating white and green parts.
5. Wash and dry mahi mahi filets and cut into small dice.
6. Do not wash shiitake mushrooms, just remove dirt with paper towel and remove hard part of stem.
7. In a wok or large pan heat chilli oil (olive oil) over medium high heat.
8. Water in pot should be boiling by now. Throw in soba noodles and set timer for 3 minutes.
9. Once oil in wok is hot, add white parts of chopped spring onions, garlic and carrots and stir-fry until carrots start to slightly bend (they should not be soft, just staaarting to become soft).
10. When timer goes off, add edamame to noodles and set timer for another 3 minutes.
11. When carrots are softish add mahi mahi, shiitake mushrooms, fish sauce and soy sauce and toss everything around so fish and mushrooms cook evenly.
12. When timer goes off, try a soba noodle, if it requires further cooking set timer for one more minute, if not drain in a colander and rinse with cold water.
13. Shake colander to make water drain completely then add cooked noodles and edamame to wok and toss around so it takes on the sauces' flavors for maybe 30-60 seconds.
14. Remove from stove, add sesame oil and toss one last time and serve immediately.
15. Garnish with Jalapeño pepper rounds if desired.

Recipe by Green Healthy Cooking at <http://greenhealthycooking.com/mahi-soba-noodle-stir-fry/>

WEDNESDAY:

Breakfast

Toasted slices of bread with butter, ham and tomato rounds on top and sliced apple dipped in almond butter.

Take out cooked shrimps from freezer and store in fridge (← this is important!!).

Lunch

Stay-at-home cooks: make two pizzas by doubling the Spinach Camembert and Egg Pizza recipe.

Leaving-the-Home Cooks: enjoy Baby Spinach Camembert Sandwiches.

Spinach Camembert and Egg Pizza

Prep time	Cook time	Total time
5 mins	10 mins	15 mins

Author: Green Healthy Cooking

Serves: 2-3

Ingredients

- 11" (28 cm) round pizza base/dough
- 1 large glove garlic
- ¼ cup tomato sauce
- salt
- pepper
- 3 large hands full baby spinach
- 150 g camembert
- 3 large eggs
- 1 large hand full basil leaves
- chili oil

Instructions

1. Preheat oven to temperature instructed on pizza base recipe or package.
2. Peel and crush garlic and mix with tomato sauce, then salt and pepper very generously.
3. Evenly spread seasoned tomato sauce on base.
4. Spread spinach all over pizza creating 3 nests in the middle.
5. Place camembert stripes on pizza created a rim-like pattern in order to place eggs in the middle with camembert serving as a barrier so the egg white doesn't slip down the pizza. (as shown in picture above).
6. Crack 3 eggs into spinach nests bordered by camembert.
7. Bake for as long as instructed on pizza base recipe or package and if eggs are not properly cooked by then, place in the upper rack, turn on broiler and bake for 1 more minute max.
8. Pinch the egg yolks with a fork and spread the runny yolk all over the pizza so all of it gets the yummy golden yolk flavor.
9. Scatter fresh basil on top and enjoy with chili oil.

Recipe by Green Healthy Cooking at <http://greenhealthycooking.com/spinach-camembert-and-egg-pizza/>



Dinner

Leaving-the-Home Cooks: after dinner prepare Shrimp Cheese Sandwiches by taking out shrimps from fridge and rinse and then lay out on paper towel and pat dry with another paper towel. Then, wash and chop small onion and grate cheddar or swiss cheese. Then, heat a little olive oil in a pan over medium heat and once hot add onion and toss around for about 1 minute. Add shrimps and cheese and once cheese is completely melted (should only take about 1 minute) remove from heat immediately, leaving the stove on. Put cheese shrimp mix in a bowl or on a plate and place pan back on stove. Toast slices of 10-12 slices of bread one or two at a time (depending on size of pan) for a minute on each side then make sandwiches by putting shrimp cheese mix between two slightly toasted slices of bread. Let cool completely, then store in container and in fridge. Take out the next morning to take to work/school.

Also, prepare tomorrow's breakfast **TONIGHT** because it has to soak in the fridge over night. It only takes 5 minutes.

For dinner today **DOUBLE** this recipe (there should be some hummus left after dinner (in theory), (leave out 4 strings of cilantro for garnish of 15-minute Coconut Shrimp Curry/or Shrimp Cheese Sandwiches):

Use whatever micro-green you decided to buy on Friday. It does not have to be sunflower seed sprouts.

