

A collage of food items including a bowl of soup, a baked pie, and fresh flowers.

Winter Meal Plan



SIMPLE GREEN
smoothies

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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Winter Meal Plan

	BREAKFAST	LUNCH	SNACK	DINNER	EXTRAS	WATER
DAY 1	 <p>Green Apple Smoothie</p> <input type="checkbox"/>	<input type="checkbox"/>	 <p>Fresh Apple Crisp</p> <input type="checkbox"/>	 <p>Stuffed Portobello Mushrooms</p> <input type="checkbox"/>	<input type="checkbox"/>	
DAY 2	 <p>Pineapple Ginger Smoothie</p> <input type="checkbox"/>	<input type="checkbox"/>	 <p>Cauliflower Popcorn</p> <input type="checkbox"/>	 <p>Rice Bowl with Broccoli</p> <input type="checkbox"/>	<input type="checkbox"/>	
DAY 3	 <p>Warm Wassail Drink</p> <input type="checkbox"/>	<input type="checkbox"/>	 <p>Savory Trail Mix</p> <input type="checkbox"/>	 <p>Lentil Sloppy Joe's</p> <input type="checkbox"/>	<input type="checkbox"/>	
DAY 4	 <p>Easy Flaxseed Smoothie</p> <input type="checkbox"/>	<input type="checkbox"/>	 <p>Fresh Apple Crisp</p> <input type="checkbox"/>	 <p>Plant Powered Cacao Chili</p> <input type="checkbox"/>	<input type="checkbox"/>	
DAY 5	 <p>Mango Kale Smoothie</p> <input type="checkbox"/>	<input type="checkbox"/>	 <p>Cauliflower Popcorn</p> <input type="checkbox"/>	 <p>Mushroom Fajitas</p> <input type="checkbox"/>	<input type="checkbox"/>	
DAY 6	 <p>Kale Smoothie</p> <input type="checkbox"/>	<input type="checkbox"/>	 <p>Savory Trail Mix</p> <input type="checkbox"/>	 <p>Sweet Potato Nachos</p> <input type="checkbox"/>	<input type="checkbox"/>	
DAY 7	 <p>Blueberry Spinach Smoothie</p> <input type="checkbox"/>	<input type="checkbox"/>	 <p>Fresh Apple Crisp</p> <input type="checkbox"/>	 <p>Hearty Chard Skillet</p> <input type="checkbox"/>	<input type="checkbox"/>	

Grocery List

FRESH PRODUCE

- ☐ apple - 1
- ☐ avocado - 1 ½
- ☐ banana - 7
- ☐ basil leaves - ¼ cup
- ☐ broccoli florets - 3 cups
- ☐ carrots - 1 ½
- ☐ cauliflower florets - 4 cups
- ☐ celery stalk - 6 ½
- ☐ cranberries - ½ cup
- ☐ fresh cilantro - ¼ cup
- ☐ fresh rosemary - 1 tsp
- ☐ garlic clove - 7 ½
- ☐ ginger root - ¼ cup + 2 tsp
- ☐ green apple - 8
- ☐ green bell pepper - ½ cup
- ☐ green onion - 3
- ☐ jalapeno pepper - 2 ½
- ☐ kale - 7 cups
- ☐ lime - 1
- ☐ mint leaves - 12
- ☐ orange - 11
- ☐ poblano pepper - 2
- ☐ portobello mushrooms - 3
- ☐ spinach - 6 cups
- ☐ sweet potato - 2 ½
- ☐ Swiss chard - ½
- ☐ tomato - 1
- ☐ yellow onion - 2 ¼

FROZEN FOOD

- ☐ blueberries - 1 cup
- ☐ mango - 3 cups
- ☐ pineapple - 3 ½ cups
- ☐ strawberries - 2 cups

