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Menu Plan - Week 1

Created by Brandi Rollins
Author of *Raw Foods on a Budget*

Event Hosted By



Raw Foods on a Budget

The ultimate resource to enjoying raw foods while living on a tight budget

www.rawfoodsonabudget.com

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Breakfast

2-3 whole fruits

*The theme for this meal is **lightness**. For this meal, you will eat one type of fruit only (e.g. 2-3 apples or oranges). Choose a fruit that you can get locally, organically, and that is in season. Consider eating low glycemic fruits like apples or pears. If you are used to drinking coffee, a juicy apple is a surprisingly great substitute. Feel free to switch it up by eating a different of fruit each day of the week.*



Mid-Morning Snack

1 handful of soaked nuts

Because breakfast is so lite, here is a quick snack to fuel your morning. Choose any kind of nut or seed that you like (e.g. almonds, walnuts, cashews, brazil nuts, pecans), but be sure to soak them in 8 hours of clean water overnight. They will be ready in the morning for you to take to work! This snack will give you some much needed morning protein and help to keep your morning lite.



Lunch

Good Ole' Collards and Sweet Peppers
The BEST Pate Ever (see recipe for picture)

*The theme for this meal is **satisfaction**! I choose these recipes because they taste amazing, are filling, and have a warming effect on the body. Plus, I wanted the biggest meal to be at the time of day when your digestive fire is at its peak. Both recipes can be prepared 1 day ahead of time. To lighten this meal simply omit some of the brazil nuts. Watch me make The BEST Pate Ever recipe at Raw Foods on a Budget TV (www.rawfoodsonabudget.com).*



Dinner and Dessert

Winter Salad with Sweet Mustard Balsamic Dressing
1 Donut Hole (see recipe for picture)

*The theme for dinner is **sensuality**! This salad is incredible. When I first made it, I ate it so fast that my roommate heard me chowing down in the next room. This is a light dinner that is easy on the tummy and will help you end your day feeling satisfied. And be sure to savor that donut hole. You only get one.*

Equipment Needed for Menu Plan

Knife

Cutting board

Food processor (mini to large...any size will do; borrow one from a friend or relative if you have to! I got mine food processor from my auntie!)

Recipe Substitutions

Good Ole' Collards and Peppers

- ✓ Collard greens: replace with any kind of hardy green like kale (any variety), parsley, bok choy, or spinach.
- ✓ Sweet peppers: replace with any kind of crunchy, sweet vegetable like celery, cucumbers, or jimaca. Consider substituting the sweet peppers with a fruit like an apple or crunchy pear.
- ✓ Apple cider vinegar and lemon juice: if you have apple cider vinegar, but no lemon juice, just use all vinegar. Or if you have the reverse situation, use all lemon juice.
- ✓ Brazil nuts: I would encourage people not to replace this ingredient, but if you do, try pecans, cashews, hemp seeds, and/or almonds.

The Best Pate Ever

- ✓ Mustard: if you have it, use ground mustard seed powder instead going out to buy Dijon or stone ground mustard. Just add a little bit of powder at a time and then taste until you get the flavor you want.
- ✓ I wouldn't recommend any more substitutions for this recipe.

Winter Salad with Sweet Mustard Balsamic Dressing

- ✓ Avocado: if you don't have access to avocados, then just leave it out of the recipe. Consider replacing it with hemp seeds.
- ✓ Fruit: really you can use any fruit in this salad. If you don't have fresh apples or pears locally, then replace them with whatever you do have access to. Some great options are mandarins, satsumas, pomegranate seeds, persimmons, etc.
- ✓ Balsamic Vinegar: if you don't have a bottle of this vinegar at home, just use whatever vinegar or lemon juice you have on hand. Just don't use white vinegar!

Donut Holes

- ✓ Walnuts: feel free to use almonds, pecans, Brazil nuts, cashews, or any other fatty nut in place of the walnuts.
- ✓ Dates and agave: do not substitute the dates; however, you can use other liquid sweeteners in place of the agave like honey and coconut nectar.

Serving Sizes & Food Quantity

Each recipe will make multiple servings and provide you with AT LEAST 2 days worth of food.

