



7-DAY HEALTHY

Weight Loss Meal Plan








































SIMPLE GREEN SMOOTHIES

**IS HERE TO HELP YOU FUEL YOUR
PASSION. WE CELEBRATE PLANT-
BASED FOODS, COMMUNITY
AND A POSITIVE MINDSET EACH
AND EVERY DAY. OUR HOPE
IS THAT YOU WILL EAT + DRINK
MORE PLANTS AND GO AFTER YOUR
DREAMS. THAT'S WHAT WE CALL A
“KALE YEAH!”**

**VISIT [SIMPLEGREENSMOOTHIES.COM/MEAL-PLANNER](https://simplegreensmoothies.com/meal-planner)
TO CREATE YOUR OWN WEEKLY MEAL PLANS.**

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	BREAKFAST	LUNCH	SNACK	DINNER	DESSERT	WATER
Mon	 <p>Tropical Skin Cleanser Smoothie</p> <input type="checkbox"/>	 <p>Simple Green Veggie Bowl</p> <input type="checkbox"/>	 <p>Jen's Coconut Granola</p> <input type="checkbox"/>	 <p>Creamy Ginger Carrot Soup</p> <input type="checkbox"/>		
Tue	 <p>Tropical Skin Cleanser Smoothie</p> <input type="checkbox"/>	 <p>Creamy Ginger Carrot Soup</p> <input type="checkbox"/>	 <p>Heaven in a Bowl</p> <input type="checkbox"/>	 <p>Garden Veggie Stir Fry</p> <input type="checkbox"/>		
Wed	 <p>Tropical Skin Cleanser Smoothie</p> <input type="checkbox"/>	 <p>Garden Veggie Stir Fry</p> <input type="checkbox"/>	 <p>Warrior Bars</p> <input type="checkbox"/>	 <p>Famous Loaded Sweet Potato</p> <input type="checkbox"/>	 <p>Ultra Creamy Healthy Coffee</p> <input type="checkbox"/>	
Thu	 <p>Pineapple Cilantro Detox Smoothie</p> <input type="checkbox"/>	 <p>Famous Loaded Sweet Potato</p> <input type="checkbox"/>	 <p>Tamari Almonds</p> <input type="checkbox"/>	 <p>Thai Lettuce Wraps</p> <input type="checkbox"/>		
Fri	 <p>Pineapple Cilantro Detox Smoothie</p> <input type="checkbox"/>	 <p>Thai Lettuce Wraps</p> <input type="checkbox"/>	 <p>Heaven in a Bowl</p> <input type="checkbox"/>	 <p>Austinite Tacos</p> <input type="checkbox"/>		
Sat	 <p>Avocado Smoothie</p> <input type="checkbox"/>	 <p>Austinite Tacos</p> <input type="checkbox"/>	 <p>Jen's Coconut Granola</p> <input type="checkbox"/>	 <p>Comfort Soup</p> <input type="checkbox"/>	 <p>Almond Butter Crisps</p> <input type="checkbox"/>	
Sun	 <p>Avocado Smoothie</p> <input type="checkbox"/>	 <p>Comfort Soup</p> <input type="checkbox"/>	 <p>Warrior Bars</p> <input type="checkbox"/>	 <p>Simple Green Veggie Bowl</p> <input type="checkbox"/>		

 Notes

SHOPPING LIST

FRESH VEGETABLES

- ☐ asparagus - 3 cups
- ☐ baby bella mushrooms - ½ cup
- ☐ broccoli - 1 cup
- ☐ brussel sprouts - 3 cups
- ☐ butter lettuce - 6
- ☐ carrot - 2 ⅙ cups + 6
- ☐ cauliflower - ¾ cup + ½
- ☐ celery - ½
- ☐ cilantro - ⅔ cup + 1 ⅓ tsp
- ☐ garlic clove - 8 ¼
- ☐ ginger - 2 tbsp + 1 ½ tsp
- ☐ green onion - 2 tbsp
- ☐ kale - 3 cups
- ☐ leek - 1
- ☐ mint - 3 tbsp
- ☐ napa cabbage - ¼
- ☐ potato - 1
- ☐ red cabbage - 1 cup
- ☐ shallots - 2 tbsp
- ☐ snow peas - ½ cup
- ☐ spinach - 9 ½ cups
- ☐ sweet potato - 2 ½
- ☐ tomato - ½
- ☐ yellow onion - 2 ½

