

## WEEK 2 RECIPES: LAY A HEALTHY FOUNDATION



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With the hardest days behind you, your body will feel light and renewed, so now's the time to start enjoying this! Reintroducing lean proteins like seafood and lentils will keep you satisfied and boost your energy and brain. If you loved some of the recipes from last week, feel free to incorporate them here.

### BREAKFAST

#### 1. VEGETABLE SOUP WITH CHICKPEAS AND MISO

SERVES 4 (MAKES 4½ CUPS) **V V S**

1. Heat 2 Tbsp **olive oil** in a pot over medium heat. Cook ½ chopped **yellow onion**, 2 minced **garlic cloves**, 2 diced **celery stalks**, and 2 peeled and diced **carrots** until tender, 6 to 8 minutes. 2. Stir in 1 cup chopped **broccoli** and 1 cup cooked **chickpeas**; cook about 2 minutes. 3. Add 4 cups **water**. Bring to a boil; reduce heat and simmer until vegetables are tender, about 10 minutes. Remove from heat. Dissolve 2 Tbsp **white miso** in 2 Tbsp cool water, and stir into soup. Season with **coarse salt**.

PER SERVING: 182 cal; 8 g fat (1 g sat fat); 5 g protein; 5 g fiber

#### 2. BAKED SWEET POTATOES WITH TOASTED NUTS AND ORANGES

SERVES 2 **V V**

1. Heat oven to 400°. Prick 2 **small sweet potatoes** with a fork and wrap in foil. 2. Bake until tender, about 1 hour. Unwrap and split top with a knife. 3. Top with ¼ cup chopped **toasted almonds** or **pecans**, dash **cinnamon**, dash freshly grated **nutmeg**, and **flaky sea salt**. Squeeze with two **orange wedges**.

PER SERVING: 171 cal; 10 g fat (1 g sat fat); 5 g protein; 4 g fiber

### LUNCH

#### 3. WATERCRESS WITH SARDINES, TARRAGON, AND CLEMENTINES

SERVES 2

1. Whisk zest and juice of ½ **lemon** and 1 Tbsp **olive oil**. Season with **coarse salt** and **pepper**. 2. Arrange 2 cups **watercress sprigs**, ¼ **small red onion**, sliced, and 1 Tbsp **fresh tarragon** on a platter. 3. Top with slices

of 2 **clementines**, peel and pith removed, one 4-oz can **olive-oil packed sardines**, drained, and 3 Tbsp **toasted pumpkin seeds**. Season with **coarse salt** and **pepper**. Drizzle with vinaigrette, and adjust seasoning as necessary.

PER SERVING: 625 cal; 54 g fat (8 g sat fat); 22 g protein; 2 g fiber

#### 4. RAW KALE SALAD WITH POMEGRANATE AND TOASTED WALNUTS

SERVES 4 **V V**

1. Rub 1 bunch torn **kale** with 2 Tbsp **olive oil**, 1 Tbsp **fresh lime juice**, and ½ tsp **freshly grated ginger** until well coated. 2. Add ½ cup **pomegranate seeds** (from ½ the fruit), 2 Tbsp chopped **red onion**, and ¼ cup chopped **toasted walnuts** and toss. Season with **coarse salt** and **pepper**.

PER SERVING: 177 cal; 13 g fat (2 g sat fat); 5 g protein; 3 g fiber

#### 5. RED LENTIL SOUP WITH TURNIP AND PARSLEY

SERVES 8 (MAKES 10 CUPS) **V V S**

1. In a pot, heat 2 Tbsp **olive oil** over medium heat. Add 1 diced **yellow onion**, 4 minced **garlic cloves**, and 3 finely diced **celery stalks**; cook, stirring, until tender, 6 to 8 minutes. 2. Increase heat to high and add 1½ cups chopped **tomatoes**; cook for 1 minute. Add 1½ cups dried **red lentils**, 1 peeled and diced **turnip**, and 6 cups **water**. 3. Bring to a boil; then reduce heat and simmer until lentils are tender, 20 to 25 minutes. Stir in ½ cup chopped **fresh flat-leaf parsley** and optional 1 tsp **red-wine vinegar**. Season with **coarse salt** and **pepper**.

PER SERVING: 177 cal; 4 g fat (1 g sat fat); 11 g protein; 6 g fiber

**+**  
**HUNGRY?**  
**IT MIGHT BE**  
**YOUR BODY**  
**TELLING**  
**YOU IT'S**  
**DEHYDRATED.**  
**DRINK A**  
**GLASS OF**  
**WATER**  
**AND WAIT**  
**20 MINUTES**  
**BEFORE**  
**EATING YOUR**  
**NEXT MEAL.**

### DINNER

#### 6. ROASTED WINTER VEGETABLES WITH CANNELLINI BEANS

SERVES 4 **V V S**

1. Heat oven to 425°. On a rimmed baking sheet, toss 1 sliced **large leek**, 5 peeled **garlic cloves**, ½ peeled and chopped **small rutabaga**, 2 peeled and chopped **parsnips**, 2 peeled and chopped **carrots**, 1 peeled and chopped **sweet potato**, and 8 trimmed and halved **brussels sprouts** with 3 Tbsp **olive oil** and 1 Tbsp **balsamic vinegar**. Season with **coarse salt** and **pepper**. 2. Roast, tossing once, until golden brown and tender, 25 to 30 minutes. Remove from oven and stir in 1½ cups **cooked and drained cannellini beans**. 3. Cook until beans are crisped, about 5 minutes more. Toss vegetables with 1 tsp **vinegar** and drizzle with oil.

PER SERVING: 284 cal; 11 g fat (2 g sat fat); 7 g protein; 10 g fiber

#### 7. GRILLED SALMON AND BOK CHOY WITH AVOCADO SALSA

SERVES 2

1. Heat grill or grill pan to medium-high. In a medium bowl, combine segments from 1 **navel orange**, ½ diced **avocado**, 1 Tbsp chopped **red onion**, 1 Tbsp **freshly chopped cilantro**, 1 tsp **lime juice**, and ¼ tsp **toasted sesame oil**. Season to taste with **coarse salt** and **pepper** and set aside. 2. Season two 4-oz fillets **wild salmon** and 3 heads **bok choy**, halved, with **coarse salt** and **pepper** and drizzle with **olive oil**. 3. Grill salmon, flipping halfway through, until cooked through, 3 to 4 minutes per side. Grill bok choy until bright green and slightly wilted, about 1 minute per side. Spoon avocado salsa over fish to serve.

PER SERVING: 637 cal; 38 g fat (5 g sat fat); 44 g protein; 20 g fiber



**MORE RECIPES!** Head to [wholeliving.com/challenge-week-2](http://wholeliving.com/challenge-week-2) for the full menu.