



7-DAY *Rejuvenation* Quick & Easy Meal Plan

WOMEN'S EMPOWERMENT
University

EASY TO FOLLOW
Daily Menu

SHORT AND SWEET
Shopping List

SIMPLE AND DELICIOUS
Recipes

RENEWAL

Lifestyle

LOSE WEIGHT & KEEP IT OFF

WEU Press

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Hey, *sister!*

It's time to put yourself first! Ready to improve your health by renewing your spirit, soul and body?

This 7-Day Rejuvenation quick and easy meal plan is just one of the many recipe plans we offer through the 90-Day Renewal program. These simple, but effective, recipes will help you kickstart your journey towards total and complete renewal. We've been there when you're killing it and rocking a healthy new lifestyle, you see the results you want, and then BAM! you slip back into your old habits.

NEVER AGAIN!

How would you like to flat out look better, feel better and enjoy your life more? We aren't offering an overnight weight loss miracle.

We are offering you so much more:

A WAY TO TAKE BACK YOUR LIFE + SAY GOODBYE TO YO-YO DIETING AND THAT ALL-TOO-FAMILIAR QUICK-FIX MENTALITY.

Are you ready to join a sisterhood of women who will inspire you, motivate you and deepen your relationship with God, your sisters, and yours truly. We lock arms and dedicate ourselves to living life to its fullest through a healthier lifestyle, together.

LEARN MORE



Hi, I'm Donna!

It makes me so happy that you are taking the steps to begin a total lifestyle reboot. You are worth so much more than the latest fad diet or miracle gimmick. I've gained and lost around 1,000 pounds.

Through my book, *Becoming the Woman I Want to Be*, and the online program, *The 90-Day Renewal*, I've helped nearly 100,000 women dramatically improve their health in spirit, soul and body.

Let's connect!





MENU:

Day 1: Kale Strawberry Smoothie; Tomato Soup; Lamb/Beef Roast; Greek Salad

Day 2: Kale Strawberry Smoothie; Lentil Stew; Cobb Salad

Day 3: Kale Strawberry Smoothie; Greek Salad; Lamb/Beef Roast; Cobb Salad

Day 4: Pineapple Pepper Smoothie; Cobb Salad; Lentil Stew; Greek Salad

Day 5: Pineapple Pepper Smoothie; Lentil Stew; Lamb/Beef Roast; Greek Salad

Day 6: Gutsy Green Goodness Smoothie; Tomato Soup; Lentil Stew; Cobb Salad

Day 7: Blueberry Delight Smoothie; Cobb Salad ; Lamb/Beef Roast; Greek Salad

Snack Options: Crispy Chick Peas; Quick and Easy Picnic Bar Bliss Balls

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SHOPPING LIST:

Vegetables:

- ☐ Kale | 6 Cups
- ☐ Spinach | 4 Cups
- ☐ Romaine Lettuce | 4 Heads
- ☐ Red Bell Pepper | 1 Large
- ☐ Green Bell Pepper | 1
- ☐ Celery Stalks | 2
- ☐ Carrots | 3
- ☐ Tomatoes (Large) | 3-4
- ☐ Cherry Tomatoes | 2 Quarts
- ☐ Mini Cucumbers | 11
- ☐ Onions | 2
- ☐ Red Onion | 1 Small

Dry:

- ☐ Vanilla Protein Powder | 4.5 Scoops
- ☐ Olive Oil
- ☐ Balsamic Vinegar
- ☐ Cocoa Powder (Unsweetened) | 3 Tbsp.
- ☐ Concentrated Natural Vanilla Extract | 1/2 Tsp.
- ☐ Yogurt Blue Cheese Dressing | 10 Tbsp.
- ☐ Chicken or Beef Broth (Organic) | 6 Cups
- ☐ Honey | 2 Tbsp. - You can use rice malt syrup if you prefer.
- ☐ Lentils | 1 Cup
- ☐ Dried Coconut (Finely Shredded) | 1/4 Cup
- ☐ Medjool Dates | 10
- ☐ Crunchy Peanut Butter | 1/2 Cup
- ☐ Kalamata Olives | 1.2 Cups
- ☐ Diced Tomatoes | 1 Can
- ☐ Chickpeas (Organic) | 2 - 15oz Cans

Seeds/Nuts:

- ☐ Flax Seeds | 2 Tbsp.
- ☐ Chia Seeds | 3 Tbsp.
- ☐ Whole Raw Cashews | 1 & 1/4 Cup
- ☐ Peanuts | 3 Tbsp.