- Good Ole' Collard Greens and Peppers – 2 servings = 2 days
- The Best Pate Ever – 3 servings = 2-3 days
- Winter Salad with Sweet Mustard Balsamic Dressing – 2 servings = 2 days
- Donut Holes – 6 servings (please eat only 1 a day) = 6 days

Shopping Tips

- ✓ Purchase a small bottle of Dijon mustard or stone ground mustard that has no natural flavors, sugars, wine, or artificial ingredients. Make sure you can read the back of the label.
- ✓ Purchase collard greens that aren't torn, discolored, or wilted. If you cannot find good quality collard greens, substitute them for another green.
- ✓ Buy shredded coconut that is fragrant and smells like coconut. If it doesn't have a smell then it has been bleached and processed.
- ✓ Buy the freshest nuts you can find. If the nuts look like they have been sitting on the store shelves or in the bulk bins for weeks, then steer clear. Fresh nuts are crisp and not dull or bendy.
- ✓ Buy as many of the ingredients in bulk as possible. This way you can buy what you need.
- ✓ Read chapters 3 and 4 of *Raw Foods on a Budget* to create your menu plan, shopping list, and to find new ways to access high-quality, low-cost produce in your area. These chapters are essential. You can download chapter 3 for FREE at www.rawfoodsonabudget.com.
- ✓ If you are looking around for stores that sell high quality produce at a great price, call before visiting to do a price check. This will save you gas and time.

Additional Information

I don't like to emphasize calories, because on the raw food diet, it really doesn't matter. However, here are the calories for each recipe:

- Good Ole' Collards and Peppers (283 calories per serving)
- The Best Pate Ever (207 calories per serving)
- Winter Salad with Sweet Mustard Balsamic Dressing (325 calories per serving)
- Donut Holes (352 calories per serving – this is why you only eat ONE!)

Ongoing Support for the 21 Day Raw Food Transformation

If you have questions for the hosts (Kristopher Aaron, Marc Haygood, Brandi Rollins, and Jaie Benson), visit: www.life2themax120.com

For information on Brandi's book, *Raw Foods on a Budget*, or Raw Foods on a Budget TV (Brandi Rollins), visit: www.rawfoodsonabudget.com



Good Ole' Collards and Sweet Peppers

2 servings



This is a wonderful, light side salad for people who love the brilliant, sharp taste of collard greens. The brazil nuts add a creaminess that is tough to resist, and the peppers are fresh, crisp, and sweet.

This is a great recipe to make in the fall when peppers are in season and inexpensive, and collards are coming into season. Be sure to choose collard greens with medium sized leaves (no larger than 10-inches, excluding the stalk) and that have no discolorations.

This recipe can be prepared 1 day ahead of time.

Ingredients

4 medium	collard leaves
1/4 tsp	sea salt
1 tsp	apple cider vinegar
	juice from 1/4 lemon
2 medium	sweet bell peppers
14	raw brazil nuts
1/4 tsp	raw honey (optional)

Items Needed: Coffee grinder, food processor, or Vita-mix blender

Instructions: Layer the collard leaves on top of each other, roll them into a burrito, and cut them into very thin slices. Place the sliced collards into a large bowl, and add the salt, vinegar, and lemon juice and mix well. Allow the greens to marinate while you dice the sweet bell peppers, and then add them to the greens. Next, grind 10 brazil nuts into a flour using a coffee grinder, food processor, or Vita-mix blender. Pour the nut flour onto the greens and mix well. Add the honey and stir well. Lastly, grind the remaining brazil nuts and sprinkle on top of the greens! Enjoy!

ESTIMATED RECIPE COSTS*

INGREDIENT	AMOUNT	PRICE
collard leaves	4 medium	\$1.00
sea salt	1/4 tsp	<\$0.05
apple cider vinegar	1 tsp	<\$0.05
lemon	1/2	\$0.20
sweet bell peppers	2 medium	\$1.50
brazil nuts	14 nuts	\$1.50
honey (optional)	1/4 tsp	<\$0.10

TOTAL COST \$4.40

Price per Serving: \$2.20

*Based on prices the author paid to make the recipe.

Tips to Reduce Recipe Cost

- Purchase locally grown sweet peppers from farmer's markets or directly from a farm.

