

AKT CHALLENGE

ONE WEEK MEAL PLAN: Plant Based

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
BREAKFAST	Green Smoothie	Berry Smoothie	Peach-Berry Smoothie	Green Smoothie	Chocolate-Banana Smoothie	Peach-Berry Smoothie	Green Smoothie
SNACK	Plantain Chips + Guac	Celery + Nut/Seed Butter	Chia Seed Pudding + Progesterone Granola	Chocolate Protein Bites	2 Dates + Nut/Seed Butter	Carrots + Jicama + Guac	Snap Peas + Hummus
LUNCH	Collard Hummus Wrap	(LO) Spiced Lentil Bowl	Cruciferous Crunch Salad + Chickpeas	(LO) Tempeh-Broccoli Skillet	Collard Hummus Wrap	Cruciferous Crunch Salad + Chickpeas	Avocado Salad + Black Bean Burger
SNACK	Carrots + Jicama + Beet Hummus	Chocolate Protein Bites	Snap Peas + Hummus	2 Dates + Nut/Seed Butter	Chia Seed Pudding + Progesterone Granola	Chocolate Protein Bites	2 Dates + Nut/Seed Butter + Progesterone Granola
DINNER	Spiced Lentil Bowl	Tempeh-Broccoli Skillet	Black Bean + Veg Saute	Kale-Beet-Avocado Salad + Black Bean Burger (Soy-Free)	Quinoa, Peas + Lemon-Garlic Asparagus + Kale	Spiced Lentil Bowl	Quinoa, Peas + Lemon-Garlic Asparagus + Kale
PM	Hormone Balancing Cacao	Hormone Balancing Matcha	Herbal Tea	Hormone Balancing Cacao	Herbal Tea	Hormone Balancing Matcha	Herbal Tea
	LO= Leftover RECIPE INCLUDED						

SHOPPING LIST



PANTRY ITEMS	PROTEIN	VEGETABLES		
Sea Salt	1-2 Packages Tempeh	Asparagus- 1 bunch	Cucumber- 3	
Coconut Oil	1 can Black Beans	Beets- 4-6 (or roasted)	Jicama- 1	
Extra-virgin olive oil	1 can Lentils	Broccoli Sprouts- 1 pckg	Kale- 3-4 bunches	
ACV Vinegar	1 package Quinoa	Broccoli- 1 head	Shallot	
Veggie Broth, 1 carton		Cabbage- 1 head	Snap Peas- 1 bag	
Himalayan Sea Salt		Carrots- 1 lb bag	Spinach- 1 bag	
Ghee		Collard Leaves- 1 bunch	Sweet Onion- 1	
Dijon Mustard		Cruciferous Mix/Slaw-1 bag	Swiss Chard- 1 bag	
Chickpeas, 2 can		Celery- 1 bunch	Zucchini	
Goji Berries/ Dried Blueberries				
Vanilla Extract/Powder				
Cacao Powder				
Raw Honey				
Maca Powder				
Dark Chocolate Chips				
Grass-Fed Collagen Peptides				
GF Whey or Soy-Free Protein				
Medjool dates				
Plantain Chips				
HERBS/SPICES	FRESH FRUIT	FROZEN	NUTS/SEEDS	BEVERAGES
Oregano	Pineapple	1 bag Frozen strawberries	Sesame Seeds	Herbal Tea
Thyme	Banana- 3	1 bag Frozen blueberries	Chia Seeds	sparkling mineral H2O
Cilantro	4-6 Lemons	1 bag Frozen peaches	Sunflower Seeds	Coconut Water
Turmeric	Pomegranate	1 bag Frozen Peas	Pumpkin Seeds	Coconut Milk (canned)
Parsley	Apples- 2		Flaxseed	Almond Milk (unsweetened)
Garlic	Avocados- 4-6		Almonds	
Cinnamon			Pistachios	
Red pepper			Nut/Seed Butter	
Ginger Root			Coconut Butter	
Cumin			Tahini	

AKT CHALLENGE: RECIPES



These delicious recipes are chock-full of healthy fats, quality protein, and nutritious carbohydrates. The best choices you can make for your body is to consume foods with essential vitamins and minerals. You'll get variety by eating the rainbow!