CONDIMENTS + OILS

- ☐ avocado oil - 2 tbsp
- ☐ maple syrup - 1 tbsp + 2 tsp
- ☐ olive oil - ⅓ cup + 2 ⅓ tsp
- ☐ raw apple cider vinegar - 1 ½ tsp
- ☐ sweet chili sauce - 1 ½ tsp
- ☐ tamari - 2 tbsp
- ☐ yellow mustard - ½ tsp

SEASONINGS + BAKING

- ☐ black pepper, ground
- ☐ cacao powder
- ☐ cayenne pepper
- ☐ chili powder
- ☐ cinnamon, ground
- ☐ cloves, ground
- ☐ crushed red pepper
- ☐ cumin, ground
- ☐ garlic powder
- ☐ nutritional yeast
- ☐ sea salt
- ☐ smoked paprika
- ☐ taco seasoning
- ☐ vanilla extract

PANTRY ITEMS

- ☐ apple cider - 2 cups
- ☐ brown rice, uncooked - 1 ¼ cups
- ☐ corn tortillas - 6
- ☐ green lentils - ½ cup
- ☐ hamburger buns - 2
- ☐ vegetable stock - 2 ½ cups

CANNED + JARRED GOODS

- ☐ almond butter - 2 tbsp
- ☐ black beans - 2 ¼ cups
- ☐ coconut milk - 2 cups
- ☐ crushed tomatoes - 1 ¾ cups
- ☐ diced tomatoes - 1 ½ cups
- ☐ kidney beans - ¾ cup
- ☐ pinto beans - ¾ cup
- ☐ pitted Kalamata olives - 2 tbsp
- ☐ sliced black olives - ½ cup
- ☐ sun-dried tomatoes in oil - ¼ cup
- ☐ tomato sauce - ½ cup
- ☐ white beans - 1 ½ cups

DRIED GOODS

- ☐ chia seeds - ⅓ cup + 2 ⅞ tsp
- ☐ coconut flakes - 2 tbsp
- ☐ flaxseed - 2 tbsp
- ☐ pitted Medjool dates - 2
- ☐ raw almonds - ½ cup + 1 tbsp + 1 tsp
- ☐ raw cashews - ¼ cup
- ☐ raw pecans - ⅓ cup + ⅛ tsp
- ☐ raw pepitas - ⅓ cup + 2 ⅛ tsp
- ☐ raw sunflower seeds - 2 tbsp
- ☐ raw walnuts - 2 cups
- ☐ sesame seeds - 1 tsp
- ☐ sliced almonds - ¼ cup

REFRIDGERATED GOODS

- ☐ almond milk, unsweetened - 4 cups
- ☐ coconut yogurt, plain - ¼ cup
- ☐ guacamole - ⅓ cup + 2 ⅞ tsp



Blueberry Spinach Smoothie

★★★★★ 4.8

🕒 5 min

🍴 2

INGREDIENTS

2 cups spinach, fresh
2 cups water
1 cup blueberries, frozen
1 cup strawberries, frozen
4 banana

INSTRUCTIONS

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

NOTES

Swap banana for avocado (2:1 ratio) to decrease sugar.

This smoothie is supercharged with antioxidants and 2 bananas to keep you fuller longer. Adding a handful of berries naturally sweetens your green smoothie as well as providing energy, vitamin C, and fiber.



Cauliflower Popcorn

★★★★★ 4.7

🕒 40 min

🍴 4

INGREDIENTS

4 cups cauliflower florets, fresh
1 tbsp + 1 tsp olive oil
1 ½ tsp cayenne pepper
½ tsp sea salt
½ tsp cumin, ground
1 tbsp + 1 tsp garlic powder
2 tbsp nutritional yeast

INSTRUCTIONS

- 1 Preheat oven to 400° F. Line a baking sheet with parchment paper.
- 2 Chop cauliflower into small popcorn-size pieces.
- 3 Combine all ingredients in a mixing bowl. Toss to coat well.
- 4 Transfer to baking sheet and roast for 25 minutes, turning cauliflower over halfway through baking time to encourage even browning.
- 5 Remove from oven and cool slightly before eating.



