

# monday

## curried brussels sprouts salad

### gather your ingredients

- 1lb brussels sprouts (sliced, halved or shredded)
- 2 tsp olive oil
- 2 medium apples (diced)
- 1 fennel bulb (microplaned or thinly sliced)
- 4 spring onions (chopped)
- 1 head romaine lettuce (roughly chopped)
- 2 oz nuts/seeds (walnuts, sunflower seeds and/or pumpkin seeds)
- 2 oz raw cashews (soaked in cold water for 20 mins)
- 4 fl oz water
- ¾ oz golden raisins
- juice of 1 lemon
- 1 tsp curry powder
- small handful parsley leaves

### let's get cooking

1. preheat the oven to 400° F
2. tip the brussels sprouts into a large oven tray in an even layer and stir through the oil. roast for 15-20 mins until lightly browned, set aside.
3. meanwhile, combine the cashews, water, golden raisins, lemon juice, curry powder, and parsley for the dressing in a blender. blend until smooth + creamy.
4. in a large bowl, combine the roasted brussels sprouts, apple, fennel, spring onions, lettuce, and nuts/seeds. toss in the salad dressing and serve.

*\*tip\* when you cut the apples, toss them in juice from one lemon to keep them from browning while you prep the rest.*

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## tuesday

### greens, pistachio + veggie sausage pasta

#### gather your ingredients

- 1 tbsp olive oil
- 1-2 zucchini (chopped)
- 1 package of broccolini (chopped)
- one handful dino kale (chopped)
- 2-3 veggie or regular sausage links (cut into disks)
- kosher salt + freshly ground black pepper to taste
- zest + juice from 1 lemon
- ¼ cup pistachios (chopped)
- parmesan (for serving)
- 1 package gf pasta (we did banza)

#### let's get cooking

1. heat oil in a large saucepan over medium-high heat. when hot, add zucchini, broccolini, kale, and sausage. cook until veggies are softened and sausage is cooked (~10 mins).
  2. in the meantime, bring a large pot of salted water to boil. add pasta and cook according to desired doneness. drain and add pasta to the saucepan with the veggies.
  3. remove from heat and toss with lemon juice + zest and pistachios. top with parmesan and salt + pepper to taste.
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## wednesday

### sticky orange gochujang tofu w/ quinoa + broccoli

#### gather your ingredients

- olive oil (or any other cooking oil like avocado)
- 250g quinoa or brown rice (rinsed)
- 1 head broccoli (chopped)
- 1 tbsp veg stock powder or bouillon cube
- 1 block firm tofu (cubed)
- 1 tbsp + ½ tsp cornstarch (divided)
- 1 tbsp gochujang
- juice + zest of 1 orange
- 1 tbsp agave syrup
- 2 tbsp rice vinegar
- 1 tbsp soy sauce
- tahini (optional for serving)
- sesame seeds (optional for serving)

#### let's get cooking

1. preheat oven to 425° F
  2. start a pot of water over high for the quinoa or brown rice. add veggie stock powder or bouillon cube, when it's boiling add the quinoa and cook according to the instructions (you can also add the broccoli in here if you'd prefer that over roasting). when ready, set aside.
  3. if roasting broccoli, toss the florets in olive oil, kosher salt + freshly ground black pepper and add to a baking sheet.
  4. toss cubed tofu with 1 tbsp cornstarch in a tupperware with a lid until well-coated. add to the baking sheet with the broccoli, making sure that it's all spaced from each other. bake for 20-25 mins.  
*\*tip\* if your tofu isn't as crispy as you'd like but the broccoli is, you can remove the broccoli and turn up the oven to 450° F for 5-10 mins more. the tofu may not look golden brown but may still be properly crunchy, so make sure to check!*
  5. while everything else cooks, whisk together 1 tbsp gochujang, juice + zest of 1 orange, 1 tbsp agave syrup, 2 tbsp rice vinegar, 1 tbsp soy sauce, and ½ tsp cornstarch in a large saucepan over medium-high until thick and warm. if it needs thinning at all, just add a little water and whisk
  6. toss tofu in orange sauce until well-coated. serve the quinoa + broccoli however you'd like in bowls (either separate or mixed together). add the tofu + garnish w/ tahini and sesame seeds if desired.
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## thursday