Nutrition Information Per Serving (% of Daily Value - Based on 2,000 Daily Calorie Intake)

Dietary Fiber	32%	Vitamin B6	24%	Thiamin	21%	Iron	8%	Manganese	37%
Protein	15%	Vitamin B12	0%	Riboflavin	12%	Sodium	13%	Vitamin K	410%
Vitamin A	159%	Vitamin E	35%	Niacin	9%	Potassium	17%	Copper	33%
Vitamin C	293%	Folate	42%	Calcium	16%	Zinc	12%	Selenium	960%

NOTE: Nutrition information are estimates only. Nutrition information was estimated using Now You Are Cooking! Version 5.85 software, a program that utilizes the United States Department of Agriculture Nutrition Database.

The BEST Pate Ever!

Makes 3 servings



This is truly best pate I have ever tasted! It's so easy and tastes so fresh. It's also the perfect replacement for tuna salad.

Enjoy this pate with flax crackers, or slices of carrots or celery!

This recipe can be prepared 1 day ahead of time, and will stay fresh in the refrigerator for up to 3-4 days.

ESTIMATED RECIPE COSTS*

INGREDIENT	AMOUNT	PRICE
raw sunflower seeds	1/3 c	\$0.45
raw cashews	1/3 c	\$0.50
carrots	1/3-1/2 c	<\$0.15
celery stalks	2 large	<\$0.20
apple	1/3 med	<\$0.10
sea salt	1/8 tsp	<\$0.05
lemon	1/4 med	<\$0.15
Dijon mustard	1 tbsp	<\$0.15

TOTAL COST **\$1.75**

Price per Serving: \$0.58

*Based on prices the author paid to make the recipe.

Tips to Reduce Recipe Cost

- If you have it, use brown mustard powder instead of going out to buy a bottle of Dijon or stone ground mustard. This is an inexpensive recipe...I can't think of anything else.

Ingredients

1/3 c	raw sunflower seeds
1/3 c	raw cashews, whole
1/3 -1/2 c	carrots
2 large	celery stalks
1/3 medium	apple (sweet variety like Fuji)
1/8 tsp	sea salt
1 tbsp	lemon juice (about juice from 1/4 lemon)
1 tbsp	Dijon mustard or stone ground mustard

Items Needed

Food processor

Instructions

Process the sunflower seeds in the food processor until the seeds turn into a powder. This may take 20-30 seconds. Add the cashews and process until a flour forms (15 to 20 seconds). Chop the carrots, celery, and apple, and pulse in the food processor until the mixture blends smoothly. Add the salt, lemon juice, and mustard and process until the mixture reaches the texture you prefer.

Nutrition Information Per Serving (% of Daily Value - Based on 2,000 Daily Calorie Intake)

Dietary Fiber	17%	Vitamin B6	12%	Thiamin	29%	Iron	12%	Manganese	28%
Protein	14%	Vitamin B12	0%	Riboflavin	7%	Sodium	9%	Vitamin K	27%
Vitamin A	76%	Vitamin E	40%	Niacin	7%	Potassium	12%	Copper	33%
Vitamin C	10%	Folate	17%	Calcium	5%	Zinc	12%	Selenium	19%

NOTE: Nutrition information are estimates only. Nutrition information was estimated using Now You Are Cooking! Version 5.85 software, a program that utilizes the United States Department of Agriculture Nutrition Database.

Winter Salad with Sweet Mustard Balsamic Dressing

Makes 2 servings



This salad is pure s-e-n-s-u-a-l-i-t-y! It celebrates winter fruits and is loaded with fresh fruit and lettuce flavor! This is a very versatile recipe that can be adapted to any locale. If you don't have access to avocados, then use another fruit instead. Consider replacing the pears and apples for mandarins, pomegranates, grapefruit, persimmons, etc. The dressing can be prepared ahead of time.

ESTIMATED RECIPE COSTS*

INGREDIENT	AMOUNT	PRICE
head of lettuce	1 large	\$2.00-3.00
pear	1 medium	\$0.40
apple	1 medium	\$0.40
avocado	1 medium	\$1.25
garlic	1 clove	<\$0.10
mustard	1 tbsp	<\$0.15
balsamic vinegar	1/4 tsp	<\$0.05
extra virgin olive oil	2 tbsp	\$0.40
lemon juice (optional)	1/2 tsp	<\$0.10
agave, honey, etc.	1 tsp	<\$0.10

TOTAL COST **\$4.95-5.95**

Price per Serving: \$2.48-2.98

*Based on prices the author paid to make the recipe.

