



DELICIOUSLY ELLA 14 DAY CHALLENGE

MEAL PLAN Week 1

RECIPE LIST



BREAKFASTS

[Mango and Cashew Smoothie](#)



[Banana Bread](#)



[Apple, Pear, Avocado and Spinach Detox Smoothie](#)



MEALS

[Roasted Tomato and Red Pepper Soup](#)



[Warm Sweet Potato, Mushroom and Spinach Salad](#)



Quinoa Fritters with Beet Carpaccio



Mexican Quinoa Bowl (sub brown rice)



SNACKS

[Chickpea and Sundried Tomato Focaccia](#)



[Spirulina Smoothie](#)



DESSERT

[Healthiest Chocolate Mousse](#)



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DELICIOUSLY ELLA 14 DAY CHALLENGE

MEAL PLAN Week 1

Recipes this week were found on the mobile application as 'detox' meals – purchase app for a more conclusive meal plan.

OPTION 1

Mango and Cashew Smoothie
Roasted Tomato and Red Pepper Soup
Quinoa Fritters with Beet Carpaccio
Chickpea and Sundried Tomato Focaccia
Healthiest Chocolate Mousse

1664

BREAKFAST
LUNCH
DINNER
SNACK
DESSERT

CALORIES

OPTION 2

Apple, Pear, Avocado and Spinach Detox Smoothie
Warm Sweet Potato, Mushroom and Spinach Salad
Mexican Quinoa Bowl (sub brown rice)
Chickpea and Sundried Tomato Focaccia
Healthiest Chocolate Mousse

2056

BREAKFAST
LUNCH
DINNER
SNACK
DESSERT

CALORIES

OPTION 3

Banana Bread
Mexican Quinoa Bowl (sub brown rice)
Roasted Tomato and Red Pepper Soup
Spirulina Smoothie
Healthiest Chocolate Mousse

2049

BREAKFAST
LUNCH
DINNER
SNACK
DESSERT

CALORIES



DELICIOUSLY ELLA 14 DAY CHALLENGE

NUTRITIONAL CONTENT Week 1

CALORIES

FATS

SUGAR

PROTEIN

FIBRE

SODIUM

BREAKFASTS

Mango and Cashew Smoothie	410	15.9	36.3	9.3	16	283
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Banana Bread	374	25	14.2	8.1	8	2.8
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Apple, Pear, Avocado and Spinach Detox Smoothie	523	23	53.4	5.4	24	39.4
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MEALS

Roasted Tomato and Red Pepper Soup	221	15.2	13.6	4.5	7	49
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Warm Sweet Potato, Mushroom and Spinach Salad	179	1.2	12.4	7.5	12	124
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Quinoa Fritters	323	11.4	3.9	9.6	10	122
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Beet Carpaccio	105	7.1	8.7	0.8	1	34.5
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Mexican Quinoa Bowl (sub brown rice – no cream)	749	34.8	7.6	26	33	23.9
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SNACKS

Chickpea and Sundried Tomato Focaccia	135	8.5	1.7	3.8	2	148
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Spirulina Smoothie	233	1.3	33.1	6.3	10	157
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DESSERT

Healthiest Chocolate Mousse	470	18.1	50.4	5.6	14	46
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Numbers relate to the following recipes: (1) - Mango Cashew Smoothie, (2) - Banana Bread, (3) - Apple Pear Detox Smoothie, (4) - Tomato Red Pepper Soup, (5) - Sweet Potato Mushroom Salad, (6) - Quinoa Fritters with Beet Carpaccio, (7) - Mexican Quinoa Bowl, (8) - Chickpea Focaccia, (9) - Spirulina Smoothie, (10) - Chocolate Mousse

See [HERE](#) for corresponding serving sizes for the week

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MEAL PLAN Week 1

PRODUCE

2 each	Apples ³	3 tbsp	Cinnamon ^{2,5}	8 cups	Spinach ^{1,3,5,9}
1 cup	Arugula ⁶	2 each	Jalapeno Pepper ^{5,7}	2 each	Sweet Potato ^{5,6}
6 each	Avocado ^{3,7,10}	2 cups	Kale ⁹	¼ cup	Thyme ⁴
11 each	Bananas ^{1,2,9,10}	5 each	Lemons ^{6,7,8}	9 each	Tomatoes ^{4,7}
¾ cup	Basil ^{4,8}	6 each	Limes ^{1,5,7}		
2 each	Beets ⁶	1 each	Mango ¹		
2 cups	Blueberries ⁹	6 each	Mushrooms ⁵		
6 each	Cherry Tomatoes ⁵	1 each	Pears ³		
1 cup	Cilantro ⁷	1 each	Red Pepper ⁴		
		¼ cup	Rosemary ⁴		

PANTRY STAPLES

5 tbsp	Almond Butter ^{7,10}	2 tsp	Cumin ⁶	1 cup	Sundried Tomatoes ⁸
1 cup	Almonds ³	6 each	Dates ¹⁰	1 tbsp	Tahini ⁸
2 tbsp	Apple Vinegar ^{5,7}	2 tbsp	Dried Herbs ⁸	1 tbsp	Tamari ⁷
30 oz	Black Beans ⁷	3 each	Garlic clove ⁷	5 tbsp	Tomato Paste ^{4,6}
1 ½ cup	Buckwheat Flour ^{3,6}	3 tsp	Hemp Powder ^{3,9}	2 tsp	Turmeric ⁶
2 tsp	Cacao Powder ¹⁰	¾ cup	Maple Syrup ^{5,6}		
3.5 cup	Cashews ^{1,7}	1 tsp	Miso Paste ⁸		
6 tbsp	Chia Seeds ^{1,2,9}	½ cup	Olive Oil ^{4,5,6,7,8}		
2 cup	Chickpea Flour ⁸	1 ¼ tsp	Paprika ^{5,8}		
1 tsp	Chili Flakes ⁸	2 cups	Pecans ²		
2 ¾ cup	Coconut Water ^{1,9}	3 cups	Quinoa/Rice ^{6,7}		
		2 tsp	Spirulina ⁹		