

Rank
THE YEAR

Meal Planner

AUTUMN COLLECTION | WEEK 6



Meal Plan #6

SMOOTHIES

Warmed Spiced Pumpkin *s1

Mango Carrot *s2

Avocado Banana *s3

SNACKS

Warm Apple Crisp *sn1

Adventure Bars *sn2

Banana n' Almond Butter *sn3

DINNERS

Cacao Chili *m1

Cauliflower Couscous *m2

Roasted Red Pepper and
Sweet Potato Soup *m3

breakfast

snack

lunch

dinner

MON

TUE

WED

THU

FRI

SAT

SUN



The Prep Guide

SMOOTHIES

- Prep smoothie packs + store in freezer

SNACKS

- Make 1 cup Cashew Cream for Warm Apple Crisp, Roasted Red Pepper and Sweet Potato Soup, and Cauliflower Couscous, remember to soak cashews 1 hour before.
- Make Adventure Bars

MEALS (YOU CAN MAKE AHEAD & HEAT UP)

- Make 1 cup Cashew Cream for Roasted Red Pepper and Sweet Potato Soup, Cauliflower Couscous and Warm Apple Crisp, remember to soak cashews 1 hour before.
- Make Roasted Red Pepper and Sweet Potato Soup



WARM SPICED PUMPKIN

I know it can be hard to get excited about a frosty green smoothie on a cold morning, so I've added this warm smoothie to the mix. It's more like a sweet, warm "soup" that is as comforting as it is nutritious.

Serves 2

Ingredients

- 2 cups spinach, fresh
- 2 cups almond milk, unsweetened
- 2 ripe pears, cored
- ½ cup pumpkin puree
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 2 tablespoons almond butter

Directions

1. Warm almond milk in a saucepan until steaming.
2. Place spinach and warm almond milk in blender. Puree until smooth.
3. Add remaining ingredients and blend again.
4. Divide between two glasses or jar.



MANGO CARROT

Vitamin A is essential for beautiful skin and healthy eyesight. This smoothie is chock full of vitamins A, C, iron, and heart-healthy dietary fiber. The cashews add a nice creamy element and healthy fat.

Jenae L

Ingredients

- 2 cups spinach, fresh
- 2 cups water
- 1 orange, peeled and seeded
- ¼ cup cashews
- 2 cups mango, frozen
- 1 carrot, chopped
- Juice of ½ lemon
- 1 teaspoon fresh ginger, finely grated
- ¼ teaspoon ground cinnamon

Directions

1. Place spinach, water, orange, and cashews in blender. Puree until smooth.
2. Add mango, carrot, lemon juice, ginger, and ground cinnamon. Blend again.
3. Divide smoothie evenly between two glasses or jars.



AVOCADO BANANA

Healthy fats are a great way to nourish and hydrate the skin. I didn't take it easy on the avocado for that very reason! Enjoy this creamy smoothie and keep blendin' to see your skin celebrate it too.

Jessie L

Ingredients

- 2 cups spinach
- 1 cup water
- 1 avocado
- 1 cup mango
- 1 banana

Directions

1. Blend spinach and water together until smooth.
2. Add remaining ingredients and blend again.



WARM APPLE CRISP

This doesn't feel like a snack...it feels like a dessert! And boy, oh, boy is it delicious. Warm, apple-y, and lightly sweet with a nutty topping. The dollop of cashew cream is optional, but go ahead and treat yo' self.

Serves 2

Ingredients

FILLING

- 2 green apples, peeled, cored and diced
- 2 teaspoons maple syrup
- 2 teaspoons fresh lemon juice
- ½ teaspoon ground cinnamon

CRUMB TOPPING

- 4 tablespoons almond meal
- 4 tablespoons pecans
- 2 teaspoons maple syrup
- 2 teaspoons coconut oil, melted
- ½ teaspoon cinnamon
- Pinch sea salt

FOR SERVING

- 2 tablespoons Cashew Cream (p. 9)

Directions

1. Preheat oven to 350°F.
2. Combine apple, maple syrup, lemon juice, and ground cinnamon in a medium bowl.
3. In another bowl, combine the almond meal, pecans, maple syrup, melted coconut oil, and pinch of sea salt into a food processor. Chop until crumbly.
4. Divide the apples between two small, oven-safe dishes. Top both dishes with the crumb topping.
5. Place in the oven and bake for 20-25 minutes, or until apples are soft and top is brown.
6. Top with Cashew Cream when serving.



CASHEW CREAM

I love the versatility of this cashew cream. It can be used in place of heavy cream, yogurt, or sour cream.

Makes 1 cup

Ingredients

- 1 cup cashews, raw
- Water for soaking, plus ¼ cup for blending
- 2 tablespoons fresh lemon juice, to taste
- Pinch sea salt, to taste

Directions

1. Place cashews in a medium bowl. Cover with plenty of water. Let soak 1-4 hours. Drain and rinse well.
2. Place the soaked cashews, 1/4 cup (60mL) fresh water, lemon juice, and pinch sea salt into a food processor or blender.
3. Puree until smooth and creamy. Stop and scrape down sides, as needed, and add a little more water if the mixture is too thick. Taste and add more lemon juice or salt, if needed.
4. Transfer to an airtight container and refrigerate until ready to use.



