

RECIPE LIST



BREAKFASTS

[Coconut Porridge](#)

[Favorite Green Smoothie](#)

[Cashew and Almond Yogurt](#)

MEALS

[Simple Tomato and Mushroom Pasta](#)

[Nutty Pea and Quinoa Bowl](#)

Chickpea Flour Wraps

[Cleansing Green Soup](#)

SNACKS

[Roasted Thyme and Tamari Nuts](#)

Glowing Green Juice

DESSERT

[Warm Beet Juice](#)



DELICIOUSLY ELLA
14 DAY CHALLENGE

MEAL PLAN
Week 2

OPTION 1

Coconut Porridge
Simple Tomato and Mushroom Pasta
Cleansing Green Soup
Roasted Thyme and Tamari Nuts
Warm Beet Juice

1417

BREAKFAST
LUNCH
DINNER
SNACK
DESSERT

CALORIES

OPTION 2

Favorite Green Smoothie
Nutty Pea and Quinoa Bowl
Chickpea Flour Wraps
Roasted Thyme and Tamari Nuts
Warm Beet Juice

2057

BREAKFAST
LUNCH
DINNER
SNACK
DESSERT

CALORIES

OPTION 3

Cashew and Almond Yogurt
Nutty Pea and Quinoa Bowl
Cleansing Green Soup
Glowing Green Juice
Warm Beet Juice

1912

BREAKFAST
LUNCH
DINNER
SNACK
DESSERT

CALORIES



DELICIOUSLY ELLA
14 DAY CHALLENGE

NUTRITIONAL
CONTENT
Week 2

	CALORIES	FATS	SUGAR	PROTIEN	FIBRE	SODIUM
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BREAKFASTS

<u>Coconut Porridge</u>	561	39.7	17.9	8.4	8	82.2
<u>Favorite Green Smoothie</u>	357	15	25	11	15	222
<u>Cashew and Almond Yogurt</u>	247	14.4	16.5	6.3	7	2.2

MEALS

<u>Simple Tomato and Mushroom Pasta</u>	135	1.2	3.3	7.4	6	301
<u>Nutty Pea and Quinoa Bowl</u>	887	47.7	10.4	18	13	654
Chickpea Flour Wraps	153	1	0.9	11.5	10	356
<u>Cleansing Green Soup</u>						

SNACKS

<u>Roasted Thyme and Tamari Nuts</u>	268	24.4	2	7.9	2	309
<u>Glowing Green Juice</u>	325	1.8	42.4	7.7	20	172
	300	1.2	52	4	16	194

DESSERT

Warm Beet Juice

* Does not include filling ingredients



DELICIOUSLY ELLA
14 DAY CHALLENGE

MEAL PLAN
Week 2

Numbers relate to the following recipes: ¹Coconut Porridge, ²Favorite Green Smoothie, ³Cashew and Almond Yogurt, ⁴Simple Tomato and Mushroom Pasta, ⁵Nutty Pea and Quinoa Bowl, ⁶Chickpea Flour Wraps, ⁷Cleansing Green Soup, ⁸Roasted Thyme and Tamari Nuts, ⁹Glowing Green Juice, ¹⁰Warm Beet Juice

PRODUCE

- | | | | |
|-----------------|-------------------------|---------------|----------------------------|
| 6 each | Apples ^{9,10} | 2 each | Garlic bulb ^{5,7} |
| ½ each | Avocado ² | 2 tbsp | Ginger ^{7,9} |
| 2 each | Bananas ^{1,2} | 200 g | Kale ⁵ |
| 2 each | Beets ¹⁰ | 3 each | Lemons ^{4,7} |
| 1.5 each | Broccoli ^{7,9} | 1 each | Lime ⁵ |
| 6 each | Carrots ¹⁰ | 500 g | Peas (frozen) ⁵ |
| 1 cup | Cilantro ⁷ | 300 g | Spinach ^{4,7} |
| 2 each | Cucumber ^{2,9} | 2 each | Zucchini ⁵ |
| 1 each | Fennel ⁹ | | |

PANTRY STAPLES

- | | | | | | |
|---------------|----------------------------------|----------------|--------------------------------|---------------|---------------------------|
| 2 tbsp | Almond Butter ^{1,2} | 1 tbsp | Coconut Oil ¹ | 240 g | Quinoa ⁵ |
| 300 g | Almonds ^{3,5,8} | 2 tsp | Cumin ⁷ | 9 tbsp | Sesame Oil ^{5,8} |
| 2 tsp | Apple Cider Vinegar ⁸ | 2 tbsp | Flaxseed ⁶ | ¼ cup | Tamari ^{5,8} |
| 100 g | Brazil Nuts ⁸ | 1 tsp | Herbs de Provence ⁶ | 2 tsp | Thyme ⁸ |
| 2 tsp | Brown Miso Paste ⁴ | 1 cup | Medjool Dates ³ | 3 tsp | Tomato Paste ⁴ |
| 15 oz | Cannellini Beans ⁷ | 1/3 cup | Oats ¹ | | |
| 2 tsp | Chili Flakes ⁸ | 1 tbsp | Olive Oil ⁶ | | |
| 1 tsp | Cinnamon ³ | 1 tsp | Paprika ⁴ | | |
| 4 tbsp | Coconut Milk ¹ | 300 g | Pasta ⁴ | | |