Easy Flaxseed Smoothie

★★★★★ 4.5

🕒 25 min

🍴 2

INGREDIENTS

2 cups almond milk, unsweetened
2 pitted Medjool dates
2 banana
2 tbsp almond butter
2 tbsp flaxseed
2 tsp vanilla extract
1 tsp cinnamon, ground

INSTRUCTIONS

- 1 Soak dates for 20 minutes in water.
- 2 Place ingredients into blender and puree until smooth. Add a little extra almond milk, if smoothie is too thick.
- 3 Pour over ice. Garnish with extra ground cinnamon, if desired.



Fresh Apple Crisp

★★★★★ 5

🕒 15 min

🍴 6

INGREDIENTS

6 green apple, cored and diced
6 celery stalk, diced
1 ½ cups raw walnuts, chopped
12 mint leaves, chopped
¾ cup orange, juiced

INSTRUCTIONS

- 1 Place all ingredients in a bowl and toss to combine.

NOTES

Recipe from [Autumn Cleanse](#).



Green Apple Smoothie

★★★★★
4.4



15 min



2

INGREDIENTS

2 cups water

2 cups spinach, fresh

2 green apple, cored

1 banana

½ avocado, peeled

½ cup pineapple, frozen

INSTRUCTIONS

- 1 Place water, spinach, and apple in a blender. Blend until smooth.
- 2 Add remaining ingredients and blend until creamy.

NOTES

Add [Protein Smoothie Boost](#) to make this a meal replacement.

Swap banana for avocado (2:1 ratio) to decrease sugar.



Hearty Chard Skillet

★★★★★ 5

🕒 15 min

🍴 2

INGREDIENTS

1 tbsp olive oil
½ yellow onion, diced
2 garlic clove, minced
1 ½ cups white beans, canned
1 ½ cups diced tomatoes, undrained
2 cups Swiss chard, stems removed and chopped
½ cup vegetable stock
½ tsp smoked paprika
dash of sea salt
dash of black pepper, ground
¾ cup brown rice, uncooked
¼ cup sliced almonds
¼ cup raw pepitas
dash of crushed red pepper

INSTRUCTIONS

- 1 Cook rice according to package instructions and set aside. Drain and rinse beans.
- 2 In a large skillet, heat olive oil over medium-high heat. Add the onion, and cook, stirring often, until it starts to soften and turn a little golden on the edges.
- 3 Add the garlic and cook, stirring constantly, for 30- 60 seconds. Add the white beans and tomatoes. Stir until combined.
- 4 Lower heat and cook for 10 minutes, then add the chard. If needed, add a little vegetable stock or water if too much of the liquid has cooked off. It should be thick like stew, but still have plenty of sauce.
- 5 Stir in paprika, if using. Taste and season with sea salt and black pepper.
- 6 To serve, place ¾ cup warm brown rice in each bowl. Ladle the beans over the top. Sprinkle with almonds and pepitas, and a dash of crushed red pepper, (if using).

NOTES

Recipe from [Spring Cleanse](#).



Kale Smoothie

★★★★★ 5

🕒 5 min

🍴 2

INGREDIENTS

2 cups kale, stems removed
2 cups water
2 orange, peeled
1 cup pineapple, frozen
1 cup mango, frozen
2 tbsp chia seeds

INSTRUCTIONS

- 1 Blend the kale, water, and oranges until smooth.
- 2 Add remaining ingredients and blend again.



Lentil Sloppy Joe's

★★★★★ 4.6

🕒 60 min

🍴 2

INGREDIENTS

1 tbsp olive oil
½ yellow onion, diced
½ carrots, peeled and diced
½ celery stalk, diced
1 ½ garlic clove, minced
½ cup green lentils, rinsed and drained
2 cups vegetable stock
½ cup tomato sauce, canned
1 tbsp maple syrup
1 ½ tsp raw apple cider vinegar
1 tsp chili powder
½ tsp yellow mustard
¼ tsp sea salt
dash of black pepper, ground
dash of cinnamon, ground
2 hamburger buns

