



**Health**  
with Laura Deutsch

# Instill Veggies!

A 3 Day Veggie Focused  
Meal Plan For Busy People  
Who Want To Jump-Start  
Their Health!

# Hello!

Does your diet need a healthy jump-start?

Are you beyond busy and need an easy, seamless process to make this jump-start happen?

My name is Laura Deutsch. I am a Certified Health Coach and I have your back!!!

Introducing...

## Instill Veggies!

### ***A 3 Day Veggie Focused Meal Plan For Busy People Who Want To Jump-Start Their Health!***

#### **WHAT IS INSTILL VEGGIES?**

Instill Veggies is a 3 day healthy jump-start meal plan designed for busy people. The recipes are all veggie focused to ensure you consume enough vegetables recommended for an optimal diet. Included are simple recipes, a shopping list, and a prep guide to walk you through the preparation of the meals so that the process seamlessly fits into your busy schedule.

#### **WHY FOLLOW THE INSTILL VEGGIES MEAL PLAN?**

Because there is nothing healthier than vegetables. Period. Even the government agrees (although they don't help out much to make them affordable...but I digress). Check out MyPlate, the current nutrition guide published by the United States Department of Agriculture. Which food group has the biggest portion of the plate? Vegetables!



#### **SO IS THIS FOR VEGETARIANS?**

This plan is intended for anyone, vegetarian or not. You don't have to be a vegetarian in order to eat a lot of vegetables. On the flip side, you can be a vegetarian and not eat enough vegetables! Mark Hyman coined the term 'condimeat' and I think it is brilliant. Go ahead and enjoy meat — just don't make it the **STAR** of every meal. Try making **VEGETABLES** the star of some meals and consider meat your side dish.



## TELL ME MORE ABOUT WHY VEGETABLES ARE SO IMPORTANT.

Vegetables are loaded with tons of nutrients, including dietary fiber, potassium, folic acid, magnesium, and a multitude of vitamins. They are absolutely vital for optimum health.

This quote from whfoods.org says it perfectly:

*“You need to eat vegetables everyday because you simply cannot find another food group that is as perfectly matched to our everyday human needs as vegetables. Vegetables fit us like a glove. From so many different perspectives, the nature of vegetables and the nature of human health are matched up in a way that simply cannot be duplicated by other food groups, including fruits, legumes, nuts and seeds, grains, seafoods, or poultry and meats.”*

Additionally, people who consume lots of vegetables are likely to have a reduced risk of some chronic diseases including cancer, heart disease, stroke, dementia, and arthritis.

Did you know that vegetables actually help bloating by clearing out our insides, flushing out gastric irritants, and preventing constipation by keeping the digestive tract moving.

Did you know that vegetables can help you reduce stress? When you feel stressed, your body quickly uses up your magnesium and vitamin C sources. By replenishing with vegetables high in these nutrients, you are proactively combating anxiety. Also, the fiber keeps your blood sugars level which prevents you from crashing, becoming exhausted, and not making smart food choices as a result.

Bottom line – vegetables are the most nutritious foods around.

## HOW MANY VEGETABLES DO I NEED TO EAT?

Experts agree that for optimal health you should be eating anywhere between 5 to 13 servings of vegetables **PER DAY**, depending on your size and weight.

One serving of raw vegetables is about a half of a cup, except for leafy greens where one serving size is a full cup.

That comes to 2½ to 6½ cups of vegetables **PER DAY**.

Basically, the largest volume of food you consume should be vegetables, and the only way to make this happen is to make vegetables an important part of **EVERY MEAL** (yes, even breakfast!).

Check out these stats from a study done by the *Journal of Epidemiology and Community Health*:

- Those who ate five to seven servings of vegetables and fruits per day had a 36% **LOWER RISK** of dying from **ANY CAUSE**.
- Three to five servings was associated with a 29% **LOWER RISK**
- One to three servings was associated with a 14% **LOWER RISK**

Crazy, right?

A good rule of thumb to help you get the recommended number of vegetables per day is to have vegetables make up the majority of your plate at lunch and dinner, and to make it a point include vegetables in your breakfast as much as possible.

One easy way of incorporating vegetables into your breakfast is by having smoothies. Another is to by preparing an omelet loaded with veggies.



Your mission when it comes to eating is to try your best to eat vegetables as often as you can. Your fridge should look like a rainbow when you open it, because it is fully stocked with a wide array of veggies. The way to make this happen is to **COMMIT** to not only having the vegetables in your home, but preparing them too. They will do nothing for you if left to go bad!