DAIRY

- ☐ grass-fed butter - 2 tbsp

OPTIONAL

- ☐ collagen powder - 1 tbsp

OILS & LIQUIDS

- ☐ almond milk - 1 cup
- ☐ apple cider vinegar - 1 ½ tsp
- ☐ avocado oil - 3 tbsp
- ☐ bbq sauce - ¼ cup
- ☐ brown rice syrup - ½ cup
- ☐ cashew milk - 2 cups
- ☐ coconut oil - ½ cup + 1 tbsp + 1 tsp
- ☐ coconut water - 5 cups
- ☐ dijon mustard - 2 ⅔ tsp
- ☐ honey - 1 ½ tsp
- ☐ maple syrup - 3 tbsp + 1 ½ tsp
- ☐ olive oil - 2 tbsp
- ☐ rice vinegar - 1 ½ tsp
- ☐ sesame oil - 2 tsp
- ☐ sriracha sauce - 3 tbsp
- ☐ tahini - 3 tbsp
- ☐ tamari - 2 tbsp + 1 ½ tsp
- ☐ vegetable broth - 3 cups
- ☐ water - ⅓ cup + 2 ⅛ tsp

SEASONINGS

- ☐ ground black pepper
- ☐ ground cinnamon
- ☐ ground cumin
- ☐ red pepper flakes
- ☐ sea salt
- ☐ vanilla extract

FRESH FRUIT

- ☐ avocado - 3 ¾
- ☐ banana - 2
- ☐ blueberries - ½ cup
- ☐ lemon - 1 tbsp + 2 ½
- ☐ lime - 1 tbsp + ½
- ☐ pineapple - 7 cups
- ☐ strawberries - 1 ⅓ cups + ⅛ tsp

NUTS, SEEDS, & DRIED FRUIT

- ☐ almond butter - ½ cup + 1 tbsp + 1 ½ tsp
- ☐ almond meal - 1 cup
- ☐ almonds - 1 cup
- ☐ cashews - ⅔ cup
- ☐ chia seeds - 2 tbsp
- ☐ coconut flakes - 1 ½ cups
- ☐ coffee - 1 cup
- ☐ dried fruit - ½ cup
- ☐ nutritional yeast
- ☐ pepitas - ½ cup
- ☐ sliced almonds - 1 ¾ cups + 1 tbsp + 1 tsp
- ☐ sunflower seeds - ½ cup
- ☐ walnuts - 2 ½ cups

CANNED GOODS

- ☐ canned chickpeas - ¾ cup
- ☐ canned coconut milk - 2 ¼ cups

GRAINS

- ☐ brown rice - 2 ¼ cups
- ☐ coconut sugar - 1 tbsp + 1 tsp
- ☐ corn tortillas - 6
- ☐ crisp brown rice cereal - 3 ½ cups
- ☐ rolled oats - 3 cups

Notes



Almond Butter Crisps

★★★★★ 5

🕒 20 min

🍴 8

INGREDIENTS

- ½ cup brown rice syrup
- 1 tbsp coconut oil, plus more for greasing pan
- 1 tsp vanilla extract
- ¼ tsp sea salt
- ½ cup almond butter, creamy
- 1 tsp ground cinnamon
- 3 ½ cups crisp brown rice cereal

INSTRUCTIONS

- 1 Line a 13 × 9-inch baking pan with parchment paper.
- 2 In a medium saucepan over medium-high heat, combine the rice syrup, oil, vanilla, and salt. Bring to a rolling boil. Boil for 1 minute, then remove from the heat. Stir in the almond butter and cinnamon.
- 3 Place the cereal in a large mixing bowl. Pour the almond butter mixture over the cereal and stir until well coated. Transfer the mixture to the prepared pan. Using oiled hands, press the mixture evenly into the pan. Let cool completely before cutting into squares.

