

DAY 1 TO 3 FOOD PREP

How to prepare food for Days 1 to 3 in 70 minutes

Step 1 — Preheat oven to 375 degrees for **Roasted Vegetables** (Day 3)

Step 2 — Fill soup pot with 1L of water for **Carrot Ginger Soup** (Days 1, 2 ...)

Step 3 — Prepare **Roasted Vegetables**

2 heads broccoli
4 carrots
1 lg onion
2 large zucchini
5 cloves garlic

- Chop veggies
- Drizzle liberally with evo (extra virgin olive oil), black pepper, herbes de provence and rosemary (any herb blend that is salt free is fine)
- Put in baking dish in the oven and set timer for 25 min

Step 4 — Roughly chop veggies for **Carrot Ginger Soup** (no need to dice, it's all going in to a blender!) For a larger batch, please see recipe in The Plan Cookbook.

8 carrots
1 large zucchini
3 cloves garlic
1 large onion
1 inch of fresh ginger
1/8 tsp cinnamon
1/8 tsp Cumin
1/8 tsp Cloves
1/8 tsp Cardamom
1/8 tsp Tumeric
1/8 tsp Allspice
1 tsp of fresh black peppercorns — more if you like it spicy

- Add all ingredients to your pot of water and let simmer for 20 minutes

Step 5 — Make **Quick Spicy Coco Sauce** (Days 1 and 2)

- Chop 1 onion and sauté in evo for 3-4 minutes
- Add 1 can coconut milk, 1 tsp cinnamon, 1/2 tsp cloves, 1 tbsp garlic powder and sriricha sauce to taste

Step 6 — Chop Veggies for Day 1 and 2 dinners

1 large head kale (or 2 small heads)
2 heads broccoli with stalks
4 large carrots (6-7 small carrots)
2 large zucchini

- Add to coconut milk and let simmer for 30 min — stirring frequently

Step 7 — At this point you should hear the timer for **Roasted Vegetables**. Turn vegetables and let cook for another 5-10 minutes.

Step 8 — Blend **Carrot Ginger Soup**

- Place cooked vegetables in blender
- Fill blender half way with water
- Blend until smooth and add additional salt free seasoning to taste
- Let cool and store in fridge

Step 9 — Remove **Roasted Vegetables** from oven. Let cool and store in fridge.

Step 10 — Roughly chop veggies for **Cream of Broccoli Soup** (Day 3) AND **steamed broccoli** for Days 1 and 2

3 tablespoons butter
1 medium to large size onion
2 cups homemade chicken broth or water
2 cups water
1 can full-fat coco milk
6 heads of broccoli, chopped (4 will be for the soup and 2 you will set aside for the steamed broccoli)
2 medium zucchini
1 small to medium avocado
1 tbsp chipotle in adobo sauce (sub Sriracha if you don't have this on hand)
Seasonings- 1 tbsp sage, ½ tsp celery seed, 1 tsp cumin,

Steamed Broccoli

- Put 2 heads broccoli in a microwave safe-dish with a little water.
- Microwave for 2-3 minutes and let cool.

Cream of Broccoli Soup (makes 6-8 servings, 8g protein per 16oz)

- Sautee onion and spices in 3 tbsp of butter

- Add in all ingredients (except avocado) and cook until vegetables are tender, approximately 25-30 minutes.
- Add in avocado when blending. For a less creamy soup, add more water.

Step 11 — Optional: Make **Orange Oil**. This is a great cancer fighter!

- Peel an organic orange (if you don't have orange peel in your spice cabinet)
- Chop 1/4 of the orange peel and place in ½ cup evo (black pepper optional).
- Toss with the cooled steamed broccoli

Step 12 — Make **Carrot Beet Salad** (Days 1 and 2)

- Grate 4 carrots and 1 small beet (use large grate not small)
- Do not mix beet and carrot —the color will get muddy
- Store in airtight container

Step 13 — Remove **Spicy Coco/ Kale** mix off stove. Let cool and store in fridge.

Step 14 — Blend **Cream of Broccoli Soup**

- Add vegetables and liquid from pot to blender and blend until smooth.
- Add additional salt-free spices to taste and let cool and store in refrigerator

Step 15 — Prep for days 3 – 6

- On day 3 you can make a whole chicken or chicken pieces for days, 3, 4, and 5
- Chop veggies for days 4, 5, and 6
- Your cooking for the whole week is almost done!