### **WHY 3 DAYS?**

2 reasons:

- I want it to be short enough to ensure manageability and success.
- I want it to be long enough for you to notice a difference in the way you feel.

### **WHAT CAN I EXPECT TO FEEL AFTER I COMPLETE THE 3 DAY MEAL PLAN?**

Expect to feel cleansed, refreshed, recharged, light, happy, healthy, and inspired to continue your healthy journey.

### **WHAT ABOUT PROTEIN?**

Every recipe has enough plant based protein to satisfy your protein needs. **BUT**, if you are still insecure about it, feel free to have a handful (no more than ¼ cup) of nuts with your meal for an instant shot of plant based protein.

### **CAN I HAVE A 'SIDE' OF MEAT WITH MY MEAL?**

I'd like you to experience 3 days without meat. But if you are feeling off and are truly craving meat, then have a portion on day 2 at either lunch or dinner. Just remember that a portion of meat is the size of the palm of your hand. That is **NOT** a lot. Seriously, look at the palm of your hand right now and picture a piece of chicken on it. It's really not that much.

### **WHAT IF I'M HUNGRY FOR A SNACK IN BETWEEN MEALS?**

By all means! See the approved snack list in the packet.

### **CAN I HAVE DESSERT IN THE EVENINGS?**

By all means! See the approved dessert list in the packet.

### **HOW LONG IS THE PREP WORK THE DAY BEFORE I START?**

Your prep work should take between 30 minutes to 1 hour, depending on how fast you can cut up vegetables!

### **ANY OTHER RECOMMENDATIONS?**

Yes. I **HIGHLY** recommend that you increase your water intake for the 3 days you are on the plan. You should be drinking half of your body weight in ounces each day. So if you weigh 150 pounds, you should be drinking 75 ounces. A good way monitor consumption is to get a water bottle that is labeled in ounces so you can keep track.



### **OK – I'M GAME! WHAT ARE NEXT STEPS?**

Read through this entire guide, including the recipes, to get an idea of what you can expect. I suggest you start on a Sunday or Monday so that you have a weekend day to do the shopping and prep work. I find people have the most success when they start at the beginning of the week.

Congratulations on taking charge of your health.

*Now go veg out!*





# Your Shopping List

Please note, this shopping list includes everything you will need for the recipes, snacks and desserts. If you don't like any of my suggested snacks or desserts, then make sure not to buy them!

## VEGETABLES

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- 3 zucchini
- precut, prewashed spinach (3 bags)
- precut, prewashed romaine lettuce
- 3 avocados
- [1 package broccoli sprouts \(or any type\)](#)
- 4 cucumbers
- 1 carton precut mushrooms
- 1 package cherry tomatoes
- 1 large onion
- veggies you like cut up: carrots, peppers, celery, etc. – see *step 4 on the prep page*

## FRUIT

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- 3 bananas
- 1 container blueberries, strawberries and/or raspberries
- 2 apples or pears or 1 of each
- any other fruit you would like for a snack

## SPICES

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- salt
- garlic powder
- onion powder

## NUTS (MAKE SURE THEY ARE RAW)

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- walnuts
- almonds
- slivered almonds for salad – *or you can just crush your regular almonds*
- pecans
- cashews

## MEAT

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*Remember, I'd like you to try going without meat, but if you must...*

- ground beef or ground turkey

## PANTRY/REFRIGERATOR/FREEZER

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- 1 carton almond milk – *you can use soy or regular milk as well*
- 1 bag frozen bananas – *if the you can't find frozen bananas, you can use fresh bananas instead in your smoothies and add some ice to make it cold.*
- 1 bag frozen blueberries
- honey (raw honey preferred)
- prunes
- Stevia
- 1 carton coconut water
- 1 package whole wheat tortillas
- 1 package hummus
- olive oil
- 1 15 ounce can chickpeas
- 1 15 ounce can black beans
- Lara Bars and/or Raw Revolution Bars
- brown rice cakes
- almond (or peanut) butter
- rolled oats – *make sure it doesn't say quick cooking or instant*
- 1 package quinoa – *you can buy premade frozen quinoa to save time*
- 1 jar salsa
- raisins and/or goji berries – *for nut packs, if you want*
- 1 jar marinara sauce – *I love Rao's*
- parmesan
- 1 jar either peanut butter or almond butter *Make sure there is no added sugar. The ingredients should be literally either peanuts or almonds, nothing else.*
- unsweetened cocoa
- cheese – *for day 3 salad*
- Annie's Goddess dressing and/or Asian Sesame dressing – *optional for salad*



