



HOME
made simple.®

DAY 1:
Harvest salad

PLANT BASED

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.

SOMETHING GREEN



Field greens
Spinach

+

SOMETHING SWEET



Fresh or dried figs
Dried cranberries
Dried cherries
Apples
Red onion

+

SOMETHING SALTY



Feta
Boursin cheese
Parmesan
Bacon
Prosciutto

+

SOMETHING NUTTY



Toasted pepitas
Sunflower seeds
Almonds
Toasted walnuts

+

DRESSING



Cider vinaigrette
Dijon vinaigrette
Champagne vinaigrette

Shown here

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

*Vs. the leading bargain brand

Kitchen reboot

Change your diet, change your cleaning products. Dawn Pure Essentials in Lavender Wisp is crafted with essential oils and biodegradable ingredients and has three times more grease-cleaning power per drop.*





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DAY 2:
Tacos

PLANT BASED

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

+

SOMETHING
CRUNCHY



Cabbage
Lettuce
Onion
Radishes

+

SOMETHING
SPICY



Jalapeños
Green chilis
Hot sauce
Chipotle sauce

+

SOMETHING
CREAMY



Cotija cheese
Avocado
Crema or sour cream

+

SOMETHING
SWEET



Mango salsa
Corn
Pickled red onion
Sweet potato

+

TOPPINGS



Cilantro
Lime wedges
Pico de gallo
Salsa verde

Shown here

Mango tango: Black beans, purple cabbage, jalapeño, cotija cheese, mango, cilantro, lime wedges

Plant power

Black beans are high in fiber, which helps with digestion and wards off heart disease.



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DAY 3:
"Pasta"

PLANT BASED

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.

VEGGIE
PASTA



Zoodles (zucchini noodles)
Spaghetti squash
Potato noodles
Carrot noodles



PROTEIN



Chicken
Shrimp
Cheese



SAUCE



Pad Thai sauce
Marinara
Pesto
Parmesan garlic



MORE
VEGGIES!



Carrot
Tomatoes
Spinach
Mushrooms



TOPPINGS



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 pepper flakes, lime wedges

Kitchen reboot

Get the lean, mean cleaning routine. Skip the prewash with Cascade Plantinum ActionPacs, which are tough enough for burnt-on food. (Perfect for all those spaghetti squash dishes!)



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DAY 4:
Buddha bowl

PLANT BASED

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.

GRAIN OR
STARCH



Sweet potatoes
Quinoa
Rice

+

PROTEIN



Chickpeas
Eggs
Beans
Edamame

+

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 eye health.



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DAY 5:
Flatbread

PLANT BASED

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 for peaches!)

Plant power

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



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DAY 6:
Soup

PLANT BASED

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!

AROMATICS



Onion or leeks
Minced garlic
Fresh ginger

+

VEGGIES



Squash
Potatoes
Tomatoes
Asparagus

+

LIQUID



Broth or stock
Coconut milk
Cream
Juice
Water

+

SPICES



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

+

TOPPINGS



Fresh herbs
Toasted nuts or seeds
Sour cream

Mr.
Clean

Shown here

Butternut squash: Onion, butternut squash, chicken stock, salt and pepper, parsley, toasted pepitas

Kitchen reboot

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



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DAY 7:
Ice cream

PLANT BASED

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, honey, salt, avocado, lime juice

Plant power

Coconut milk helps boost good cholesterol (HDL) while lowering bad cholesterol (LDL).