BREAKFAST

- [Green Smoothie](#)
- [Berry Smoothie](#)
- [Peach-Berry Smoothie](#)
- [Chocolate-Banana Smoothie](#)

LUNCH

- [Collard Wrap](#)
- [Cruciferous Crunch Salad](#)
- [Kale-Avocado-Beet Salad](#)

DINNER

- [Spiced Lentil Bowl](#)
- [Tempeh-Broccoli Skillet](#)
- [Black Bean & Vegetable Saute](#)
- [Quinoa, Peas + Lemon-Garlic Asparagus](#)



SNACKS

- [Chocolate Protein Bites](#)
- [Chia Seed Pudding](#)
- [Progesterone-Boosting Granola](#)
- [Roasted Beet Hummus](#)

DRINKS

- [Hormone Healing Hot Chocolate](#)
- [Hormone Balancing Matcha Latte](#)
- [Non-Coffee Vanilla Latte](#)



GREEN SMOOTHIE

Ingredients:

- 1 1/2 cups fresh Swiss chard and/or other dark, leafy green (Add Variety)
- 1/4 cup cilantro
- 1/2 cucumber, peeled
- 1 cup pineapple, frozen
- Juice from 1/2 lemon
- 1 cup coconut water, unsweetened
- 2 tablespoons raw pumpkin seeds
- 2 tablespoons collagen
- 1 scoop Grass-Fed Whey Protein
OR 1 scoop Soy-free Vegan Protein

BERRY SMOOTHIE

Ingredients:

- 1-2 cups spinach
- 1/2 cup frozen strawberries
- 1/2 cup frozen blueberries
- 1/2 banana
- 2 tablespoons fresh ground flax seed
- 1 cup unsweetened coconut milk
- 2 tablespoons of collagen
- 1 scoop Grass-Fed Whey Protein
OR 1 scoop Soy-free Vegan Protein
- Few ice cubes



CHOCOLATE-BANANA SMOOTHIE

Ingredients:

- 2 cups spinach
- 1/4 cup almonds
- 1 frozen banana
- 1/2 tsp vanilla extract
- 1-2 tablespoon raw cacao powder
- 2 tablespoons collagen
- 1 scoop Grass-Fed Whey Protein
OR 1 scoop Soy-free Vegan Protein
- 1 cup unsweetened almond milk

PEACH-BERRY SMOOTHIE

Ingredients:

- 2 cups kale
- 1/2 cup frozen peaches
- 1/2 cup frozen blueberries
- 1 tablespoon cashew butter (or other nut/seed butter)
- 2 tablespoons fresh ground flaxseed
- 2 tablespoons collagen
- 1 scoop Grass-Fed Whey Protein
OR 1 scoop Soy-free Vegan Protein
- 1 cup unsweetened almond milk
- 1/4 to 1/2 cup ice

COLLARD WRAP



Ingredients:

- 2 large collard leaves
- 1/2 cup hummus
- 1 carrot, peeled and sliced into short thin strips
- 1/2 cucumber peeled and sliced into short thin strips
- 1/2 cup red cabbage, sliced thin
- 1 cup micro greens/ broccoli sprouts
- 4 oz. protein (Tempeh, Black Beans, or Lentils)

Directions:

Wash collard greens and pat dry with a towel.

Divide and spread the hummus/avocado evenly on both leaves.

Add remaining veggies, dividing evenly between the two wraps.

Add 2 oz. protein to each wrap

Wrap the leaves like a burrito. Cut in half and enjoy!

CRUCIFEROUS CRUNCH SALAD



Salad Ingredients:

- 1 bag Cruciferous Crunch Mix or Broccoli Slaw
- Seeds of one pomegranate (about 1/2 cup)
- 1 cup pistachios
- 2 apples, chopped

Dressing Ingredients:

- 4 tablespoons apple cider vinegar
- 1 tsp. Garlic Powder (or 1 minced clove)
- 1 tsp. Onion Powder (or 1 minced shallot)
- Juice and zest of one lemon
- 3 tablespoons olive oil
- 1/2 tsp salt
- 1/4 tsp pepper

Directions:

Over medium high heat, add olive oil, garlic and onions to sauce pan. Cook for 5 mins.

Add cranberries, apple cider vinegar, lemon juice and zest. Stir to combine.

Season dressing with salt and pepper, then set aside.

In a large bowl, add salad base, pomegranate seeds, apples and pistachios. Toss to combine.

Pour dressing over the salad and toss again.

*This salad can be heated and served warm OR refrigerate for 2-3 hours.