## Snacks

- Berries ( $\frac{3}{4}$  cup)
- Nuts ( $\frac{1}{4}$  cup) – see *prep step 3 for details about nuts.*
- Apple (or pear) with one serving of either peanut butter or almond butter
- Cut up carrots or cucumbers or any veggie you like with one serving of either peanut butter, nut butter, or hummus
- One brown rice cake topped with peanut or almond butter with sliced banana on top
- One serving of any fruit you love. Add  $\frac{1}{4}$  cup or less of nuts if you want, too.
- One granola bar – *most granola bars on the market are processed and full of sugar. Two brands with fewer ingredients and no added sugar are Lara Bars and Raw Revolution Bars.*

## Desserts

- $\frac{1}{2}$  cup full fat Greek yogurt with 1 tablespoon pure maple syrup mixed in, topped with blueberries, raspberries, and/or strawberries
- 1 serving size (read label to figure out proper amount) of dark chocolate that is at least 60% cacao
- Almond milk hot chocolate

### Almond Milk Hot Chocolate

#### INGREDIENTS:

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- 1 cup almond milk
- 2 teaspoons unsweetened hot cocoa
- Sweeten to taste using Stevia or honey

#### DIRECTIONS:

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- Heat almond milk in microwave for 90 seconds
- Mix in cocoa powder and sweetener, if using



# Prep Day

The day before you start *Instill Veggies*

1. Go to the market and buy the food.
2. Make a large batch of quinoa, since 2 out of the 3 days you will be eating it. If you do not like quinoa, you can substitute for brown or black rice. Make sure to add rice to the grocery list if this is the case. Start with 2 cups of dry quinoa (or rice) and cook per package directions. For added flavor, I like to use vegetable broth instead of water and I also add a little salt to taste.  
  
**🕒 TIME SAVER TIP:** You can buy frozen precooked quinoa and eliminate making it from scratch!
3. Purchase a few different kinds of nuts you enjoy (almonds, walnuts, pecans, cashews, etc) and prepare 'nut packs' for snacks. Make sure the nuts are raw and not roasted or salted. The roasting and salting process reduces the nutrient content of the nuts. Take a big bowl, put some of each of the nuts into the bowl and mix, so that you have a combination. Measure out  $\frac{1}{4}$  cup and put into a Ziploc baggie. Make 3, one for each day, and be sure to have them with you on the go so that if you start feeling hungry in between meals you have a snack at your fingertips. Feel free to add a few raisins or goji berries if you like for a little added sweetness.
4. Wash, peel (if necessary) and slice 3 of your favorite veggies to have on hand for snacking during the 3 days. I always have cut up carrots, cucumbers, and red peppers in my fridge at all times. Cut up a decent amount so you can snack on them daily and not worry about running out. My suggestion would be 2 to 3 of each vegetable you choose (and I would double that number for carrots), so in my case it would be 6 carrots, 2 to 3 cucumbers, and 2 to 3 peppers
5. Purchase a [veggetti](#). Trust me — this thing rocks! It allows you to turn vegetables into spaghetti and it is cheap and super easy to use!





# 1 food

## BREAKFAST

### Glorious Morning Smoothie

#### INGREDIENTS

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1 cup almond milk

1 cup spinach

¼ avocado

1 frozen banana

½ to 1 cup of water or coconut water to thin the smoothie if too thick

#### OPTIONAL:

Sweeten to taste with 1 tablespoon raw, organic honey, a few prunes or stevia

#### DIRECTIONS

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Blend the almond milk and spinach in a blender first. Add the rest of the ingredients and blend on high for one minute.

## LUNCH

### Veggie Hummus Wrap (or Sandwich)

#### INGREDIENTS

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1 whole wheat tortilla (or 2 slices whole wheat bread for a sandwich)

¾ cup broccoli sprouts

2 tablespoons hummus

½ avocado, cut into slices

¼ cucumber, cut into flat, thin slices so they easily rest on the tortilla / bread

salt to taste

#### DIRECTIONS

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Spread hummus on tortilla or on both sides of whole wheat bread. Lay down the sprouts next, followed by the cucumber and then the avocado. Salt to taste. Roll up tortilla or put together the sandwich and enjoy.



