

GROCERY LIST - INDIAN-SPICED LUNCH

(INSPIRED BY JESSICA PATEL, RD, LDN)

PRODUCE

- 3 bell peppers
- 2 cucumbers
- 1 bunch radishes (~12-15 radishes)
- 1 bunch cilantro
- 1 bunch fresh parsley (or sub extra cilantro)
- 1 large sweet potato
- 1 small onion
- 1-2 avocados
- 6 cloves garlic
- 2 large mangoes (preferably very ripe)
- Ginger root (~1-2 inch long piece)
- 3 large lemons
- 2- 10oz bags of mixed greens (spinach, kale, romaine, etc)

DAIRY & PROTEIN

- 1 lb chicken boneless, skinless chicken breasts (optional)

PANTRY, CONDIMENTS & SEASONINGS

- 2 flatbreads, such as naan, roti, paratha (or wrap of your choice)
- 1-2 c brown rice (basmati preferred)
- Tahini (½ c)
- 1- 15 oz can chickpeas
- Golden raisins (4 Tbsp)
- 2 tablespoons potato starch (or substitute corn starch or tapioca starch)
- ¼ c chickpea flour (or sub oat flour or whole wheat flour)
- Raw sugar, coconut sugar, or other preferred sweetener (2 Tbsp)
- Turmeric (2-3 tsp)
- Cayenne pepper (1-2 tsp) (optional)
- Red chili flakes (½-1 tsp) (optional)
- Cinnamon, cloves, cardamom, nutmeg (~½-1 tsp of each to preference)
- Garam masala (1-2 Tbsp) (optional)
- Salt and pepper
- Apple cider vinegar or white vinegar (4 Tbsp)
- Soy sauce or liquid aminos (2 Tbsp)
- Sriracha (~1-3 tsp) (optional)
- Oil (grapeseed or canola)

WHAT TO PREP ON SUNDAY

- Prepare Turmeric Sweet Potato Chickpea Cakes.
- Prepare Mango Chutney.
- Prepare Cilantro Tahini Sauce.
- Cook brown rice according to package directions. Cool and store in a sealed container in the fridge.
- Prep ready-to-go veggie mix: dice the 3 bell peppers, chop the cucumbers, and slice the radishes. Store in a sealed container or plastic bag in the fridge.
- If prefer to add extra protein to your Lunch Bunch this week, prepare Indian-Spiced Chicken Breasts.
- Chop extra cilantro to use for sprinkling on top of each meal, if preferred.

RECIPES TO PREP

TURMERIC SWEET POTATO CHICKPEA CAKES

ADAPTED FROM PURE ELLA (WWW.PUREELLA.COM)

INGREDIENTS

- 1 large sweet potato
- 1 small onion, diced
- 2 cloves of garlic, minced
- 1 can rinsed and drained chickpeas
- ¼ c roughly chopped fresh parsley (or sub cilantro)
- 2 tablespoons potato starch (or substitute corn starch or tapioca starch)
- 1-2 teaspoons of sea salt
- freshly ground black pepper
- 1 teaspoon turmeric powder
- 1/2 - 1 teaspoon cayenne pepper (optional)
- ¼ c chickpea flour (or sub oat flour or whole wheat flour)
- Cooking oil, such as grapeseed

STEPS

1) Pierce the sweet potato with a fork a few times. Bake at 400 degrees Fahrenheit for about 45 minutes or until tender. If you are short on time, microwave on

high for 8-10 minutes, or until tender. Cool the potato until you are able to handle it, and scoop the sweet potato out of the skin into a bowl and put aside.

2) In a large cast iron pan, drizzle in a little grapeseed oil and fry the onion and garlic until slightly golden but not burned. Remove from heat and allow to cool.

3) In a food processor, process the chickpeas until they turn to a slightly textured paste, be sure to turn off the food processor and scrape down the sides to get all the chickpeas ground up. Halfway through processing the chickpeas, add in the cooked sweet potato and starch and pulse.

4) Add in the onion and garlic, salt, pepper, turmeric and cayenne pepper and mix to fully combine.

5) Turn the food processor off and stir in the chopped parsley.

6) Take a large plate and sprinkle a few tablespoons of chickpea flour onto it. Using a spoon, scoop some of the mixture with onto your hands and shape into a ball and then press gently to make a patty. Drop into the chickpea flour to coat evenly. If too much flour sticks to the patty then gently dust it off with your fingers. You should have a very light coating all over the patties. Split up the mixture to create 5 patties.

7) Reheat that same large cast iron pan to medium heat. Drizzle in a little more oil and place the patties in to cook. Cook for about 3 minutes on each side or until the bottom is nicely browned.

8) Cool patties on a pan and store in plastic wrap or a sealed container in the fridge.