NOTES

Recipe from [Simple Green Meals](#).

 Notes



Austinite Tacos

★★★★★ 4.8

🕒 45 min

🍴 2

INGREDIENTS

½ cauliflower, cut into small florets
½ sweet potato, cut into 1-inch cubes
½ yellow onion, diced
1 tbsp coconut oil, melted
sea salt
ground black pepper
¾ cup canned chickpeas, drained and rinsed
¼ cup bbq sauce, plus more for serving

FOR SIMPLE CASHEW COLESLAW

¼ napa cabbage, cored and shredded
2 tbsp carrot, shredded
1 ½ tsp apple cider vinegar, or more to taste
1 tsp coconut sugar
dash of sea salt

CASHEW-GARLIC AIOLI

¼ cup cashews, raw
1 tbsp + ¾ tsp lemon, juiced
¾ garlic clove
¼ tsp dijon mustard
dash of sea salt, or more to taste

FOR SERVING

6 corn tortillas, warmed
¼ cup cilantro, chopped
½ avocado, sliced
green onion, sliced
tomato, diced

INSTRUCTIONS

- 1 For Cashew-Garlic Aioli: Place the cashews in a medium bowl and pour 2/3 of the lemon juice over the top. Add enough water to cover by a few inches. Let soak for 2 hours, then drain and rinse well.
- 2 In a blender, combine the cashews, garlic, mustard, salt, and the remaining lemon juice. Pulse a few times, then blend on low. If needed, add a few tablespoons water. The mixture should be thick and creamy, sorta like mayonnaise (as much as I struggle with that visual). Taste and add more salt or lemon juice as desired.
- 3 Transfer to an airtight container and refrigerate. This keeps well up to 1 week in the fridge or up to several months in the freezer.
- 4 For Simple Cashew Coleslaw: In a mixing bowl, combine the cabbage and carrots. Add the aioli, vinegar, coconut sugar, and salt. Toss until well combined, then refrigerate until ready to serve.
- 5 For Austinite Tacos: Preheat the oven to 425°F. Line a baking sheet with parchment paper.
- 6 Spread the cauliflower, sweet potato, and onion on the prepared baking sheet. Drizzle with the oil and toss to coat. Season well with salt and pepper. Roast for 10 to 15 minutes.
- 7 Remove the pan from the oven and add the chickpeas. Drizzle the BBQ sauce over everything and toss to coat. Bake for 5 to 8 minutes, or until the veggies are tender.
- 8 To serve, spoon the BBQ filling into the tortillas and top each with a spoonful of the coleslaw, a sprinkling of cilantro, avocado slices, scallions, tomatoes, and any additional BBQ sauce you'd like. Serve immediately.

NOTES

Recipe from [Simple Green Meals](#).