# Day 1

## DINNER

### Zucchini Quinoa Parmesan

This is enough for 2 portions so you should eat half and save the leftovers for lunch on Day 2.

#### INGREDIENTS

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4 zucchini, spiralized using a veggetti

1½ to 2 cups of your favorite marinara sauce (Mine is Rao's.)

parmesan cheese, to taste

3 tablespoons olive oil

1 teaspoon salt

2 cups cooked quinoa

#### DIRECTIONS

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Heat the olive oil in a medium pan and sauté the zucchini on medium heat for 5 minutes, stirring constantly. Pour in the marinara and add the salt and cook for another minute or two, until marinara is hot. Serve on top of warmed quinoa. Sprinkle with parmesan.

#### NOTES

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After you spiralize the zucchini, you should cut it up a bit so it is easier to sauté. If you don't have a spiralizer, you can cut the zucchini into ¼ inch slices instead. You can adjust the sauce and cheese amount according to your preference. You are getting plenty of protein from the quinoa, but feel free to have ¼ cup of nuts with your dinner if you want more.



# Day 2

## BREAKFAST

### Blueberry Oatmeal Smoothie

#### INGREDIENTS

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- 1 cup almond milk
- 1½ cups spinach
- ¾ cup frozen blueberries
- 2 tablespoons rolled oats
- 5 walnuts
- ½ cup of water or coconut water to thin the smoothie if too thick

#### OPTIONAL:

Sweeten to taste with 1 tablespoon raw, organic honey, a few prunes or Stevia

#### DIRECTIONS

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Blend the almond milk and spinach in a blender first. Add the rest of the ingredients and blend on high for one minute.

## LUNCH

### Leftover Zucchini Quinoa Parmesan

You can also have some cut up vegetables with a serving size of hummus.



# Day 2

## DINNER

### SOBA Wrap\* (Spinach, Onion, Beans, & Avocado)

#### INGREDIENTS

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1 tablespoon olive oil  
1 teaspoon salt  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1 large yellow onion, peeled and sliced  
1 can black beans  
2 cups packed cup spinach  
½ to 1 avocado, sliced  
2 large whole wheat flour tortillas  
salsa to taste

#### DIRECTIONS

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Heat the olive oil over medium heat in a large pan. Add onions and sauté for 5 to 7 minutes, or until onions are translucent, stirring constantly. Add spinach, beans, salt, garlic powder and onion powder and stir until spinach wilts, around 2 minutes, remove from heat. Lay out tortilla and spread salsa all over. Spread onion spinach mixture on top. Add a few slices of avocado and roll up. Use more salsa as dipping sauce.

#### NOTES:

You can put the spinach, onions, beans, and avocado mixture over quinoa instead of using a wrap, if you prefer.

\* If you are really craving meat by this point, then I suggest preparing some ground beef or ground turkey to add to either the Zucchini Quinoa Parmesan or the SOBA Wrap.



# Day 3

## BREAKFAST

### Glorious Morning Smoothie

#### INGREDIENTS

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1 cup almond milk

1 cup spinach

¼ avocado

1 frozen banana

½ to 1 cup of water or coconut water to thin the smoothie if too thick

#### OPTIONAL:

Sweeten to taste with 1 tablespoon raw, organic honey, a few prunes or stevia

#### DIRECTIONS

---

Blend the almond milk and spinach in a blender first. Add the rest of the ingredients and blend on high for one minute.

## LUNCH

### Leftover SOBA Wrap

You can also have some cut up vegetables with a serving size of hummus.



# Grab and Toss

## DINNER

### Grab and Toss Salad

The Grab & Toss Salad is made out of ingredients you can literally just grab and toss! It is for those days you are pressed for time or just don't feel like dealing and want to throw something together quickly.

#### INGREDIENTS

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prepackaged, precut and prewashed lettuce romaine lettuce

broccoli sprouts

prepackaged, precut and prewashed mushrooms

cherry tomatoes

slivered almonds

raisins

canned chick peas, rinsed and drained

slivered almonds

#### OPTIONAL:

¼ cup of your favorite cheese sprinkled on top

#### DIRECTIONS

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Plate the desired amount of each ingredient. You literally do not need a knife for ANY of them, hence the name Grab & Toss. Enjoy with your favorite dressing. Feel free to add any other vegetables you love.

#### NOTES:

My two favorite dressings are Goddess Dressing and Asian Sesame Dressing made by Annie's.