ADVENTURE BARS

Next time you're heading out on a grand adventure, bake these bars. They're loaded with protein, natural sugars, and healthy fats thanks to the cashews and hemp hearts - and they have the most amazing chew factor going on thanks to the antioxidant-rich dried fruits. If you want your bars bite-size, cut them into 8 bars instead of 4.

Makes 4 bars

Ingredients

- ½ cup raw cashews
- ¼ cup unsweetened shredded coconut
- ½ cup medjool dates, pitted
- ¼ cup dried apricots
- ¼ cup dried tart cherries
- 2 tablespoons chia seeds
- 2 tablespoons hemp hearts
- ¼ cup creamy almond butter

Directions

1. In a food processor fitted with the chopping blade, combine the cashews and coconut and pulse until finely chopped. Transfer to a bowl.
2. Place the dates in the food processor. Pulse a few times, then process the dates until they have turned into a paste. Add the apricots and cherries and pulse a few times. Return the cashew mixture to the fruit, along with the chia seeds, hemp hearts, and almond butter. Process until the ingredients are well combined - neither too dry nor too sticky - and hold together nicely when pressed. If the mixture is too crumbly, add a little more almond butter or a tiny bit of water and process again.
3. Lay a piece of parchment paper on a clean, flat surface and turn the mixture out onto it. Press the mixture together and form into a 4-inch square that is a little thicker than ¼ inch. Place in the fridge or freezer to firm up before cutting into 4 bars.
4. Wrap the bars individually in parchment paper. They will keep for several weeks in the fridge or several months in the freezer.



BANANA N' ALMOND BUTTER

Got a sweet tooth? Meet your go-to recipe! In addition to being packed with natural sweetness, bananas are loaded with potassium, healthy fibers and carbs, and are great paired with protein-rich sunflower seeds and almond butter, which helps keep blood sugar stable and your tummy happy.

Jenna L

Ingredients

- 2 bananas, sliced
- 2 tablespoons almond butter
- 2 tablespoons sunflower seeds

Directions

1. Dip slices of banana in almond butter.
2. Next, dip in the sunflower seeds to create a sprinkle.



CACAO CHILI

Giving up meat can make a grown man cry...until he tries this chili. A hearty protein-packed chili is a staple dinner when autumn begins blowing cooler weather into town. Simmered to perfection with a variety of warming spices like cacao, cinnamon, and chili powder, this recipe makes even the biggest meat eater ask for seconds. Serve with Quinoa Corn Muffins (this week's bonus recipe), and he-or she-will ask for seconds.

James 2

Ingredients

- ¼ tablespoon avocado oil
- ¼ yellow onion, diced
- ¼ red bell pepper, diced
- ¼ jalapeño chile pepper, ribs and seeds removed, or minced
- 1 tablespoon chili powder
- ¾ teaspoon ground cumin
- ¾ teaspoon cacao powder
- Pinch of ground cinnamon
- 7 ounces crushed tomatoes, undrained
- 4 ounces canned kidney beans, drained and rinsed
- 4 ounces canned pinto beans, drained and rinsed
- 4 ounces canned black beans, drained and rinsed
- ¾ teaspoon pure maple syrup
- 2 tablespoons water, for thinning (optional)
- Sea salt and ground black pepper

FOR SERVING

- ¼ cup Cashew Cream (pg. 9)
- ¼ cup thinly sliced scallions
- 1 tablespoon thinly sliced jalapeño chile peppers
- 1 tablespoon fresh cilantro, chopped
- 1 ripe avocado, diced
- 1 lime, cut into wedges

Directions

1. In a 3-quart pot, warm the oil over medium-high heat. Add the onion and bell pepper. Cook, stirring often, for 10 minutes, or until they start to soften.
2. Add the chile pepper and garlic and cook, stirring occasionally, for 1 minute. Stir in the chili powder, cumin, cacao powder, and cinnamon, stirring for 1 minute, until the spices are toasted.
3. Add the tomatoes, beans, and maple syrup. Thin with the 2 tablespoons water, if needed. Stir well. Reduce the heat to low and simmer for 45 minutes, or until the flavors blend. Taste and season well with salt and pepper.
4. To serve, ladle the chili into two bowls and garnish with your choice of toppings and a muffin on the side.



CAULIFLOWER COUSCOUS

Cauliflower provides the perfect cleansing base for this 'couscous'—including vitamins C, K, and B. It's also rich in sulfur, which promotes the production of glutathione (aka: the master antioxidant). The carrots and kale bring additional fiber, nutrients and antioxidants, while the warming spices maximize digestion.