Tips to Reduce Recipe Cost

- If pears, apples, and/or avocados are expensive, substitute them with less costly local fruits.
- If you don't have balsamic vinegar, substitute it with apple cider vinegar or use lemon juice.

Ingredients

Salad:

- 1 very large or 2 small heads of lettuce
- 1 medium pear (any variety)
- 1 medium apple (any variety)
- 1 medium avocado
- 1 clove garlic

Dressing:

- 1 tbsp stone ground mustard or dijon mustard
- 1/4 tsp balsamic vinegar
- 2 tbsp extra virgin olive oil
- 2 tsp water
- 1 squeeze lemon juice (about 1/2 tsp)
- 1 pinch sea salt
- raw agave, honey, stevia, etc. to taste

Items Needed: None.

Instructions

Salad: Chop the lettuce, slice the apple, pear, and avocado, and mince the garlic. Combine into a large bowl and set aside.

Dressing: Mix all of the ingredients into a small cup or bowl. Pour the dressing over the salad and enjoy.

Nutrition Information Per Serving (% of Daily Value - Based on 2,000 Daily Calorie Intake)

Dietary Fiber	50%	Vitamin B6	25%	Thiamin	17%	Iron	20%	Manganese	35%
Protein	11%	Vitamin B12	0%	Riboflavin	19%	Sodium	6%	Vitamin K	443%
Vitamin A	351%	Vitamin E	26%	Niacin	11%	Potassium	28%	Copper	14%
Vitamin C	37%	Folate	17%	Calcium	11%	Zinc	7%	Selenium	9%

NOTE: Nutrition information are estimates only. Nutrition information was estimated using Now You Are Cooking! Version 5.85 software, a program that utilizes the United States Department of Agriculture Nutrition Database.

Donut Holes

Makes 6 donuts



This recipe tastes just like glazed donut holes! It is so simple and delicious. And because they are so tasty, it is best to make this recipe when other people are coming over; otherwise, you may eat them all yourself! These donut holes taste best when served warm. Allow them to sit in the sun or dehydrator on low for a few hours.

Ingredients

1 c	raw shredded coconut
1/3 c	raw walnuts, whole
1/2 tsp	vanilla (glycerin-based tastes best)
1/4 tsp	cinnamon, ground
1 pinch	sea salt
4	medjool dates
2 tbsp	raw agave

Items Needed: food processor

Instructions: Process the shredded coconut in the food processor until the oils begin to come out of the coconut. Add the walnuts, vanilla, cinnamon, and salt and process until the walnuts are well broken down. Add the dates and process until they are completely broken down into small pieces. Lastly, add the agave and process until the dough starts to clump. Form the dough into 6 small balls. To warm the donut holes, place them in a dehydrator or outside under the sun in a bowl covered with cheesecloth. Use a rubberband to keep the cloth in place. Warm for 3-4 hours.

ESTIMATED RECIPE COST*

INGREDIENT	AMOUNT	PRICE
raw shredded coconut	1 c	\$0.50
raw walnuts, whole	1/3 c	\$0.75
vanilla	1/2 tsp	<\$0.10
cinnamon, ground	1/4 tsp	<\$0.05
sea salt	1 pinch	<\$0.05
medjool dates	4	\$1.00
raw agave	2 tbsp	<\$0.25

TOTAL COST **\$2.70**

Price per Donut: \$0.34

*Based on prices the author paid to make the recipe.

Tips to Reduce Recipe Cost

- Try to buy all of the ingredients in bulk

Nutrition Information Per Donut (% of Daily Value - Based on 2,000 Daily Calorie Intake)

Dietary Fiber	36%	Vitamin B6	10%	Thiamin	2%	Iron	10%	Manganese	71%
Protein	9%	Vitamin B12	0%	Riboflavin	4%	Sodium	2%	Vitamin K	1%
Vitamin A	1%	Vitamin E	2%	Niacin	3%	Potassium	11%	Copper	24%
Vitamin C	2%	Folate	2%	Calcium	5%	Zinc	7%	Selenium	12%

NOTE: Nutrition information are estimates only. Nutrition information was estimated using Now You Are Cooking! Version 5.85 software, a program that utilizes the United States Department of Agriculture Nutrition Database.