

## SAVORY Chickpea Wrap



## SWEET Chewy Bar



## SALTY Snack



# PLANT - BASED LUNCH



Serves 1 person for 7 days (or 8 people in one day)

## Ingredients

### SAVORY CHICKPEA WRAP

- 1 package *Siete Cassava Flour Wraps*
- 2 cans of **Chickpeas** (organic, in water, low sodium or make your own!)
- 1 bottle vegan *Primal Kitchen Green Goddess Dressing & Marinade*
- 1 thinly sliced large Red Onion
- 1 package 16 oz *Spinach and Spring Mix Salad Greens*
- 1 package *Grape Tomatoes*
- 1 package *Baby Cucumbers* (or 3 regular sized)

### SWEET CHEWY BAR

- 1 cup *Dried Apricots*
- 1 cup *Medjool Dates*
- 1 cup *Cashews*
- 2 tbsp *Chia Seeds*
- 2 tbsp vegan *Dark Chocolate Chips*
- ¼ tsp *Cinnamon*
- Wax paper

### SALTY ALMOND SNACK

- 1 14 oz package dry roasted & lightly salted Almonds
  - *Can replace with dry roasted Cashews or Walnuts*
  - *Can replace with raw Pecans*
  - *Can be replaced with most any dry roasted nut or seed*

# Instructions

## CHICKPEA WRAP

1. Pour can of **Chickpeas** into a colander and rinse with water.
2. Thinly slice **Red Onion**
3. Quarter or eighth **Cherry Tomatoes**
4. Slice or chop **Cucumbers**
5. Heat pan on medium-high for **Siete Cassava Flour Wrap**
  - a. Heat for 10-15 seconds per side
6. Once the wrap is heated...
  - a. Put on a plate or cutting board
  - b. Towards middle place **Salad Mix, Cucumbers and Red Onion**
  - c. Top with **Chickpeas, Dressing, and Tomatoes**
7. Once the wrap is filled, gently roll it up!

## SWEET CHEWY BARS

1. Put **Dried Apricots, Medjool Dates, Cashews, Chia Seeds, vegan Dark Chocolate Chips and Cinnamon** in a food processor/blender
  - a. Blend/Pulse until thoroughly mixed
2. Line a square baking pan (or whatever container available) with wax paper
3. Spread sweet blended mixture over wax paper
4. Use more wax paper to lightly press the mixture together within the pan
5. Put mixture in the fridge to set for 30 minutes - 1 hour
6. After the mixture as set
  - a. Take the mixture out by lifting the wax paper
  - b. Cut into slices or squares to make bars

## ALMONDS

1. Open bag of **dry roasted & lightly salted Almonds**
2. Count out a serving (approximately **27 Almonds**)
  - a. Break apart all servings for the week or one at a time

## SERVING

1. In a container, preferably square, place **Chickpea Wrap** on one side
2. Then place a slice of **Sweet Chewy Bar** and one-serving of **Almonds** on the other side
3. Put the lid on the container and it's ready to go!

## SERVE & ENJOY! 😊

Recipe made for *Feel Better Eating* with love from *The Staniers*

Find the video of this recipe and other videos about natural healing by visiting:

[www.youtube.com/@thestaniers](http://www.youtube.com/@thestaniers)

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