INSTRUCTIONS

- 1 In a large skillet, heat olive oil over medium high heat. Sauté the onion, carrot, and celery until starting to brown. Add the garlic. Cook, stirring constantly, for 1-2 more minutes.
- 2 Add the lentils. Cook for a few minutes, stirring constantly, then add the vegetable broth. Bring to a boil, then lower heat to a simmer. Cover and let cook for 25-30 minutes. Start checking for tenderness around 20 minutes, as the time can vary depending on the lentils. If all the liquid is absorbed before the lentils are tender, add a little water to the pan, but not too much. Start with 2-4 tablespoons.
- 3 Meanwhile, in a small bowl, stir together tomato sauce, maple syrup, vinegar, mustard, and spices. Set aside.
- 4 When lentils are tender, but not falling apart, drain any excess liquid off. Then, add the tomato sauce mixture and stir well to combine. Let simmer 5-10 minutes more to allow flavors to blend. Taste and add more salt, if needed. If the lentil mixture looks too dry, add a little water or vegetable broth. It shouldn't be too runny or dry.
- 5 Serve on hamburger buns.

NOTES



Mango Kale Smoothie



4.5



5 min



2

INGREDIENTS

2 cups kale, stems removed
2 cups coconut milk, canned
2 cups mango, frozen
1 cup pineapple, frozen

INSTRUCTIONS

- 1 Blend kale and coconut milk together until smooth.
- 2 Add remaining fruit and blend again.

NOTES

Add [Protein Smoothie Boost](#) to make this a meal replacement.

To lower the natural sugar content, use $\frac{1}{2}$ cup mango and $\frac{1}{4}$ an avocado or $\frac{1}{4}$ cup cauliflower.

Swap kale with the leafy greens of your choice.

Swap coconut milk with the plant milk of your choice.



Mushroom Fajitas

★★★★★ 4.7

🕒 40 min

🍴 2

INGREDIENTS

1 tbsp lime, juiced
1 tbsp taco seasoning
½ tsp maple syrup
1 tbsp + 1 ½ tsp avocado oil
½ sweet potato, cut into strips
2 poblano pepper, seeded and cut into strips
½ yellow onion, sliced
1 portobello mushrooms, cut into strips
sea salt
black pepper, ground

FOR SERVING

6 corn tortillas, warmed
2 tbsp guacamole
2 tbsp fresh cilantro, stems removed and chopped
½ lime, cut into wedges

INSTRUCTIONS

- 1 Preheat the oven to 450°F. Place a rimmed baking sheet in the oven to get very hot.
- 2 In a small bowl, combine the lime juice, taco seasoning, maple syrup, and oil.
- 3 In a large bowl, combine the sweet potato, poblano pepper, mushrooms and onion. Pour the lime juice mixture over the top and stir well.
- 4 Carefully remove the baking sheet from the oven. Working quickly so the pan stays hot, drizzle a little oil over the pan and tilt to coat. Arrange the veggies in an even layer on the hot pan. Season with salt and black pepper to taste, and roast for 20 minutes, or until the sweet potato is tender. (The other veggies will cook more quickly and become tender and blackened on the edges.)
- 5 To serve, spoon some of the vegetable filling into the warm tortillas. Top with guacamole and fresh cilantro. Serve with lime wedges on the side.

NOTES

Try our [homemade taco seasoning](#) and [guacamole](#).



Pineapple Ginger Smoothie

★★★★★ 4.5

🕒 5 min

🍴 2

INGREDIENTS

- 2 cups kale, stems removed
- 2 cups almond milk, unsweetened
- 2 orange, peeled
- 1 cup pineapple, frozen
- 1 cup strawberries, frozen
- ¼ cup ginger root, peeled
- ¼ cup chia seeds

INSTRUCTIONS

- 1 Combine all of the ingredients in a blender, except the chia seeds. Blend until smooth.
- 2 Pour into a glass and sprinkle chia seeds on the top for a blast of omega-3s.

