



AUGUST
MEAL PLAN

BREAKFAST

lemon ginger chia
pudding.

SNACK

1 egg

6 almond flour
crackers

LUNCH

Thai Kale Salad with
Peanut Ginger
Dressing*

1 plum

DINNER

Southwest Black
Bean Burger*
with lettuce & tomato
on whole grain roll

1 small roasted sweet
potato

57 grams protein

42 grams fiber

Recipes

Thai Kale Salad with Peanut Ginger Dressing

1 bunch Tuscan kale, finely chopped (4-5 cups)
1 mango, diced
1 cup cooked shelled edamame
1 large carrot, shredded
1 red bell pepper, diced
2 cups shredded red cabbage
½ cup chopped cilantro
¼ cup diced green onion
1/2 cup cashews

For the dressing:

¼ cup creamy peanut butter
1 tablespoon toasted sesame oil
1 ½ tablespoons tamari
1 tablespoon rice vinegar
2 teaspoons pure maple syrup
3 tablespoons lime juice
½ tablespoon freshly grated ginger
2 tablespoons water

- Place kale in a large salad bowl
 - Whisk the dressing ingredients together
 - Pour dressing over kale and massage with hands for a minute to soften kale
 - Add remaining salad ingredients and toss to combine
- serves 4

Southwest Black Bean Burger

1 can (14 oz) organic black beans, drained and rinsed
¼ cup rolled oats
¼ cup flax meal
1 teaspoon cumin
½ teaspoon cayenne pepper
½ teaspoon garlic powder
½ teaspoon salt
¼ cup chunky salsa
1 tablespoon olive oil

- Mash black beans in a large bowl using a fork, leave some small pieces for texture.
 - Add remaining ingredients except oil. Blend together with a fork or your hands.
 - Shape into 2 large patties.
 - Heat oil in a large nonstick pan. Cook patties 5 minutes on each side. Serve with rolls, lettuce, tomato, and preferred condiments.
- serves 2