INDIAN-SPICED CHICKEN BREASTS (OPTIONAL)

INGREDIENTS

- 1 lb boneless skinless chicken breasts
- Juice from 1 lemon
- 1-2 Tbsp cilantro, chopped
- 1-2 cloves of garlic, minced
- ½ tsp cayenne pepper
- 1 tsp turmeric
- 1 Tbsp garam masala
- ½-1 tsp salt
- ½-1 tsp pepper

STEPS

1) To make the marinade, whisk the lemon juice, cilan-

tro, garlic, spices (omit/adjust to taste), salt, and pepper in a bowl.

Place chicken breasts in a shallow baking dish or large resealable plastic bag and add the marinade. Cover or seal.

2) Refrigerate and marinate the chicken breasts for at least 1 hour (preferably) or up to 12 hours.

Remove chicken breasts from marinade and any excess marinade on the breasts.

3) Cook the chicken breasts by baking or grilling.

-Grill the chicken breasts until they reach an internal temperature of 165 degrees, about 4-8 minutes per side depending upon size.

-Bake at 375degrees for about 20 minutes, or until they reach an internal temperature of 165 degrees.

4) Let cool and slice into 3 oz servings. Store in a sealed container in the fridge.

RECIPES TO PREP (PG. 2)

MANGO CHUTNEY

ADAPTED FROM VEGAN RICHA (WWW.VEGANRICHA.COM)

INGREDIENTS

- 2 tsp canola or coconut oil
- 2 large mangoes (preferably very ripe), diced
- 1 inch piece of ginger root, peeled and grated
- ½-1 tsp red chili flakes (optional- adjust to taste)
- 2 cloves garlic, minced
- ½ tsp salt
- 4 Tbsp apple cider vinegar or white vinegar
- 2 Tbsp raw sugar or other preferred sweetener (adjust to taste)
- 4 Tbsp golden raisins
- ¼ tsp of cinnamon, clove, cardamom, nutmeg, or use garam masala (adjust to taste or preference)

STEPS

- 1) In a large non stick pot, add oil and heat on low, swirl to spread oil along the bottom of the pot.
- 2) Add all ingredients and mix well.
- 3) Cook on medium-low heat and bring to a rolling boil, reduce heat to low and simmer until thick, about 25 minutes. Stir frequently to keep from sticking.
- 4) Taste for sweet, sour, spice levels, adjust spices, mix well and take off heat after another minute.
- 5) Cool and store in a sealed container in the fridge.

CILANTRO TAHINI SAUCE

INGREDIENTS

- ½ c tahini
- ½ c lemon juice (about 1-1.5 large lemons, squeezed)
- 4 Tbsp fresh cilantro
- 2 Tbsp soy sauce or liquid aminos
- 1-3 tsp. sriracha (optional- to taste)
- ¼ c water

STEPS

- 1) Add all ingredients except the water to a food processor and blend until smooth.
- 2) Add water, 1 Tablespoon at a time, stirring in until the sauce becomes a thinner consistency that will be easy to drizzle. Add more or less water depending upon preferred thickness of sauce.
- 3) Store in a sealed container in the fridge.

DAILY MEALS

MONDAY

BOWL

1 c rice +
½ c veggie mix +
1 chickpea cake +
2 Tbsp chutney +
¼ avocado

TUESDAY

SALAD

2-3 c mixed greens +
½ c veggie mix +
1 chickpea cake +
2 Tbsp chutney +
1-2 Tbsp tahini sauce +
¼ avocado

WEDNESDAY

PITA

1 flatbread +
1-2 Tbsp tahini sauce +
handful of greens or rice +
1 chickpea cake +
½ c veggie mix

THURSDAY

BOWL

1-2 c mixed greens +
½ c rice +
1 chickpea cake +
½ c veggies +
2 Tbsp chutney +
¼ avocado

FRIDAY

PITA

1 flatbread +
1-2 Tbsp tahini sauce +
1 chickpea cake +
handful of greens +
2 Tbsp chutney

NOTES:

LIKES/DISLIKES:

Notes:

*If you prepared the chicken breasts for extra protein, add a 3 oz serving to each lunch.

*To keep avocado fresh: wrap unused portion tightly in plastic wrap and store in sealed container, or sprinkle with lemon juice and wrap tightly.

*Feel free to add cilantro, extra spices, and extra veggies according to taste

Meals in this guide are meant for one person. This is a general guide prepared by a Registered Dietitian. Your unique lifestyle and body may require that you adjust the quantities of ingredients to fit your personal needs.

PLAN BY CATHERINE BORKOWSKI, RD, LDN

Catherine Borkowski, RD, LDN is a Chicago-based Registered Dietitian, yoga lover and nutrition nerd. As a self-proclaimed "flexitarian," Catherine's nutrition philosophy promotes living a plant-based powered life, practicing moderation, not deprivation and cultivating a healthy relationship with food. Catherine has focused much of her career working in the field of behavior change, helping others develop healthy, sustainable lifestyle changes. She directs a team of health coaches at EngagementHealth, a corporate wellness company in the West Loop. Outside of her passion for yoga, Catherine loves to tone with Pilates and dance it up in cardio hip hop.