NOTES

Add [Protein Smoothie Boost](#) to make this a meal replacement.

When buying ginger root, 1 tbsp = 1-inch fresh ginger root (1 tsp = ⅓-inch)

Swap alternative milk with your preferred plant-based milk.



Plant Powered Cacao Chili

★★★★★ 4.9

🕒 15 min

🍴 4

INGREDIENTS

1 ½ tsp avocado oil
½ yellow onion, diced
½ cup green bell pepper, diced
½ jalapeno pepper, ribs and seeds removed, and diced
2 tsp garlic clove, minced
2 tbsp chili powder
1 ½ tsp cumin, ground
1 ½ tsp cacao powder
dash of cinnamon, ground
1 ¾ cups crushed tomatoes
¾ cup kidney beans, canned
¾ cup pinto beans, canned
¾ cup black beans, canned
1 ½ tsp maple syrup
dash of sea salt
dash of black pepper, ground

FOR SERVING

1 ½ green onion, sliced
2 tbsp jalapeno pepper, sliced
2 tbsp fresh cilantro, stems removed and chopped
1 avocado, diced
¼ cup coconut yogurt, plain

INSTRUCTIONS

- 1 In a 6-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. Drain and rinse beans.
- 2 Add the jalapeno pepper and garlic and cook, stirring constantly, 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 a ½ cup 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 bowls and garnish with your choice of toppings.

NOTES

Recipe works best at 8 servings.

Recipe from [Simple Green Meals](#).



Rice Bowl with Broccoli

★★★★★ 4.8



60 min



2

INGREDIENTS

½ cup brown rice, uncooked

1 cup water

3 cups broccoli florets

½ tsp olive oil

dash of sea salt

dash of black pepper, ground

1 carrots, julienned

½ cup raw walnuts

2 tbsp tamari

1 ½ tsp sweet chili sauce

1 tsp sesame seeds

1 ½ tsp green onion, sliced

INSTRUCTIONS

- 1 Preheat oven to 400°F and line a baking sheet with parchment paper.
- 2 Combine the rinsed rice, water, and olive oil in a pot and bring to a boil. Cover, reduce the heat to low, and simmer for 45 minutes. Remove from heat. Leave covered until ready to serve.
- 3 While rice is cooking, toss the broccoli florets with olive oil, salt, and pepper, and spread evenly on the baking sheet.
- 4 Roast 10 minutes. Add in carrots and roast for an additional 5 minutes. Next, add walnuts to baking pan and roast an additional 7-10 minutes, until lightly toasted.
- 5 Prepare the sauce: in a small bowl, combine tamari and red chili sauce.
- 6 Once the vegetables are done, fluff the rice with a fork. Serve rice with veggies, divided evenly. Drizzle sauce on top. Add sesame seeds and green onions.

NOTES

Speed this up by cooking rice ahead of time and just reheating (or making in a rice cooker).



Savory Trail Mix

★★★★★ 5

🕒 15 min

🍴 4

INGREDIENTS

⅓ cup + ⅛ tsp raw almonds

⅓ cup + ⅛ tsp raw pecans

2 tbsp coconut flakes

2 tbsp raw pepitas

2 tbsp raw sunflower seeds

2 tsp olive oil

1 tsp fresh rosemary, stems removed and chopped

¼ tsp sea salt

INSTRUCTIONS

- 1 Preheat oven to 350°F. Place nuts, coconut, pepitas, and sunflower seeds on a rimmed baking sheet.
- 2 Drizzle the olive oil over the nuts and seeds, and sprinkle with the herbs and sea salt. Toss to coat.
- 3 Bake for 8–10 minutes, or until nicely toasted. Remove from oven and let cool completely. Transfer to an airtight container.

NOTES

Can substitute ½ teaspoon dried herbs for every 1 tsp fresh, if desired.

Each serving is about ¼ cup.

Recipe from [Winter Cleanse](#).