James L

Ingredients

- ½ head of cauliflower, roughly chopped
- 2 tablespoons coconut oil
- 1 onion, chopped
- 3 cloves garlic, peeled and chopped
- ½ teaspoon curry powder
- ¼ teaspoon turmeric
- ⅛ teaspoon cinnamon
- ½ cup carrots, finely chopped
- 1 cup fresh kale, stems removed and chopped
- 1 tablespoon fresh lemon juice
- ½ teaspoon sea salt
- ½ teaspoon red chili flakes

FOR SERVING

- ½ cup pepitas, toasted*
- ½ cup coconut flakes, toasted*
- ½ cup fresh cilantro (coriander), roughly chopped

Directions

1. Place the chopped cauliflower into the bowl of a food processor fitted with the chopping blade. Pulse until the cauliflower is finely chopped and has a rice-like consistency. Set aside.
2. In a large skillet or frying pan, heat the coconut oil over medium heat. Add the onion and sauté for a few minutes. Add the garlic and cook for 2 minutes.
3. Add the curry powder, turmeric, and cinnamon to the pan. Stir and cook for a minute, until fragrant. Add the carrots and chopped cauliflower to the pan and stir to combine. Cook the cauliflower for 10 minutes, stirring occasionally. Once tender, add the chopped kale and stir well.
4. Remove from heat and add the lemon juice, salt, and red chili flakes. Stir to combine. Add extra seasonings to taste.
5. To serve, top with the toasted pepitas, coconut, and chopped cilantro.

**Toast the coconut flakes and pepitas in a 350F oven for a few minutes (until the coconut edges start to turn light brown).*



ROASTED RED PEPPER & SWEET POTATO SOUP

Oh, this soup! Roasted in the oven, this recipe is equal parts delicious and easy to make - perfect for any chilly autumn dinner.

Jenna L

Ingredients

- 1 ½ teaspoon avocado oil
- 1 large sweet potato, peeled and diced
- ½ red bell pepper, sliced
- ½ onion, diced
- 1 ½ garlic cloves, unpeeled
- 2 cups vegetable broth
- ½ teaspoon smoked paprika, plus more for sprinkling
- 1 ½ teaspoon fresh lemon juice
- Pinch cayenne pepper, or to taste
- Salt and pepper

FOR SERVING

- Cashew Cream (pg. 9)
- Sliced scallions

Directions

1. Preheat oven to 425°F. Line a baking sheet with parchment paper. Arrange the sweet potato, pepper slices, diced onion, and unpeeled garlic in an even layer. Drizzle with avocado oil. Season well with salt and pepper.
2. Roast for 20-35 minutes, or until the veggies are soft. Remove from oven. Pop the garlic out of the skins. Transfer the veggies to a blender. Add the vegetable broth and puree until smooth. Transfer to a pot and add the smoked paprika and lemon juice. Bring to a simmer and cook for 10-15 minutes to allow flavors to meld. Turn off heat. Taste and add more salt, if needed, and cayenne, to taste.
3. Ladle into bowls and top with Cashew Cream, scallions, and an extra sprinkle of paprika.



QUINOA CORN MUFFINS

Moving to the South unlocked a whole new world of eating and drinking for me. From sweet tea to corn muffins to grits, I've come to love it all and have a hard time saying no to seconds. Well, these protein-enriched corn muffins are equally tempting - especially when dripping with honey. Save leftover quinoa from dinner to use in this breakfast recipe.

Makes 12

Ingredients

- ¾ cup unbleached all-purpose flour
- ¾ cup organic stone-ground cornmeal
- 1 tablespoon baking powder
- ¾ teaspoon sea salt
- ¾ cup unsweetened plain almond milk
- 2 teaspoons apple cider vinegar
- 2 eggs
- ¼ cup honey
- ¾ cup cooked quinoa
- ½ cup organic virgin coconut oil, melted

Directions

1. Preheat the oven to 400F. Line a standard muffin pan with paper liners.
2. In a large mixing bowl, whisk together the flour, cornmeal, baking powder, and salt.
3. In a large glass liquid measuring cup, stir together the almond milk and vinegar. Let stand for 4 minutes to curdle. Add the eggs and honey and whisk well.
4. Make a well in the center of the mixture. Add the almond milk mixture and stir just until moistened. Fold in the quinoa and oil. Scrape down the sides and bottom of the bowl to make sure the ingredients are incorporated, but don't overmix. The batter will be on the thinner side.
5. Fill the muffin cups three-quarters full. Bake for 20 to 25 minutes, or until the tops are nicely browned and spring back when lightly pressed. Serve the muffins warm or at room temperature.



Spread the Love

Share your recipe creations on social and tag us!
We'd love to see you following the meal plan!

 /SIMPLEGREENSMOOTHIES

 @SIMPLEGREENSMOOTHIES

#RAWKTHEYEAR

Copyright ©2019 by Simple Green Smoothies, LLC. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form or by any means without the prior written permission of the authors, nor be otherwise circulated in any form of binding or cover other than that in which it's published. Modification of this design doesn't void the copyright.

Disclaimer: All information presented in this document is for informational purposes only. These statements have not been evaluated by the Food and Drug Administration. This document is not intended to diagnose, treat, cure or prevent any disease and is not intended to be a substitute or replacement for any medical treatment. Please seek the advice of a healthcare professional for your specific health concerns. Individual results may vary.