Dairy/Eggs:

- ☐ Almond Milk (Unsweetened) | 3 1/4 Cups
- ☐ Raw Egg (Organic Free Range) | 6
- ☐ Feta Cheese (Crumbled) | 1 Cup

Fruits:

- ☐ Banana | 2
- ☐ Organic Granny Smith Apple | 1
- ☐ Organic Pear | 1
- ☐ Lemon | 1
- ☐ Organic Strawberries | 1 & 1/2 Cup
- ☐ Blueberries (Fresh or Frozen) | 1 Cup
- ☐ Avocado | 2

Spices/Herbs:

- ☐ Sea Salt
- ☐ Ground Black Pepper
- ☐ Ginger Chunk | 1 Large
- ☐ Garlic | 2 Bulbs
- ☐ Bay Leaves | 2
- ☐ Fresh Rosemary | 1 Handful (or 1 Tbsp. Dried Rosemary)
- ☐ Fresh Thyme | 1 Handful (or 1 Tbsp. Dried Thyme)
- ☐ Dried Thyme | 1/2 Tsp.
- ☐ Chili Powder | 1 Tsp.
- ☐ Cumin | 2 Tsp.
- ☐ Onion Powder | 1 Tsp.

Meat:

- ☐ Lamb Bone In or Beef Roast | 2.5 lbs.
- ☐ Rotisserie Chicken (Chopped or Shredded) | 2 Cups
- ☐ Cooked Crispy Bacon (Turkey or Pig - Organic) | 5 Slices
- ☐ Turkey (Thinly Sliced - Organic) | 5 Slices
- ☐ Ham (Thinly Sliced - Organic) | 5 Slices

Frozen:

- ☐ Frozen Pineapple Chunks | 1 Cup



PREPARATION:

Breakfast Smoothies

Wash and chop the produce for your smoothies and refrigerate/freeze each recipe's ingredients in a Ziploc bag. Be sure to label them. Then just pop the content into your blender together with the liquid and seeds/spices and your breakfast is ready to go. For recipes with 2 servings, store the 2nd serving in the refrigerator for the following morning.

Lunch - Soup or Salad

Prepare your salads ahead of time. Layer all ingredients in the jar starting with the salad dressing and finishing with the greens. Refrigerate immediately. When you are ready to eat one, just shake and pour onto your plate. If lunch calls for soup, also prepare it ahead of time. Then just store in mason jars in the fridge. When you are ready to eat it, pour into a bowl and heat it.



PREPARATION:

Dinner

Prepare your dinners ahead of time and refrigerate individual servings in Ziploc bags or mason jars depending on the consistency. Once you are ready to eat, just pour into a bowl or plate and heat it. Prepare your salads also ahead of time. Layer all ingredients in the jar starting with the salad dressing and finishing with the greens. Refrigerate immediately. When you are ready to eat one, just shake and pour onto your plate.

Snacks

Prepare your snacks for the week the weekend before. Fill snacks into grab and go Ziploc bags.



BREAKFAST SMOOTHIES:

Kale Strawberry Smoothie (Makes 3)

INGREDIENTS:

- 3 Cups | Kale
- 1.5 | Banana - Peeled
- 1.5 Cup | Strawberries - Organic
- 1.5 Scoop | Vanilla Protein Powder
- 2 + 1/4 Cups | Almond Milk

DIRECTIONS:

- Wash and cut all ingredients.
- Combine in a blender together with water.
- Blend on high until smooth.

Pineapple Pepper Smoothie (Makes 2)

INGREDIENTS:

- 1 Cup | Kale
- 1/2 Cup | Frozen Pineapple Chunks
- 1/2 | Green Bell Pepper
- 1 | Celery Stalk
- 1 Tbsp. | Flax Seed
- 1 Tbsp. | Chia Seed
- 1/2 - 1 tsp. | Ground Black Pepper
- 2 Cups | Water
- Optional | 1-2 Scoops Protein Powder

DIRECTIONS:

- Wash and cut all ingredients.
- Combine in a blender together with the water.
- Blend on high until smooth.



BREAKFAST SMOOTHIES

Gutsy Green Goodness Smoothie (Makes 1)

INGREDIENTS:

- 1 Cup | Coconut Water (Unsweetened)
- 1 Handful | Spinach
- 1/2 | Organic Granny Smith Apple (With Skin)
- 1/2 | Organic Pear (Seeded)
- 1/2 - 1 | Medium Whole Lemon (Peeled and Cut Into Chunks)
- 1 | Large Ginger Chunk (To Taste)
- 1 | Organic Free Range Raw Egg

DIRECTIONS:

- Combine all ingredients in a blender and process until creamy.

Blueberry Delight Smoothie (Makes 1)

INGREDIENTS:

- 1 Cup | Almond Milk
- 1 | Mini Cucumber
- 1 Cup | Fresh or Frozen Blueberries
- 2 | Romaine Lettuce Leaves
- 1 Tbsp. | Chia Seed
- Optional | 1 Scoop Protein Powder

DIRECTIONS:

- Wash and chop all produce.
- Combine in a blender together with the almond milk.
- Blend on high until smooth.