**Keeps well for several days in refrigerator.

KALE-AVOCADO-BEET SALAD



Salad Ingredients:

- 2 bunches kale, stems removed
- 1 cup carrots, shredded
- 2 avocados, diced
- 2 small roasted beets, diced
- 1/2 cup slivered almonds
- Broccoli sprouts to top

Dressing Ingredients:

- 2 tablespoons fresh lemon juice
- 4 tablespoons olive oil
- 1/2 tsp garlic (or 1 clove, minced)
- 1 tsp Dijon mustard
- 1/2 tsp salt
- 1/8 tsp pepper

Directions:

Wash kale in a colander. Then add salt + massage leaves with your hands for 2-3 minutes.

Toss kale, carrots and almonds in a bowl together.

To make the dressing, add all ingredients to a bowl and whisk until thoroughly combined.

Add dressing to kale mixture and toss well.

Add chopped beets and avocado. Toss again to distribute.

Top with sprouts and serve.

SPICED LENTIL BOWL



Ingredients:

- 14 oz. can Black Lentils, drained
- 1/2 head cabbage, chopped
- 1 cup carrot, shredded
- 1 sweet onion, chopped
- 4 stalks kale, washed and torn into 2-3 inch
- 1/4 cup fresh parsley
- 1 tablespoon fresh ginger, grated
- 1 tablespoon fresh turmeric, grated
- 1 tablespoon Olive Oil
- Sliced avocado

Directions:

Add cabbage and onions to sauté pan with olive oil. Cook over medium high heat for 3 minutes.

Add carrot, turmeric and ginger to the pan. Cook for 3-5 minutes or until the cabbage becomes tender.

Add lentils, kale and parsley. Cook for 1-2 minutes or until kale begins to wilt.

Remove from heat and serve in a bowl.

Serve with sliced avocado on top.

TEMPEH-BROCCOLI SKILLET



Ingredients:

- 1 Package Wheat-Free Tempeh
- 1 cup broccoli florets
- 2 cloves of garlic, minced
- 1 cup veggie broth or miso broth
- Juice of one lemon
- 1 tablespoon coconut oil
- 1/4 cup fresh parsley
- 1 tsp oregano leaves, dried
- 1/2 tsp thyme leaves, dried
- Salt and pepper to taste

Directions:

Heat oil over medium heat.

Dice tempeh into cubes. Season with salt, pepper, oregano, and thyme.

Once the skillet is hot, add tempeh and allow to brown for about 3-4 minutes.

Remove tempeh from skillet and set aside.

Add lemon juice, veggie broth, and garlic to the skillet. Stir well.

Add tempeh back to the skillet and simmer for 5 minutes.

Add broccoli and simmer another 5-7 minutes or until broccoli is bright green.

Salt and pepper to taste. Top with fresh parsley.

BLACK BEAN & VEGETABLE SAUTE



Ingredients:

- 1 can Black Beans, drained and rinsed
- 2 medium zucchini, chopped
- 2 tablespoons garlic, minced
- 1/2 cup baby portobello or crimini mushrooms
- 1 red onion, diced
- 1 tsp red pepper flakes
- 1 tablespoon coconut oil
- Salt and Pepper to taste

Directions:

- Add 1 tablespoon coconut oil to a skillet over medium heat.
- Add zucchini, garlic, onion, cumin and cayenne to the skillet.
- Cover and heat for two minutes. Remove lid and toss again.
- Add beans and mushrooms and cover for an additional 3 minutes.
- Salt to taste and serve immediately.

QUINOA, PEAS & LEMON-GARLIC ASPARAGUS



Ingredients:

- 2 cups cooked Quinoa
- 1 cup frozen Green Peas
- 1 tablespoon garlic, minced
- 2 tablespoons fresh parsley, chopped
- 1 lemon, sliced
- 1/4 cup fresh lemon juice
- 1 tsp sea salt
- 1/2 tsp fresh black pepper
- 20 asparagus spears, ends trimmed
- 4 tablespoons olive oil

Directions:

Cook Quinoa according to package instructions. While warm, mix in 1 cup frozen green peas.

Preheat broiler to high heat. Line baking sheet with parchment paper.

Place asparagus on baking tray and coat with 2 tablespoons olive oil. Top with lemon juice, garlic, parsley, salt and pepper.

Place in the oven and roast 8-12 minutes or until asparagus is cooked to your preference.

