

Meal Plan

meat- LESS week

Recommendations
from an
ENFJ

Turmeric Coconut Rice with Greens

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- 2 cups long-grain rice (such as basmati or jasmine)
- ½ cup unsweetened coconut flake
- 1 tablespoon sesame seeds
- 2 tablespoons coconut oil
- 1 bunch green onions

- turmeric (we double what recipe says)
- 1 (14-ounce) can full-fat coconut milk
- 1 bunch greens (kale, spinach, or swiss chard)
- 1 lime

Orange-Glazed Carrots With Ramp Barley and Spinach

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- 1 cup pearled barley
- 1½ pounds carrots
- 1 tablespoon sugar
- 2 tablespoons unsalted butter
- ½ cup freshly squeezed juice and 1 teaspoon zest from 1 orange

- about 10 ramps (substitute: 4 scallions and 2 cloves garlic)
- 6 oz. baby spinach
- 2 tablespoons fresh parsley
- ½ cup slivered almonds

Mango "Burrito" Bowls with Crispy Tofu

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- 1 block (12-15 oz.) firm tofu
- 3 tablespoons reduced-sodium tamari
- 1 tablespoon cornstarch
- 1¼ cups brown basmati rice
- ½ cup creamy peanut butter
- 2 teaspoons toasted sesame oil
- 1 tablespoon honey or maple syrup

- 1-2 limes
- 2 garlic cloves
- 2 large mangoes
- 1 medium red bell pepper
- ½ cup (about 4) green onions
- ¼ cup chopped fresh cilantro
- 1 medium jalapeño

- 2 cups cabbage
- roasted peanuts

Braised Chickpeas & Vegetables with Couscous, Harissa Yogurt, & Soft Eggs

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- 1 (15 oz.) can chickpeas
- 8 oz. spinach
- 1 medium onion
- 3 garlic cloves
- 1 carrot
- 1 zucchini
- 1 yellow squash

- 1 red bell pepper
- 1 teaspoon ground cumin
- 1½ teaspoons turmeric
- 1½ vegetable stock
- 1 cup couscous
- 1 cup plain full-fat Greek yogurt
- ¼ cup harissa sauce

- ½ cup fresh cilantro
- ½ cup fresh mint
- 6 large eggs
- 1 lime

Gnocchi with Sweet Peas, Tomatoes, & Sage Brown Butter

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- 3 medium baking potatoes (about 2 pounds)
- 1 large egg
- ⅓ teaspoon freshly grated nutmeg
- 1 cup all-purpose flour
- 4 tablespoons unsalted butter

- 12 large sage leaves
- 2 tablespoons fresh parsley
- zest of 1 lemon
- 1 cup fresh or frozen baby peas
- 1 pint yellow cherry tomatoes
- ½ cup freshly grated Parmesan

Red Curry Lentils w/ Sweet Potatoes & Spinach

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- 2 medium sweet potatoes
- 1 medium yellow onion
- 3 tablespoons Thai red curry paste
- 3 garlic cloves
- 1 inch fresh ginger
- 1 serrano (substitute: jalapeño)
- 1 teaspoon ground turmeric

- 1 cup red lentils
- 4 cups vegetable stock
- 1 (13-ounce) can full-fat coconut milk
- 1 (4- to 5-ounce) bag baby spinach
- 1 lime
- fresh cilantro for topping
- unsweetened coconut flakes