

Kris Carr's

crazysexy MEAL PLAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast Green Smoothie or oatmeal + fruit						
Lunch LO Big Salad	LO Ancho Lentil Tacos	LO Zuke Tacos	LO Bean Burritos	LO Veggie in a Blanket	LO Chili	LO Bean Sandwich
Dinner Healthy Bowl / Ancho Lentil Tacos	Ancho Lentil Tacos	Zuke Tacos	Bean Burritos	Veggie in a Blanket	Chili	Bean Sandwich

LO =
leftovers

Tips

1. Flip through cookbooks & choose recipes in advance.
2. Cook double batches & freeze half.
3. Dress up leftovers with wraps, grains & greens.
4. Prep your juice & smoothie ingredients in advance (make enough for a second serving later in the day!).
5. Shop twice per week, for example Sundays and Wednesdays.
6. Keep snacks handy: hummus, nuts, goji berries, popcorn, etc.

Shopping List

- fruit for snacks
- spinach ● ●
- 2 avocados ● ●
- 1 sm onion ●
- 1 lg celery stalk ●
- garlic ● ●
- 2 sm zucchini ●
- 2 jalapeños ●
- scallions ● ●
- 1 carrot ●
- alfalfa sprouts ●
- tomato ●
- Extra veggies for salads, green smoothies
- wheat bread ●
- tortillas (med-lg) ● ● ●
- rice/quinoa/bulgur ● ●
- 2 cans garbanzos ●
- 1 can pinto beans ●
- 1-2 cans lentils ●
- 2 cans black beans ● ●
- 2 cans chili ●
- 1 can diced tomatoes ●
- 1 can tomato paste ●
- chili powder ●
- ground cumin ● ●
- ground ancho chile ●
- dried oregano ●
- salt ● ●
- ground coriander ● ●
- olive oil ● ●
- hot sauce ●
- 6 oz jar salsa verde ●
- tomato salsa (1c) ●
- sweet pickle relish ●
- mayo ●
- hummus ●
- pitted kalamatas (1/3 c) ●
- 4 oz can chopped green chilis ●

Healthy Bowl (Modeled off the “Green Bowl” from San Antonio’s Green Vegetarian Cuisine)

Fresh spinach

Cooked Quinoa, Bulgur, Rice, OR Tabouli (however many servings you need)

1 can diced tomatoes (can use fresh too of course)

1 can of beans, drained (black or pinto)

1 avocado, diced

Start with a healthy bed of spinach in your bowl. Cook your quinoa/bulgur/rice/tabouli. Add your can of diced tomatoes and beans and mix well. Pour on top of the spinach, top with diced avocado and enjoy!

Ancho Lentil Tacos (Isa Chandra Moskowitz)

2 teaspoons olive oil

1 small onion, minced

2 cloves garlic, minced

2 1/2 cups cooked lentils (from about 1 cup dried)

3 tablespoons tomato paste

2 tablespoons hot sauce (preferably [Cholula](#))

Spice mix:

1/2 teaspoon dried oregano

2 teaspoons ground ancho chile

1 teaspoon ground cumin

1/2 teaspoon ground coriander

1/2 teaspoon salt

First combine all of the ingredients for the spice mix and set aside. Also, keep a cup of water within reach, you'll need to add splashes as you cook. Preheat a large skillet over medium-high heat. Sautee the onion and garlic in the oil with a pinch of salt for about 3 minutes, until lightly browned. Add spices and toss them for 30 seconds or so to toast. Lower heat to medium, add lentils, a few splashes of water, tomato paste and hot sauce; use a spatula to mash them a bit as they cook, until they hold together. If your spatula isn't strong enough to accomplish this, just use a fork. Do this for about 5 minutes, adding splashes of water as necessary if it appears dry. Taste for salt and seasoning; you may want to add more spices or hot sauce. And that's it, time to serve!

Zucchini, Black Bean & Olive Tacos, also known by me as “Zuke Tacos” (Isa Chandra Moskowitz)

1 teaspoon olive oil

2 zucchini, diced small (about 1lb)

2 jalapenos, seeded and sliced thinly (I have also used a small can of diced green chilies if I don't have jalapenos and that works too)

1/4 teaspoon salt

2 garlic cloves, minced

1/3 cup pitted kalamata olives, chopped

1/2 teaspoon ground cumin

1/2 teaspoon ground coriander

1 (6 ounce) can salsa verde

1 (16 ounce) can black beans, drained & rinsed

8 (6 inch) tortillas

1/2 cup finely chopped scallions (optional)

Preheat a heavy bottomed skillet over medium-high heat. Pour in the oil and add the zucchini and jalapeno and sprinkle with the salt. Sauté for about 7 minutes, or until the zucchini is lightly browned. Add the garlic, olives, cumin, and coriander, and sauté for 2 minutes more. Add the salsa verde and black beans and cook for an additional 5 minutes. The salsa should reduce a bit so it's not soupy. Warm the tortillas in a skillet or wrap in a moist towel & nuke for a minute. Assembly the tacos by adding the filling, and topping with scallions (and cheese and/or beef if you like). Enjoy!

Bean Burritos (Kathy Freston)

- 1 (15-ounce) can pinto beans, drained
- 2 teaspoons chili powder
- 1 cup tomato salsa
- 1 (4-ounce) can chopped mild green chiles, drained
- 4 large flour tortilla

Combine the beans and chili powder in a saucepan and mash the beans well. Add the salsa and chiles and stir to combine. Cook over medium heat until hot, adding a little water if the mixture begins to stick to the pan. To serve, divide the bean mixture among the tortillas and roll up. Serve hot.

Veggies in a Blanket (Ellen Jaffe Jones)

- ¼ cup hummus (10 inch) tortillas
- 1 carrot, grated
- 4 lettuce leaves or ½ to 1 cup baby spinach leaves, or ½ cup alfalfa sprouts

Spread 1 Tbsp of the hummus onto the tortilla. Top with carrot and lettuce. Roll up each tortilla tightly and serve.

MEGAN'S NOTE: You can get creative with this one and add any veggies you have in your fridge (onions, tomatoes, guacamole, fat free refried black beans, etc).

Chili

- 1 can of your favorite chili (I like Amy's brand Black Bean Chili which is vegan and delicious)
- 1-2 cups of your favorite cooked rice (optional)

Toppings (optional):

- Fritos
- Avocado or guacamole
- (vegan) sour cream
- (vegan) cheese

Simply cook the rice if you're using it, and put it on the bottom of your bowl, and layer your warmed chili on top. Add whatever toppings float your boat! I like to make a side salad with this one or roast some broccoli or brussel sprouts to ensure I get some greens too.

Bean Sandwich (Ellen Jaffe Jones)

- 3 ½ cups cooked or canned garbanzo beans, drained and rinsed
- 1 large celery stalk, chopped
- 1 green onion, finely chopped
- 2 Tbsp (vegan) mayonnaise
- 1 Tbsp sweet pickle relish
- 8 slices whole wheat bread

Meal Plan 1

4 lettuce or baby spinach leaves

4 tomato slices

Put the beans in a large bowl and mash them with a fork or potato masher, leaving some chunks. Stir in the celery, green onion, (vegan) mayonnaise, and relish and mix well. Spread one-quarter of the mixture evenly on 4 slices of bread and top with the lettuce leaves, tomato slices, and remaining pieces of bread.

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Dinner							

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