Crispbread with Avocado Cilantro Hummus

Prep time
20 mins

Total time
20 mins

Author: Green Healthy Cooking
Serves: 2-4

Ingredients

- 2 cups cooked chickpeas (or one can)
- 2 small (300g) avocados
- ½ bunch (50g) cilantro
- 1 large clove garlic
- 1 lime
- 4 Tbsp olive oil
- 2 Tbsp tahini
- 1 Tbsp apple cider vinegar (or another lime)
- 1.5 - 2 tsp salt
- Your favorite crispbread (mine is rye)
- 3 large tomatoes
- 2 large carrots
- 1 hand full sunflower seed sprouts (or other micro green)

Instructions

1. If using canned chickpeas, drain in colander and rinse well.
2. Wash cilantro.
3. Peel and pit avocados.
4. Crush garlic into food processor add chickpeas and process until smooth.
5. Add avocado and process until incorporated and smooth.
6. Add cilantro with stems and all and process until incorporated and smooth.
7. Add tahini, olive oil, juice of lime, apple cider vinegar and 1.5 tsp salt and process until well incorporated.
8. Try the hummus and season with more salt if necessary.
9. Peel and grate carrots.
10. Wash and slice tomatoes.
11. Spread hummus generously on crispbread, top with tomato slices, grated carrots and sunflower seed sprouts.

Recipe by Green Healthy Cooking at <http://greenhealthycooking.com/crispbread-with-avocado-cilantro-hummus/>



THURSDAY:

Breakfast

Raisin Maple Overnight Oats

Prep time	Total time
5 mins	5 mins

Author: Green Healthy Cooking

Serves: 4

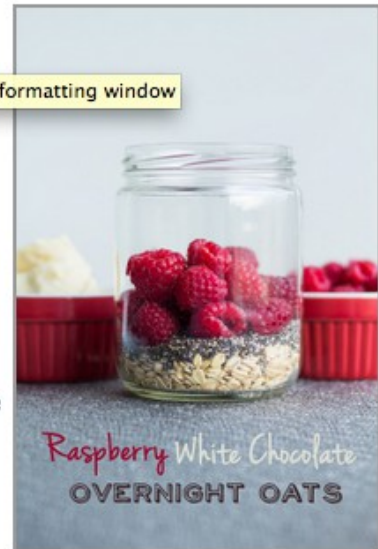
Ingredients

- 2 cups old fashioned rolled oats
- 8 Tbsp Chia seeds
- ½ cup raisins
- 8 Tbsp maple syrup
- Vegan milk

Instructions

1. The evening before your oatmeal breakfast day: line up four sealable glass containers such as mason jars, add ½ cup oats, 2 Tbsp Chia seeds, 2 Tbsp maple syrup and ⅓ cup raspberries.
2. Then fill up with milk and seal very well.
3. Shake for about 30 seconds or until all ingredients are evenly distributed in the whole jar and place in your refrigerator for minimum 6 hours.
4. (for children under 4 I recommend using only ⅓ cup of oats and milk to fill ¾ of the jar, this is usually enough for mine)

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Recipe by Green Healthy Cooking at <http://greenhealthycooking.com/raspberry-white-chocolate-overnight-oats/>

Lunch

Stay-at-home cooks: serve with rice. Prepare shrimp curry while rice is cooking as instructed on package. I recommend cooking 1.5 cups of rice depending on how old the children are and how much they eat.

Leaving-the-Home Cooks: enjoy Shrimp Cheese Sandwiches.

15 Minute Coconut Shrimp Curry

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Prep time	Cook time	Total time
5 mins	10 mins	15 mins

Author: Green Healthy Cooking

Serves: 3-4

Ingredients

- Rice or Pasta
- 1 lbs (450g) cooked frozen shrimps
- 1 can full fat coconut milk
- ½ Tbsp curry powder
- Salt
- Pepper
- Parsley or Cilantro

Instructions

1. Reheat rice or pasta or cook from scratch as instructed on package.
2. While rice or pasta is cooking, take out 400 g of cooked frozen shrimps from the freezer, put in a colander and let cool water run over the shrimps to defrost (not cold but definitely not lukewarm. Simply cool to the touch, it should only take about 3-4 minutes to defrost).
3. Heat a little olive oil in a large pan over medium heat.
4. While oil is heating peel and chop a small onion.
5. (turn off running water?)
6. Sauté chopped onion in hot oil until translucent.
7. Add canned coconut milk to pan and bring to the boil.
8. Add curry powder, salt and pepper and stir until beautifully yellow and taste for seasoning.
9. Add defrosted shrimps, and immediately turn off heat and remove pan from stove (the hot coconut milk will do its job heating the shrimps without cooking them further).
10. Serve over rice or pasta and sprinkle with chopped parsley or cilantro.
11. Whatever you do, do not throw frozen shrimps into coconut milk and certainly do not cook them in the coconut milk. They are cooked already and if cooked further will become dry and chewy and yucky.

