



# DAY 7

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<b>Breakfast</b>	White Bean and Berry Toast
<b>Lunch</b>	Couscous Bowls
<b>Dinner</b>	Lentil, Millet, and Tomato Salad

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## WHITE BEAN AND BERRY TOAST

### Ingredients

15 oz can white beans, rinsed and drained  
1/4 cup almond milk, unsweetened  
2 teaspoon pure maple syrup  
1 teaspoon vanilla extract  
1/4 teaspoon ground cinnamon  
10 slices whole grain bread, toasted  
2 cups mixed fresh fruit (berries, kiwi, etc)

### Instructions

1. In a food processor, combine beans, milk, maple syrup, vanilla, and cinnamon until a smooth paste forms.
2. Spread toasted bread with bean mixture and top with fruit.

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## COUSCOUS BOWLS

Cooktime: 25 min

### Ingredients

2 cups vegetable broth  
1/2 teaspoon cumin  
2 cups whole wheat couscous  
salt and pepper to taste  
4 cups romaine lettuce, chopped  
15 oz can chickpeas  
1 medium cucumber, chopped  
1 medium tomato, chopped  
1 medium red onion, thinly sliced  
2 tablespoon fresh parsley  
1 tablespoon lemon juice  
1 tablespoon tahini dressing

### Tahini Dressing

1/2 cup tahini  
1/4 cup lemon juice  
3 cloves garlic, minced  
salt and pepper to taste

### Dressing Instructions

Blend tahini, lemon juice, garlic, and 1 cup water until smooth. Season with salt and pepper.

### Instructions

1. In small saucepan, bring broth and cumin to boiling. Stir in couscous. Return to boiling; remove from heat. Cover and let stand 15 minutes, until broth is absorbed. Fluff with fork and season with salt and pepper.
2. Divide lettuce, chickpeas, cucumber tomatoes, onion, and couscous. Sprinkle with lemon juice and parsley. Drizzle with Tahini Dressing.



## LENTIL, MILLET, AND TOMATO SALAD

Cooktime: 45 min

### Instructions

1/2 cup millet, rinsed

1-1/4 cup boiling water

1/2 cup lentils, rinsed

2 cups water

Olive oil to taste

1 large heirloom tomato, diced

1 lemon, zest and juice

2 teaspoon parsley, chopped

2 green onions, chopped

Salt and pepper to taste

### Instructions

1. In a small saucepan, over medium heat, dry roast the rinsed millet until the color darkens and the millet becomes fragrant.
2. Pour 1 ¼ cup boiling water over roasted millet, and cover. Cook for 30-40 minutes or until water is absorbed, and millet is thoroughly cooked. Cool to room temperature.
3. Meanwhile, cook lentils in 2 cups of water for 30-40 minutes over medium heat, or until lentils are thoroughly cooked. Add any necessary water, and drain any extra water once lentils are cooked. Cool to room temperature.
4. In a large bowl, toss millet and lentils in olive oil. Add tomatoes, lemon zest and juice, seasoning, and green onions. Salt and pepper to taste.