🍴 Notes



Avocado Smoothie

★★★★★ 0

🕒 15 min

🍴 2

INGREDIENTS

2 cups cashew milk

2 cups spinach

2 tbsp cashews

1 avocado

2 cups pineapple

INSTRUCTIONS

1 Blend the spinach, cashews, and cashew milk together.

2 Add the avocado and pineapple and blend again.

📝 Notes



Comfort Soup

★★★★★ 4

⌚ 40 min

🍴 2

INGREDIENTS

KALE CROUTONS

1 cup kale, washed, dried thoroughly, tough stems removed

1 ½ tsp coconut oil

⅔ tsp dijon mustard

dash of sea salt

COMFORT SOUP

1 tbsp coconut oil

1 leek, sliced

1 potato, unpeeled and chopped

2 garlic clove

2 cups vegetable broth

¾ cup cauliflower

dash of sea salt

dash of ground black pepper

dash of nutritional yeast

INSTRUCTIONS

- 1 For Kale Croutons: Preheat oven to the lowest setting — usually 300°F (150°C). Line a baking sheet with parchment (baking) paper.
- 2 Mix coconut oil and mustard together in a small bowl. Tear kale into large pieces and place in a bowl. Smother the kale with the combined oil and mustard. Season with a pinch of sea salt.
- 3 Arrange on a baking sheet and place in the oven for 20-25 minutes, or just until the kale is crispy.
- 4 For Comfort Soup: Heat the coconut oil in a saucepan. Add the leek and a pinch of salt. Cook until leek starts to soften. Add the potato and cover with lid. Cook for 5 minutes, or until the potato starts to soften.
- 5 Add the garlic and broth and bring to a simmer.
- 6 Add the cauliflower and cook for a few minutes, until cauliflower is tender.
- 7 Remove from heat and puree using an immersion or standard blender. (Use caution when using a standard blender. The soup will be hot!) Taste and add more sea salt, if necessary. If soup is too thick, add a little more vegetable broth.
- 8 Ladle into bowl. Top with Kale Croutons (recipe on next page), nuts or seeds. Season with salt, pepper and/or nutritional yeast.

NOTES

Recipe from [Fresh Start: Autumn Flavors](#)

 Notes



Creamy Ginger Carrot Soup

★★★★★ 5

🕒 15 min

✂️ 2

INGREDIENTS

- 2 tbsp coconut oil
- 1 yellow onion, chopped
- 2 tbsp ginger, peeled and chopped
- 2 garlic clove
- 1 tsp ground cumin
- 6 carrot, washed and chopped into 1/2" pieces
- 1 1/2 cups canned coconut milk, unsweetened
- 1 cup vegetable broth
- 1/4 cup lemon, juiced
- ground black pepper
- sea salt

INSTRUCTIONS

- 1 Heat coconut oil in a large saucepan over mediumhigh heat. Add the chopped onions and sauté until translucent.
- 2 Add the ginger and garlic to the onions, and cook for another minute. Add the cumin and stir well for 30 seconds.
- 3 Add the chopped carrots and sauté for a few minutes, then add the coconut milk and vegetable broth. Lower heat to a simmer and cook for 20 minutes, or until the carrots are just tender.
- 4 Puree soup with an immersion blender or standard blender. (Use caution when using a standard blender. The soup will be hot!) If soup is too thick, add extra broth or coconut milk.
- 5 Add the desired amount of lemon juice plus season with salt and pepper to taste. Serve hot.

NOTES

Recipe from [Fresh Start: Autumn Flavors](#)

🖋 Notes



Famous Loaded Sweet Potato

★★★★★ 5

🕒 80 min

🍴 2

INGREDIENTS

2 sweet potato
1 cup kale, stems removed and shredded
1 cup red cabbage, shredded
1 cup carrot, grated
1 avocado, diced
2 tbsp sunflower seeds
2 tbsp pepitas
2 tbsp olive oil
1 tbsp lemon, juiced
1 tsp dijon mustard
ground black pepper
sea salt

INSTRUCTIONS

- 1 Preheat oven to 400F. Prick sweet potatoes with a fork and bake for 45 to 60 minutes, until tender.
- 2 Meanwhile, place shredded kale, cabbage, and grated carrots in a bowl. Cover with the avocado and seeds.
- 3 In a separate bowl, combine oil, lemon juice, and mustard. Add to the shredded vegetables and gently toss to coat. Season with salt and pepper to taste.
- 4 When sweet potatoes are finished baking, cut slit in the top and pour the salad generously on top.

NOTES

Recipe from [Fresh Start: Autumn](#).