Stuffed Portobello Mushrooms

★★★★★ 5

🕒 33 min

🍴 2

INGREDIENTS

2 portobello mushrooms
2 tbsp olive oil
¼ yellow onion, diced
2 garlic clove, minced
¼ cup sun-dried tomatoes in oil, drained and chopped
2 tbsp pitted Kalamata olives, sliced
1 cup kale, stems removed and chopped
dash of sea salt
dash of black pepper, ground
¼ cup basil leaves, chopped

VEGAN PARMESAN CHEESE

¼ cup raw almonds
¼ cup raw cashews
⅔ cup + 2 tsp nutritional yeast
¼ tsp sea salt
dash of garlic powder

INSTRUCTIONS

- 1 Destem, degill and wipe down outside of mushrooms
- 2 Place mushrooms on baking sheet facing up and drizzle with olive oil, salt and pepper.
- 3 Bake at 400° degrees F for 15 minutes. Add 2 tablespoons of olive oil to a pan on medium high heat while mushrooms are baking
- 4 Sauté onions until transparent. Add sun-dried tomatoes, garlic and olives and cook for 3 minutes. Add kale and cook for 3 minutes. Set mixture aside
- 5 Place all Vegan Parmesan Cheese ingredients in a food processor and pulse until finely chopped. Set aside
- 6 Once mushrooms are done, scoop the sun-dried tomato mixture into the mushrooms
- 7 Divide the Vegan Parmesan Cheese on top and bake for 7 minutes, until lightly toasted
- 8 Remove from oven then top with fresh basil leaves and serve immediately

NOTES

You can use a grill instead of the oven: grill the mushrooms, then add the filling and grill again until the tops are lightly toasted.



Sweet Potato Nachos

★★★★★ 4.7

🕒 40 min

🍴 2

INGREDIENTS

2 sweet potato, thinly sliced
2 tbsp avocado oil
½ tsp cumin, ground
½ tsp smoked paprika
½ tsp chili powder
½ tsp garlic powder
½ tsp sea salt
1 ½ cups black beans, canned
1 tomato, diced
1 jalapeno pepper, thinly sliced
½ cup sliced black olives
1 green onion, sliced
¼ cup guacamole

INSTRUCTIONS

- 1 Preheat the oven to 450°F. Line a large rimmed baking sheet with parchment paper.
- 2 In a medium bowl, toss the sweet potatoes with the oil and arrange in an even layer on the baking sheet. The sweet potato rounds will overlap each other.
- 3 In a small bowl, combine the cumin, paprika, chili powder, garlic powder, and salt to make a seasoning mix. Sprinkle over the sweet potatoes.
- 4 Bake for 20 minutes, or until the sweet potatoes are tender and can easily be pierced with the tip of a sharp knife.
- 5 Drain and rinse beans. Remove the pan from the oven and top the potatoes evenly with the black beans, tomato, jalapeno pepper, olives, and green onions. Bake for 7 minutes, or until the toppings are warm.
- 6 Remove from oven and top nachos with guacamole.

NOTES

Swap guacamole for [Avocado Crema](#).

Serve with [Vegan Parmesan Cheese](#).

Recipe modified from [Simple Green Meals](#).



Warm Wassail Drink

★★★★★ 5

🕒 10 min

🍴 2

INGREDIENTS

2 cups spinach, fresh
2 cups apple cider, warmed
1 apple, peeled and cored
1 orange, peeled
½ cup cranberries, fresh
2 tsp ginger root, peeled
2 tsp cinnamon, ground
¼ tsp cloves, ground

INSTRUCTIONS

- 1 Blend spinach and apple cider until smooth.
- 2 Next add the remaining ingredients. If using a high speed blender, start blending again on low speed working up to high speed. Allow to blend for 3-5 minutes, or until very hot. If using a regular blender, blend until smooth and heat gently on the stove or transfer to mugs and heat in microwave.

NOTES

Add [Protein Smoothie Boost](#) to make this a meal replacement.

When buying ginger root, 1 tbsp = 1-inch fresh ginger root (1 tsp = ⅓-inch)



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