Recipe by Green Healthy Cooking at <http://greenhealthycooking.com/15-minute-coconut-shrimp-curry/>



Dinner

Cook 2 cups quinoa as instructed on package and serve **DOUBLE** this recipe (except the fried eggs, one egg per person should be enough) on top of quinoa:

Leaving-the-Home Cooks: after dinner wash (and peel if necessary) and cut up leftover vegetables and store in containers, divide leftover Avocado Cilantro Hummus and store in containers, wash leftover fruit (except apples), toast some bread and store in containers and store everything in fridge to take to work/school the next morning.

Garlic Butter Roasted Vegetables and Egg

Prep time	Cook time	Total time
20 mins	20 mins	40 mins

Author: Green Healthy Cooking
Serves: 2-3

Ingredients

- 1 large leek
- 2 large hands full sugar snap peas
- 2 large carrots
- 2 large red or yellow bell peppers
- 4 Tbsp butter
- 2 large cloves garlic
- Salt
- 3 Eggs
- 1 hand full parsley

Instructions

1. Preheat oven to 400 F (200 °C).
2. Wash vegetables and deseed bell pepper and peel carrots and cut into very thin stripes (1/4" ; 0.5cm) as shown in picture above.
3. Place all vegetables on a large baking sheet.
4. Melt butter in a saucepan.
5. Peel and crush garlic and add to melted butter.
6. Add salt to melted butter, stir well and then pour over vegetables and mix well so the vegetables are all covered in butter, garlic and salt. Then spread them out nicely again.
7. Roast for 20-30 minutes depending on how thick you cut them and how soft you like them. I roasted mine until the first leek bits started slightly burning (20 minutes). I like my veggies still crunchy.
8. (While your vegetables are roasting cook couscous, rice, quinoa, pasta or whatever you want to accompany your vegetables with).
9. Wash, destem parsley and then chop leaves only to sprinkle over everything.
10. Five minutes before the vegetables are ready, fry your eggs.

Recipe by Green Healthy Cooking at <http://greenhealthycooking.com/garlic-butter-roasted-vegetables-and-egg/>



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FRIDAY:

Breakfast

Greek Yogurt with seeds and apples with almond butter.



Lunch

Leftovers! (Hummus, cut up veggies, fruit, bread...)

Dinner

There won't be any lettuce or basil left because they usually don't stay crunchy for a week, even in the fridge. You may want to go buy only some lettuce for dinner and prepare Maple Mustard Balsamic Dressing or Lemon Honey Vinaigrette for it, but this is not essential. You already ate a good amount of vegetables for lunch.

Cook $\frac{1}{2}$ cup white rice in 1 cup water so it is overcooked and sticky.

Spaghetti with Pistachio Meatballs

Prep time	Cook time	Total time
30 mins	30 mins	1 hour

Author: Green Healthy Cooking

Serves: 4

Ingredients

- 1 lbs (500g) lean ground beef
- $\frac{1}{2}$ cup overcooked white rice
- $\frac{1}{4}$ - $\frac{1}{2}$ cup shelled pistachios
- 1 egg
- $\frac{3}{4}$ tsp salt
- $\frac{1}{2}$ tsp coriander
- 1 tsp cumin
- $\frac{1}{2}$ tsp chilli powder
- Butter
- 1 large onion
- 2 cloves garlic
- 400-500 ml tomato sauce
- Salt
- Pepper
- Fresh basil
- Parmesan cheese

Instructions

1. Peel and finely chop onion and peel and crush garlic. Set aside.
2. Chop pistachios. Set aside.
3. Fill a large pot with water and bring to the boil.
4. In a bowl mix together with your hands: ground beef, rice, pistachios, egg, salt, coriander, cumin and chilli powder.
5. Use ice cream scoop or measuring spoon to evenly size meatballs and roll in your damp hands to get perfect little balls. (lay out on a lined baking sheet to avoid them sticking together or onto a plate).
6. Heat 1 tablespoon of butter in a large pan over medium heat and once very hot fry meatballs in batches (at least 3 batches, adding another tablespoon of butter for every batch). Lightly brown all sides for only about 30 seconds every side, do not cook through.
7. Lift out the ones that are lightly browned onto a paper towel lined plate.
8. Once all meatballs are finished, fry the set aside onion and garlic in the same pan until translucent.
9. Add tomato sauce and bring to the boil.
10. Once boiling reduce heat to simmer and carefully place meatballs in tomato sauce. Cover and let simmer for 15 minutes.
11. The water in the big pot should be boiling by now. Cook a pack of your favorite Spaghetti as instructed in the package.
12. Serve meatballs and tomato sauce over spaghetti, sprinkle parmesan and basil over it and accompany the dish with a green leafy salad.

Recipe by Green Healthy Cooking at <http://greenhealthycooking.com/spaghetti-pistachio-meatballs/>



Now, how do you feel after eating 7 days of Unprocessed Food? I hope you enjoyed it! Leave your comments on <http://greenhealthycooking.com/newsletter/> please and let me know how it went, how you feel and if you think there should be made any changes to this e-book.