Whole FOODIE challenge

THUG KITCHEN 21 DAY CHALLENGE

MEAL PLAN

WEEK 1

RECIPE LIST

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BREAKFAST	Apricot Cinnamon French Toast	Page 9
LUNCH	Eggplant Soba Noodle Pasta	Page 61
SNACK	Artichoke Dip	Page 43
DINNER	Roasted Cauliflower Tacos	Page 166
DRINK	Sparkling Grapefruit & Gin Punch	Link
DESSERT	Pina Colada Ice-cream	Link

Recipes are found from the following places:

Book 1—Thug Kitchen: The official cookbook (2014)

Book 2—Thug Kitchen: Party Grub (2015)

Website—www.thugkitchen.com

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NUTRITIONAL CONTENT
WEEK 1

RECIPE	CALORIES	FAT	PROTEIN	CARBS	SUGAR	FIBRE
Apricot Cinnamon French Toast	121	4.3 g	4.4 g	16.5 g	4.5 g	3g
Eggplant Soba Noodle Pasta	367	13.2 g	12 g	51.8 g	7 g	7.6 g
Artichoke Dip	161	10.1 g	5.6 g	12.9 g	1.7 g	5.3 g
Roasted Cauliflower Tacos	224	10.2 g	5 g	25 g	4.5 g	6.8 g
Sparkling Grapefruit & Gin Punch	279	0 g	0.3 g	13.4 g	7.3 g	0 g
Pina Colada Ice-cream	228	6.2 g	1.1 g	19.8 g	37.4 g	5.2 g

Please note that all nutritional content is based on serving size in the recipe and does not contain any optional ingredients or side items

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GROCERIES
WEEK 1

RECIPE LEGEND:

1	Apricot Cinnamon French Toast	4	Roasted Cauliflower Tacos
2	Eggplant Soba Noodle Pasta Salad	5	Sparkling Grapefruit & Gin Punch
3	Artichoke Dip	6	Pina Colada Ice-Cream

PRODUCE

1 EACH	Avocado[4]	1/3 CUP	Cilantro[4]	3 TBSP	Lime juice[4]
1 EACH	Banana[6]	1/4 CUP	Dried Apricots[1]	1 EACH	Onion[4]
1/2 CUP	Basil[2]	1 EACH	Eggplant[2]	1/4 TSP	Orange zest[1]
1/2 EACH	Cabbage[4]	1 EACH	Garlic (head)[2,4]	3 CUPS	Pineapple (frozen)[6]
1 EACH	Carrot[4]	2 CUPS	Grapefruit Juice[5]	1 CUP	Spinach[3]
1 EACH	Cauliflower[4]	1 TBSP	Lemon juice[3]		

PANTRY STAPLES

2.5 CUPS	Almond Milk[1,3] (Unsweetened)	2 TBSP	Flour (all purpose)[3]	8 oz	Soba noodles[2]
1/4 CUP	Almonds (slivers)[3]	2 TSP	Hot sauce[4]	1/2 CUP	Soy sauce[2,3,4]
14 OZ	Artichoke Hearts[3]	1 1/4 CUPS	Gin[5]	2 EACH	Sparkling wine[5]
3/4 CUP	Beer[4]	6 TBSP	Maple Syrup[2,5,6]	1 CUP	Tonic water[5]
6 EACH	Sliced bread[1]	1 3/4 CUP	Nutritional Yeast[1,3]	6 EACH	Tortillas[4]
3 TSP	Chili powder[4]	4 TBSP	Olive oil[3,4]	1/2 TSP	Vanilla extract[6]
1/4 TSP	Cinnamon[1]	2 TSP	Paprika[4]	3/4 CUP	Vegetable broth[3,4]
1 1/2 CUPS	Coconut Milk[6]	3/4 CUP	Rice vinegar[2,4]		
1/4 TSP	Cumin[4]	3 TBSP	Sesame oil[2]		
1 TBSP	Flaxseed (ground)[1]	1 1/2 TBSP	Sesame seeds[2]		