



One Part Plant 21 Day Challenge



week 2



One Part Plant CHALLENGE

MEAL PLAN

Week 2

RECIPES

BREAKFAST

Breakfast Potato Bowl

P. 70

SNACK

Buffalo White Bean Hummus

P. 83

LUNCH

Daniel Holzman's Chopped Vegetable Salad

P. 115

DINNER

Creamy Mushroom Lasagna

P. 155

DESSERT

Chocolate Hazelnut Crispies

P. 179

DRINK

Suutei Tsai (Milk Tea)

P. 48

FREEZE FOR LATER

Roasted Cauliflower and Fennel Soup

P. 126

Recipes are found in the One Part Plant Cookbook



One Part Plant CHALLENGE

RECIPE LEGEND:

- | | |
|-----------------------------|---------------------------------------|
| 1 Breakfast Potato Bowl | 4 Creamy Mushroom Lasagna |
| 2 Buffalo White Bean Hummus | 5 Chocolate Hazelnut Crispies |
| 3 Chopped Vegetable Salad | 6 Suutei Tsai (Milk Tea) |
| | 7 Roasted Cauliflower and Fennel Soup |

GROCERIES

Week 2

PRODUCE

1 each	Bell Pepper ¹	1 each	Garlic head ^{3,4,7}	2 each	Potatoes (medium) ¹
1 cup	Broccoli ³	2 each	Green Onion ³	1/4 each	Raddichio ³
1 each	Carrot ³	2 each	Lemons ^{2,3}	20 each	Snap peas ³
1 each	Cauliflower ⁷	10 each	Mint leaves ³	4 cups	Spinach ^{1,4}
1/2 each	Cucumber ³	16 oz	Mushrooms ⁴	1 each	Tomatoes ³
1/2 each	Endive ³	1 1/2 each	Onion (medium) ^{1,7}		
1 each	Fennel bulb ³	1/4 cup	Parsley ³		

PANTRY STAPLES

3 cups	Almond Milk ⁶	1.5 cup	Hazelnuts ⁵
1 cup	Black Beans ¹	10 oz.	Lasagna Noodles (GF) ⁴
2 each	Black/Green Tea (bags) ⁶	1/2 cup	Maple syrup ^{2,5}
2 tbsp.	Braggs Amino Acids/ Tamari ^{4,3}	4 cups	Marinara Sauce ⁴
3 tbsp.	Buffalo Sauce ²	2 cups	Rice Crispy Cereal ⁵
15 oz.	Cannellini Beans ²	2 tsp	Rice vinegar ³
1 1/4 cups	Cashews ^{4,7}	1/3 cup	Tahini ^{2,3}
1 cup	Chickpeas ³	4 cups	Vegetable Broth ^{4,7}
1 cup	Chocolate Chips ⁵		

Other Pantry Essentials: sea salt, pepper, grapeseed/olive oil, paprika, thyme

Recipes are found from the One Part Plant Cookbook



NUTRITIONAL CONTENT
Week 1

RECIPE	CALORIES	FAT	PROTEIN	CARBS	SUGAR	FIBRE
Breakfast Potato Bowl	248	0.7	11.4	53	4.3	10.8
Buffalo White Bean Hummus	177	8	6.8	19.9	0.9	4.9
Daniel Holzman’s Chopped Vegetable Salad	339	15.5	20.4	41.3	9.3	12
Creamy Mushroom Lasagna	274	7.3	9.8	108.2	10.4	4.4
Chocolate Hazelnut Crispies	157	10.4	2.5	16.5	10.2	1.8
Suutei Tsai (Milk Tea)	30	2.5	1	0.1	0	1
Roasted Cauliflower and Fennel Soup	190	7.9	7.6	26.8	8.9	6.7

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

PREP DAY

Week 2

This menu is organized so that you can eat one plant based meal a day. If you choose to, you can make all the recipes at the beginning of the week for added convenience. Based on the recipes, I have compiled some items you can make or prep in advance.

1. Soak and cook the cannellini beans for the *Buffalo White Bean Hummus*
2. Soak some cashews for the *Creamy Mushroom Lasagna* and the *Roasted Cauliflower and Fennel Soup* (the pre-soaked cashews can stay in the fridge for a couple days)
3. Get out your food processor and make some hazelnut butter for the *Chocolate Hazelnut Crispies* (or as Jessica suggests just buy your own)!
4. Wash and chop veggies for the *Chopped Vegetable Salad*. If you are feeling ambitious, you can make the salad entirely—I put the dressing on the bottom of 1 qt mason jars and then pile the veggies on top, the crunchiest on the bottom. You should have approximately 4 lunches for the week!
5. Defrost the *Go-to Spaghetti Marinara* sauce from last week to make the Creamy *Mushroom Lasagna*.

xoxo
hannah