



## DAY 1:



## harvest salad

Repeat after us: No more recipes. For a salad that's as beautiful as it is satisfying, just use one or more ingredients from each category below.





Field greens Spinach

### SOMETHING SWEET



SOMETHING

Fresh or dried figs Dried cranberries Dried cherries Apples Red onion

Feta Boursin cheese

### SALTY

Parmesan Bacon Prosciutto

### SOMETHING NUTTY

DRESSING



Toasted pepitas Sunflower seeds Almonds Toasted walnuts

Cider vinaigrette Dijon vinaigrette Champagne vinaigrette

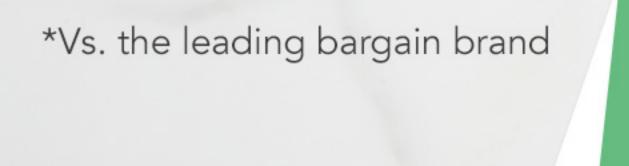


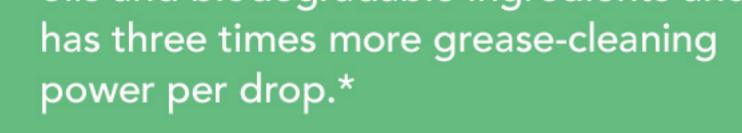
## Shown here

**The classic:** Field greens, fresh figs, prosciutto, feta, toasted pepitas, cider vinaigrette

## Kitchen reboot

Change your diet, change your cleaning products. Dawn Pure Essentials in Lavender Wisp is crafted with essential oils and biodegradable ingredients and









# DAY 2: Tacos



## tacos

What makes tacos do the cha-cha on your taste buds? That irresistible combination of spicy, creamy and sweet. Start with tortillas and layer on the flavor from there.



PROTEIN



**Black beans** Shredded chicken Cooked shrimp

> Cabbage Lettuce Onion **Radishes**

SOMETHING SPICY



Jalapeños Green chilis Hot sauce Chipotle sauce

Cotija cheese

Avocado

Crema or sour cream

### SOMETHING CREAMY



### SOMETHING SWEET



### TOPPINGS

Mango salsa Corn Pickled red onion Sweet potato

Cilantro Lime wedges Pico de gallo Salsa verde

## Shown here

Mango tango: Black beans, purple cabbage, jalapeño, cotija cheese,

## Plant power

Black beans are high in fiber, which helps with digestion

### mango, cilantro, lime wedges

### and wards off heart disease.





# DAY3: "Pasta"



## veggie "pasta"

With the help of a spiralizer, vegetable peeler or grater, you'll discover the noodle potential within almost any vegetable. Just give the "noodles" a quick sauté in the pan before tossing them with your choice of protein, sauce, veggies & toppings.



SAUCE

MORE

**VEGGIES!** 

TOPPINGS

Pesto Parmesan garlic

> Carrot Tomatoes Spinach Mushrooms

Roasted peanuts Fresh herbs Red pepper flakes Cracked pepper Lime wedges



## Shown here

**Pad Thai zoodles :** Zoodles, shrimp, pad Thai sauce, carrot, roasted peanuts, red

## Kitchen reboot

Get the lean, mean cleaning routine. Skip the prewash with Cascade Plantinum ActionPacs, which are tough

### pepper flakes, lime wedges

## enough for burnt-on food. (Perfect for all those spaghetti squash dishes!)





## DAY 4: Buddha bowl



## Buddha bowl

The Buddha bowl is all about finding balance. There are no hard and fast rules – just include a little of this and a little of that. The result is a colorful and nutritious meal you'll return to week after week.



### VEGGIES

Broccolini Red onion Kale Avocado Cucumbers

### TOPPINGS

Tahini Sriracha Sesame seeds Sprouts or herbs

## Shown here

**Sweet chick:** Quinoa, sweet potatoes, chickpeas, broccolini, red onion, tahini, sesame seeds

## Plant power

Sweet potatoes are packed with beta-carotene (vitamin A), which helps boost your

### immune system and supports







# DAY 5: Flatbread



## flatbread

Flatbread is like pizza's easy-going cousin. While pizza comes with sauce obligations, flatbread says, "Thai flavor? Sure." "Fruit? Why not?" Make it your way and bake for 8 to 12 minutes at 450 F before adding your toppings.

### BASE



Flatbread Nann

MEAT & CHEESE



Mozzarella Goat cheese Chicken Bacon or prosciutto

### FRUITS & VEGGIES

Tomatoes Mushrooms Onion Peaches

### TOPPINGS

Balsamic **BBQ** sauce Ranch Peanut sauce Fresh herbs

## Shown here

Caprese: Flatbread, mozzarella, tomatoes, basil, balsamic (For a summery take, swap tomatoes

## Plant power

Tomatoes are nutrient-dense superfoods that help support heart health, weight loss and

### for peaches!)

healthy skin.





## DAY 6:



## soup

The end is in sight, and this puree is within reach. In a pot, simply combine cooked onions with one or two other veggies and just enough liquid to cover. Simmer until cooked, blend and season to taste. Voilà!





Onion or leeks Minced garlic Fresh ginger

### VEGGIES



Squash Potatoes Tomatoes Asparagus

Broth or stock Coconut milk Cream Juice Water

### LIQUID

Salt and Pepper Fall (cinnamon, nutmeg, allspice, cloves) Indian (cumin, curry, cloves, turmeric) French (parsley, thyme, Herbes de Provence)

TOPPINGS

SPICES

Fresh herbs Toasted nuts or seeds Sour cream



## Shown here

**Butternut squash:** Onion, butternut squash, chicken

## Kitchen reboot

While the soup's cooking, tackle the drying rack, oven door and microwave with a Mr. Clean Magic Eraser. Just

stock, salt and pepper,	
parsley, toasted pepitas	

### wet, squeeze, swipe and rinse!





## DAY 7:



### ice cream

You've worked hard this week, and we think you deserve a reward. Just blend coconut milk, sweetener, salt and mix-ins. Freeze for at least 4 hours, stirring every hour or so.

CREAMY BASE

Coconut milk (2 cans)

SOMETHING SWEET (1/2 CUP)



Agave nectar Honey Raw sugar

(----/

Maple syrup

### SALT (A PINCH)

### FUN FLAVORS!



Avocado Lime juice Vanilla extract Chocolate chips Strawberries

## Shown here

Coconut lime: Coconut milk,

## Plant power

Coconut milk helps boost good

### honey, salt, avocado, lime juice

### cholesterol (HDL) while lowering

### bad cholesterol (LDL).