📝 Notes



Garden Veggie Stir Fry

★★★★★ 3

🕒 25 min

🍴 2

INGREDIENTS

- 1 ½ tsp coconut oil
- 1 yellow onion, diced
- 2 garlic clove, chopped
- 1 cup broccoli
- ½ cup snow peas
- ½ cup carrot, sliced
- 1 cup kale, stems removed
- 2 tsp sesame oil
- ¼ cup sliced almonds
- 3 tbsp tahini

INSTRUCTIONS

- 1 Heat coconut oil in a large skillet or frying pan over medium heat. Add the onion and sauté until soft. Add garlic, cook for another minute or two.
- 2 Add the broccoli, peas, and carrots. Continue cooking, stirring often so the vegetables don't burn. Cook until barely tender, then add the kale. Stir and allow kale to wilt. Remove from heat.
- 3 Drizzle with sesame oil and tamari. Divide between two plates and top with sliced almonds. Serve with tahini or hummus, if desired.

NOTES

Recipe from [Fresh Start: Autumn Flavors](#)

🍴 Notes



Heaven in a Bowl

★★★★★
4.666666666666667

10 min

2

INGREDIENTS

- 1 ½ cups + ⅓ tsp strawberries, stems removed and sliced
- ¼ cup sliced almonds
- 2 tsp lemon, zest
- 2 tbsp mint, roughly chopped
- 1 tbsp maple syrup

INSTRUCTIONS

- 1 Combine strawberries, almonds, lemon zest, and mint a bowl.
- 2 Drizzle with the maple syrup (optional depending on the sweetness of your berries) and stir.

NOTES

Recipe from [Fresh Start: Autumn Flavors](#)

Notes



Jen's Coconut Granola

★★★★★ 4.5

🕒 40 min

🍴 6

INGREDIENTS

- 2 cups rolled oats
- 1 cup sliced almonds
- 1 cup coconut flakes, unsweetened
- 1 tsp ground cinnamon
- ¼ tsp sea salt
- 2 tbsp coconut oil
- 3 tsp maple syrup

SERVING SUGGESTIONS

- 1 cup almond milk, unsweetened
- ½ cup blueberries

INSTRUCTIONS

- 1 Preheat oven to 300°F (150°C). Combine oats, almonds, coconut flakes, cinnamon, and salt in a large bowl.
- 2 In a small bowl, mix coconut oil and maple syrup together. (Depending on the temperature in your home, the coconut oil might be solid and you will need to warm it up first.)
- 3 Pour the coconut oil and maple syrup mixture over the dry ingredients and stir until well-coated.
- 4 Spread the mixture onto a baking sheet that has been lined with parchment (baking) paper. Bake for 15-20 minutes, stirring after 10 minutes to ensure even browning, until granola is golden brown.
- 5 Remove from oven and let cool completely. Store in an airtight container, such as a glass jar. Serve with almond milk and fresh berries.

NOTES

Unsweetened shredded coconut can be used in place of the coconut flakes.

You can also serve as a topping with the Berry Bowl.

Recipe from [Fresh Start: Autumn Flavors](#)

📝 Notes



Pineapple Cilantro Detox Smoothie

★★★★★ 5 | ⌚ 5 min | ✂ 2

INGREDIENTS

3 cups spinach
¼ cup cilantro
2 cups coconut water, unsweetened
2 cups pineapple, frozen
½ avocado

INSTRUCTIONS

- 1 Blend spinach, cilantro, and coconut water together until smooth.
- 2 Add remaining ingredients and blend again.

NOTES

Recipe from [Fresh Start: Autumn Flavors](#)

 Notes



Simple Green Veggie Bowl

★★★★★ 5

🕒 15 min

🍴 6

INGREDIENTS

FOR BLACKENED BRUSSEL SPROUTS:

3 cups brussel sprouts, trimmed and halved lengthwise

3 tbsp avocado oil

1/8 tsp sea salt

1/8 tsp ground black pepper

1 1/2 cups walnuts, halved

1 tbsp + 1 1/2 tsp maple syrup

FOR THE VEGGIE BOWL:

3 cups asparagus, ends trimmed and cut into 2" pieces

1/8 tsp sea salt

1/8 tsp ground black pepper

FOR SERVING:

4 1/2 cups brown rice, cooked

FOR COCONUT SRIRACHA SAUCE:

3/4 cup canned coconut milk, full-fat

3 tbsp sriracha sauce

1 tbsp + 1 1/2 tsp almond butter

1 1/2 tsp tamari

1 1/2 tsp honey

2/3 tsp dijon mustard

INSTRUCTIONS

- 1 Make Coconut Sriracha sauce: in a small bowl, whisk together the ingredients. Refrigerate until ready to use.
- 2 Preheat oven to 425°F. Line a baking sheet with parchment paper, or grease it well.
- 3 In a medium bowl, toss the sprouts with the avocado oil. Season well with salt and pepper to taste. Arrange in a single layer on the prepared baking sheet. Roast for 10 minutes.
- 4 Meanwhile, toss the asparagus pieces with the avocado oil. Season well with salt and pepper. After the sprouts roast for the initial 10 minutes, move them to one side on the baking sheet and add the asparagus. Roast for 5 minutes.
- 5 While veggies are roasting, place the walnut halves in a bowl. Drizzle the maple syrup on top and stir to coat. Move the veggies again to one side on the baking sheet and add the coated walnuts. Roast for another 4 minutes or until the walnuts are toasted and caramelized.
- 6 To serve, spoon 3/4 cup brown rice into four shallow bowls. Divide the veggies and walnuts between the bowls. Top with Coconut Sriracha Sauce and serve immediately.

NOTES

I often fly by the seat of my pants when it comes to dinner. I'll open the fridge and see what I can create out of the randomness—veggie bowls usually are the winner! I start the rice cooker while I decide what veggies to prepare. This dish is rich in carbohydrates, healthy

fats, and plant-based protein—making it a balanced, awesome dinner for our family. The Coconut Sriracha Sauce kicks up the heat, but can be swapped with tamari to suit your taste preferences.

Recipe from [Simple Green Meals](#).

🍴 Notes



Tamari Almonds

★★★★★ 5

🕒 12 min

🍴 4

INGREDIENTS

- 1 cup almonds, whole
- 1 tbsp tamari

INSTRUCTIONS

- 1 Preheat oven to 350°F (180°C). Line a baking sheet with parchment paper.
- 2 Place almonds in a mixing bowl and pour Tamari over the top. Stir well. The almonds will start to absorb the Tamari, but some may remain in the bottom of the bowl. Spread almonds on the baking sheet and drizzle any remaining Tamari over the top. It will all be absorbed as the almonds are toasting.
- 3 Bake for 10–15 minutes. The almonds will be dry to the touch and golden when they are finished. Let cool completely on the baking sheet.
- 4 Store in airtight container until ready to eat. Makes four 1/4 cup servings.

NOTES

Tamari, the deeper flavored cousin of soy sauce, goes splendidly with toasted almonds. Each handful will satisfy a craving for a salty, crunchy snack. One batch is enough for the whole week, but feel free to make several batches to keep on hand for an easy, nourishing snack.

All three variations work great with cashews too.

Can replace tamari with coconut aminos.

Recipe from [Thrive Summer](#)

Notes



Thai Lettuce Wraps

★★★★★ 5

🕒 30 min

🍴 2

INGREDIENTS

1 tbsp coconut oil
½ celery, thinly sliced
2 tbsp shallots, minced
1 ½ tsp ginger, minced
1 ½ garlic clove, minced
4 oz baby bella mushrooms, finely chopped
1 cup walnuts, chopped
1 tbsp lime, juiced
1 tbsp tamari
1 tbsp coconut sugar
1 ½ tsp rice vinegar
1 tbsp mint, chopped
1 tbsp cilantro
dash of red pepper flakes

FOR SERVING

6 butter lettuce
½ cup carrot, shredded
¼ cup cashews, chopped
2 tbsp cilantro, chopped
2 tbsp green onion, thinly sliced
½ lime, cut into wedges

