

January Jump Start



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Meal Prep Sundays</i>		1 Starter Week Falafel Burgers + *Sweet Potato Fries	2 *Mayan Brownie Bites Quinoa Energy Bites	3 Parsley Pesto Pasta <i>Video: Parsley Pumpkin Seed Pesto</i>	4 Peanut Stir Fry	5 *Curried Chickpea Lettuce Wraps Easy Lettuce Wraps <i>LIVE Q&A - 2pm Eastern</i>
6 Meal Plan Week Black Bean Taco Salad <i>Meal Prep Video</i>	7 *Maple-Balsamic Pear Salad Balsamic-Dressed Alfalfa Sprout Salad	8 Red Pepper Hummus + cucumber <i>Video: Hummus that isn't Farty</i>	9 *Banana Nut Smoothie Michelle's Straw-Nana Shake	10 Choc-Banana Quinoa <i>Video: What I Eat in a Day</i>	11 Baked Veggie Burrito	12 *Grilled ALT Edamame Avocado Spread
13 Nutrition Week *Sesame-Ginger Macro Bowl Miso-Ginger Sweet Potato Soup <i>Meal Prep Video</i>	14 *Chocolate Protein Bars Protein Cookies	15 Black Bean Brownies <i>Video: Ketogenic Diet</i>	16 Chickpea Salad Sandwich with Avo-Mayo	17 Lentil Chili <i>Recipe Video</i>	18 *Creamy Orange-Ginger Dressing Kale salad with Cashew Parsley Dressing	19 Kale Chips
20 Cleanse Week *Curried Squash Soup Curried Parsnip Soup <i>Meal Prep Video</i>	21 Chai Chia Smoothie	22 *Avo-Aduki Salad Balsamic Aduki Salad <i>Video: Intermittent Fasting</i>	23 Avo-Dressed Beet Salad	24 Steamed Veggie Bowl with Ginger-Mint-Tahini Dressing <i>Video: What I Eat in a Day on a Cleanse</i>	25 *Carrot Ginger Soup Ginger Coconut Pumpkin Soup	26 *Chocolate Squash Crisp Allyson's Chocolate Squash Custard
27 Real Life Week Avocado-Lime Pasta <i>Meal Prep Video</i>	28 *Peanutty Pad Thai Allyson's Drenched Pad Thai Salad	29 *Blueberry Avocado Cheesecake Apple Rhubarb Crumble <i>Video: Cravings</i>	30 *Build Your Own Taco Night Black Bean Mango Tacos	31 *Curry Night Chickpea & Eggplant Curry <i>Video: Eating Out as a Vegan</i>	* = members' content veganook.com/jump-start	NEW YouTube videos on Tuesdays, Thursdays and Sundays