Asparagus can be chopped and mixed with Quinoa-Peas or eaten separately.

*Serve with warm, massaged kale salad (kale + sea salt + olive oil)

**For more carbohydrates, add in a simple baked sweet potato

CHOCOLATE PROTEIN BITES



Ingredients:

- 2 cup raw sunflower seeds OR pumpkin seeds
- 1/2 cup cashew butter
- 1/2 cup fresh ground flaxseed
- 1/2 cup unsweetened, shredded coconut
- 1/2 cup coconut butter, melted.
- 3/8 tsp salt
- 2 tablespoons raw honey
- 2 teaspoons vanilla extract
- 1/2 cup dark chocolate or carob chips, melted

Directions:

Place nuts, ground flax seeds, coconut, cashew butter and salt in a food processor. Process until ingredients are ground to a coarse meal consistency.

Add melted coconut butter, honey, and vanilla and process until the mixture becomes a thick paste.

Roll into bite-sized balls, about 1" in diameter.

Place in refrigerator to chill for 20 minutes.

While the nut mixture chills, melt chocolate chips.

Drizzle chocolate over the chilled balls.

All to chill for 6 hours or overnight. Store in refrigerator up to one week or freeze.

*Each serving is 3-4 protein bites.



CHIA SEED PUDDING

Ingredients:

- 3 tablespoons chia seeds
- 1 tsp cinnamon
- 3 tsp raw cacao powder (optional for chocolate flavor)
- 2 tsp vanilla extract
- 1 cup unsweetened coconut milk

Directions:

1. In a small bowl, combine ingredients. Mix well.
2. Refrigerate at least one hour or overnight.
3. Once thick, remove from fridge and enjoy!

PROGESTERONE-BOOSTING GRANOLA



Ingredients:

- 1 cup almonds [if you have time, soak overnight]
- ¾ cup sunflower seeds [soak 2-3 hours]
- 1 cup sesame seeds
- 1/3 cup chia seeds
- ¾ cup goji berries OR dried blueberries
- ½ cup maple syrup OR honey
- 1 teaspoon cardamom/cinnamon/ginger/nutmeg or other warming spices
- ½ teaspoon sea salt

Directions:

1. Roughly chop almonds (by hand or in processor)
2. Combine chopped almonds with all seeds
3. Mix in dried fruit, syrup, and seasoning
4. Spread on parchment paper lined baking sheet and dehydrate in oven (200*) for 1-2 hours.
5. After 45 mins, check often and stir to prevent burning

ROASTED BEET HUMMUS



Ingredients:

- 2 medium to large roasted beets
- 1 can (15 oz) chickpeas, drained and rinsed
- 1/4 cup tahini
- 1/4 cup fresh lemon juice
- 1 1/2 tsp sea salt
- 3 cloves garlic
- 3 tablespoons olive oil

Directions:

Add all ingredients to a blender or food processor. Puree until smooth.

Store in a sealed container in the refrigerator.



HORMONE HEALING HOT CHOCOLATE

Ingredients:

- 1 cup almond milk, cashew milk, or full-fat coconut milk
- 2 Tbsp cacao powder
- 2 Tbsp collagen peptides
- 2 tsp Maca powder
- 1 tsp cinnamon, ginger, cardamom, or other warming spice
- Sweeten with stevia, monk fruit, or maple syrup to taste

Directions:

Warm nut milk, then add in powdered ingredients using a small whisk or milk frother.

HORMONE BALANCING MATCHA LATTE

Ingredients:

- 1 cup almond milk, cashew milk, or full-fat coconut milk
- 1 Tbsp matcha powder
- 2 Tbsp collagen peptides
- 2 tsp Maca powder
- 1 tsp cinnamon, ginger, cardamom, or other warming spice
- Sweeten with stevia, monk fruit, or maple syrup to taste

Directions:

Warm nut milk, then add in powdered ingredients using a small whisk or milk frother.

NON-COFFEE VANILLA LATTE

Ingredients:

- 1-2 cup hot filtered water
- 2 Tbsp grass-fed butter or ghee
- 2 Tbsp MCT oil
- 1 tsp unsweetened vanilla powder
- 1 tsp cinnamon, ginger, cardamom, or other warming spice
- Sweeten with stevia, monk fruit, or maple syrup to taste

Directions:

Heat water, then add ingredients to a blender and process until emulsified.