INSTRUCTIONS

- 1 Warm a large skillet over medium-high heat. Add the oil and heat until shimmering. Add the celery and shallots and cook for 5 minutes. Add the ginger and garlic and cook for 1 minute.
- 2 Stir in the mushrooms. Cook, stirring occasionally, until the mushrooms release their liquid and it evaporates, and the mushrooms start to brown nicely. Add the walnuts and cook for 1 to 2 minutes to toast them.
- 3 Stir in the lime juice, tamari, coconut sugar, and rice vinegar. Simmer for 15 minutes, or until the sauce thickens slightly. Remove from the heat and stir in the mint, cilantro, and red-pepper flakes. Taste and add more tamari, if desired, for more saltiness. Keep warm until ready to serve.
- 4 To serve, spoon some of the vegetables into the lettuce leaves. Top with a sprinkling of carrots, cashews, cilantro, and scallions and add a squeeze of lime. Serve warm.

NOTES

Recipe from [Simple Green Meals](#).

📝 Notes



Tropical Skin Cleanser Smoothie

★★★★★ 0

⌚ 5 min

✂ 3

INGREDIENTS

- 4 ½ cups spinach
- 3 cups coconut water, unsweetened
- 3 cups pineapple, frozen
- ¾ avocado

INSTRUCTIONS

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

NOTES

Recipe from [Fresh Start: Autumn Flavors](#)

Notes



Ultra Creamy Healthy Coffee

★★★★★ 0

🕒 15 min

✂ 1

INGREDIENTS

- 1 cup coffee, coarsely ground
- 1 tsp coconut oil
- 2 tbsp grass-fed butter
- 1 tsp vanilla extract
- 1 tbsp collagen powder, optional

INSTRUCTIONS

- 1 Grind the coffee at a coarse setting just before brewing to preserve the freshness and flavors and pour into french press.
- 2 Heat water to boiling, then pour it over the grounds.
- 3 Start a stopwatch.
- 4 After one minute, take a spoon and gently submerge the grounds that have formed a 'crust' on the surface.
- 5 Gently add remaining ingredients and blend until smooth.
- 6 Drink warm and enjoy the healthy fat goodness!

NOTES

Standard pre-ground coffee is generally too fine for french press brewing and may get stuck in the mesh filter, creating a lot of resistance when you try to plunge.

After plunging the filter, make sure to decant all the coffee—otherwise it will slowly continue to brew and become bitter within the press.

📝 Notes



Warrior Bars

★★★★★ 4.6

🕒 45 min

🍴 8

INGREDIENTS

2 tbsp chia seeds
1/3 cup + 2 1/8 tsp water
1 cup almond meal
1/2 cup coconut flakes
1 cup rolled oats
1/2 cup dried fruit
1 cup banana, mashed
1/4 cup + 1/8 tsp pepitas
1/4 cup + 1/8 tsp sunflower seeds
1/4 cup + 1/8 tsp sliced almonds
1/2 tsp vanilla extract
dash of ground cinnamon
dash of sea salt

INSTRUCTIONS

- 1 Preheat oven to 350°F (180°C). Grease or line a baking pan with parchment (baking) paper. Use 9" x 13" pan for crunchy bars, or 8" x 8" pan for more a muffin-like consistency.
- 2 Soak chia seeds in 6 tablespoons of water for 5 minutes.
- 3 Combine the chia seeds and remaining ingredients in a bowl.
- 4 Press the mixture into the prepared baking sheet.
- 5 Bake for 25-35 minutes, or until golden on top. Remove from oven and let cool.
- 6 Slice into 8 bars. Store in an airtight container in the fridge for up to 5 days.

NOTES

Use any unsweetened dried fruit of choice. Ex: dried goji berries, cranberries, cherries, raisins. You can also use unsweetened shredded coconut. If mixture is too dry, add another banana.