### hetty's dumpling greens salad with ginger, garlic + scallions

#### gather your ingredients

- 1 package frozen dumplings
- 1" fresh ginger (finely chopped or microplaned)
- 2 cloves garlic (finely chopped or microplaned)
- 4 scallions (chopped)
- 1 tbsp soy sauce
- pinch of red pepper flakes
- ¼ cup + 1 tbsp neutral oil (divided)
- 1 head of bok choy or 1 bag of minis (chopped)
- sesame seeds (for serving)

#### let's get cooking

1. add ginger, garlic, scallion, soy sauce, red pepper flakes to a small boil. heat ¼ cup neutral oil on medium in a large saucepan until hot but not quite shooting everywhere. pour into the bowl and toss everything together, set aside.
  2. saute bok choy in the same saucepan (no need to clean out) until soft. remove, and set aside.
  3. heat 1 tbsp oil in the same saucepan and place dumplings flat side down. cook to package instructions (2-4 mins) then add ¼ cup water and cover. cook again to package instructions (6-8 mins usually).
  4. assemble by placing bok choy in bowls, topping with dumplings, then oil + sesame seeds
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## friday

### sexy skin salad (lol)

#### gather your ingredients

- 2 handfuls arugula
- 4 stalks celery (chopped)
- 2 tbsp pomegranate seeds
- 1 mango (diced)
- 1 avocado (diced)
- 2 tbsp sunflower seeds
- 2 tbsp pumpkin seeds
- 3 tbsp olive or flaxseed oil
- 2 tbsp apple cider vinegar
- juice of ½ lemon
- 1-2 pinches turmeric
- pinch of sea salt
- freshly ground black pepper
- boiled eggs, cooked chicken, beef, fish or tofu (if desired for serving)

#### let's get cooking

1. combine arugula, celery, pomegranate seeds, mango, avocado, sunflower seeds, and pumpkin seeds in a large bowl.
2. place 3 tbsp olive or flaxseed oil, 2 tbsp apple cider vinegar, juice of ½ lemon, 1-2 pinches turmeric, pinch of sea salt + freshly ground black pepper in a jar. put on the lid and shake well. alternatively, you can whisk in a bowl.
3. toss salad in dressing and serve.

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## groceries

### pantry staples

hopefully, you have some of these already so do a quick check before you shop. here's what you'll need this week:

- olive and/or flaxseed oil
- neutral oil
- kosher salt + freshly ground black pepper

- red pepper flakes
- turmeric
- sesame seeds
- curry powder
- apple cider vinegar
- rice vinegar
- soy sauce
- gochujang
- agave syrup
- soy sauce
- tahini (optional for serving)
- cornstarch
- gf pasta (we did banza)
- quinoa or brown rice
- veg stock powder or bouillon cubes

**from the store (organized by section)**

- arugula
- celery
- pomegranate seeds
- mango (1)
- avocado (1)
- fresh ginger
- fresh parsley
- garlic (1 head)
- zucchini (1-2)
- broccolini (1 package)
- orange (1)
- bok choy (1 head or 1 bag of minis)
- medium apples (2 )
- 1lb brussels sprouts (whole or shredded)
- fennel (1 bulb)
- spring onions (1 head)
- romaine lettuce (1 head)
- 1 head broccoli (chopped)
- dino kale
- sunflower seeds
- pumpkin seeds
- nuts/seeds (walnuts, sunflower seeds and/or pumpkin seeds)

- raw cashews
- golden raisins
- pistachios
- lemon (3)
- parmesean
- 1 block firm tofu (cubed)
- boiled eggs, cooked chicken, beef, fish or tofu (if desired for serving)
- 2 -3 pre-cooked veggie or regular sausage links (cut into disks)
- 1 package frozen dumplings