Can substitute 1 cup mashed banana with 1/2 cup applesauce and 1/2 cup mashed banana, or 1 cup of mashed pumpkin.

Recipe from [Fresh Start: Autumn Flavors](#)

📝 Notes

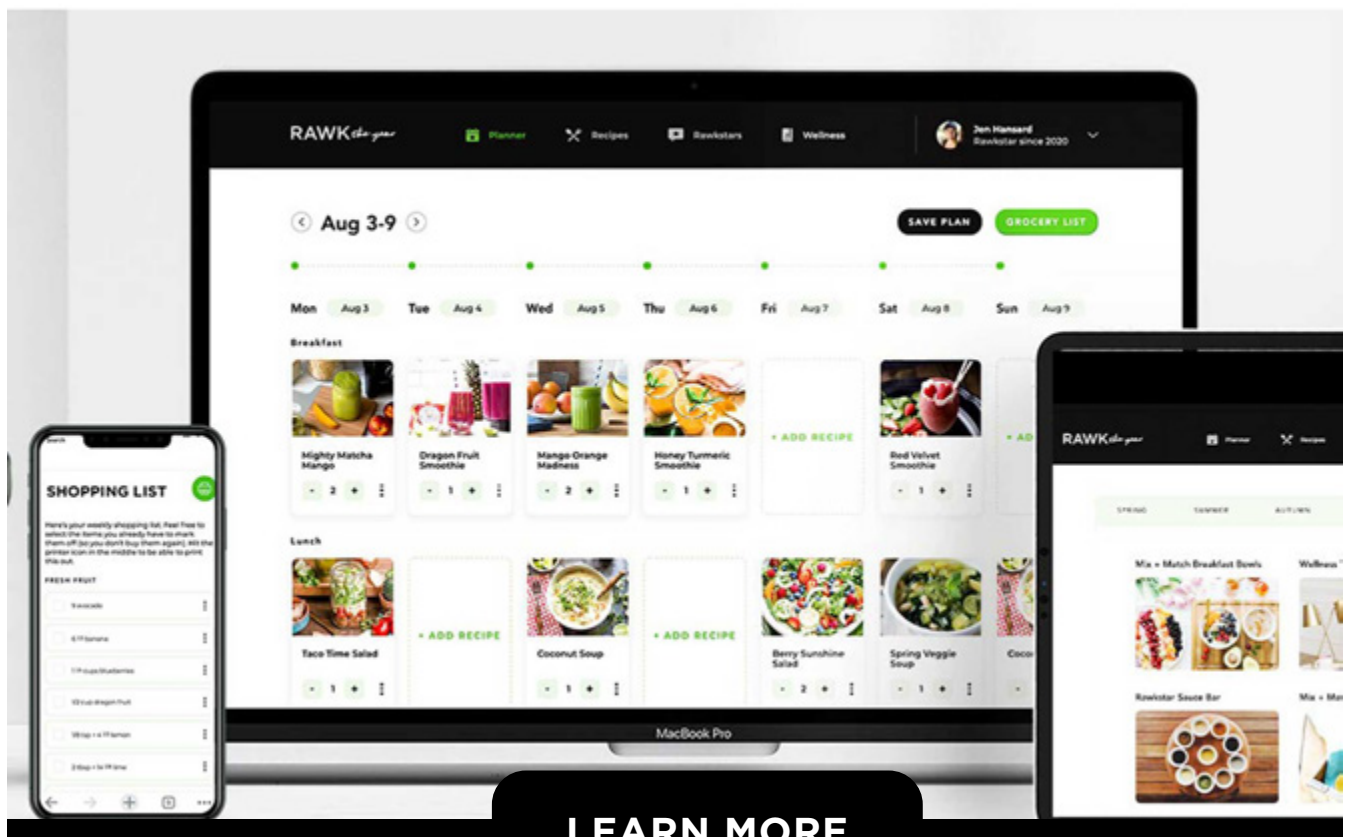


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