SOUPS AND SALADS

Tomato Soup (2-3 servings)

INGREDIENTS:

- 1 | Small Onion - Diced
- 1 Carrot - Diced
- 3-4 | Large Tomatoes - Diced
- 2 Cups | Chicken or Beef Broth
- 1/4 Cup | *Vegan Cashew Cream
- Olive oil
- Salt and pepper
- Optional | Fresh Herbs (Such as Parsley or Chives)

DIRECTIONS:

- In a pot, heat up the olive oil on medium-high.
- Sauté the onion and carrot.
- Add the tomatoes and the broth.
- Turn down stove and let soup simmer.
- Once all ingredients are soft, turn stove off, and let the soup cool.
- With a blender, blend the soup until it's smooth.
- Add the cream and season with salt and pepper.

***SEE NEXT PAGE FOR VEGAN CASHEW CREAM RECIPE!**



SOUPS AND SALADS:

Vegan Cashew Cream

INGREDIENTS:

- 1 Cup | Whole Raw Cashews
- 2 Cups | Water

DIRECTIONS:

- Place cashews in a bowl, cover with water and let soak for 8-10 hours. OR if you need a batch right now, boil the cashews for about 5 minutes until they become soft.
- Place cashews and 1-2 cups of water (depending on how thick you want the cream to be) in a blender and start blending on a low setting. Gradually turn the speed up until thoroughly blended.
- Yields about 2.5 cups (20 oz). Cut recipe in half if needed.
- Store leftover cashew cream in airtight container in fridge for up to a week.
- **Extra cream can be used in your coffee or tea.



SOUPS AND SALADS

Lamb or Beef Roast (4 servings)

INGREDIENTS:

- 2.5 lbs. | Lamb Roast (Bone In) or Beef Roast (No Bone)
- 1 Fist | Garlic (Cloves Separated, Peeled and Smashed)
- 15 | Kalamata Olives
- 3 Tbsp. | Olive Juice
- One Handful Each of Fresh Rosemary and Thyme (A Tablespoon Each of Dried Rosemary and Thyme are Also an Option if You Cannot Get Fresh Herbs)
- To Taste | Salt and Pepper
- 1 Cup | Water

DIRECTIONS:

- Place the roast in a large crock pot.
- Top with garlic, olives, olive juice, salt, and pepper.
- Pour water into the bottom of the crock pot around the lamb.
- Place the herbs on top of the lamb, cover, and cook on low for 8 hours.



SOUPS AND SALADS

Greek salad (5 servings)

INGREDIENTS:

- 10 Tbsp. | Healthy Vinaigrette (2 Tbsp. per Jar)
- 1 Quart | Cherry Tomatoes (Halved)
- 5 | Mini Cucumbers (Sliced)
- 1 Cup | Pitted Greek Olives (Sliced or Chopped)
- 1 Cup | Crumbled Feta Cheese
- 2 Cups | Rotisserie Chicken (Chopped or Shredded)
- 5 Cups | Romaine Lettuce (Chopped)

DIRECTIONS:

- Divide and layer all ingredients into 5 quart mason jars.
- Start with salad dressing, then tomatoes, cucumbers, olives, cheese, chicken, and end with lettuce.
- Put Mason jar top on and store in refrigerator.
- When ready to eat pour into a bowl and serve.

Healthy Vinaigrette

INGREDIENTS:

- One Part Extra Virgin Olive Oil to One Part Balsamic Vinegar
- 1/2 to 1 Tsp. | Raw Honey
- One Clove Garlic
- Sprinkle of Sea Salt and Pepper
- Dashes of Oregano and Basil

DIRECTIONS:

- Put all ingredients in a blender.
- Mix for 30 seconds and voila!



SOUPS AND SALADS

Lentil Stew (3-4 servings)

INGREDIENTS:

- 2 Tbsp. | Olive Oil
- 1 | Onion (Chopped Finely)
- 2 | Carrots (Chopped Finely)
- 1 | Celery Stalk (Chopped Finely)
- 1 | Red Bell Pepper (Chopped Finely)
- 1 lb. Turkey | Wing, Thigh or Breast
- 3 | Garlic Cloves (Minced)
- 1 Can | Diced Tomatoes
- 2 | Bay Leaves
- 1/2 Tsp. | Dried Thyme
- 1 Cup | Lentils (Picked Over and Rinsed)
- To Taste | Salt and Black Pepper
- 4 Cups | Chicken Broth
- 2 Cups | Water (Wait Until it Starts Cooking and Add a Little Bit at of Time)
- 4 Cups | Spinach or Kale (Roughly Chopped)

DIRECTIONS:

- Heat oil in large pot over medium heat. Add onion and cook until soft and translucent. Add carrots, red bell pepper and celery and garlic and continue to stir for about 2 minutes.
- Stir in tomatoes, bay leaves and thyme and cook until fragrant (about 30 seconds). Stir in the lentils, salt and pepper. Cover the pot, turn heat down to medium low, and cook for 8-10 more minutes.
- Remove the cover, add the broth, water, and the smoked turkey and turn the heat to high. When the soup begins to boil, turn the heat down to low.
- Simmer uncovered until the lentils are soft. (30-45 minutes)
- Remove turkey meat from bone. Return the meat to soup, and discard the bone and skin. Add the spinach or kale when you have about 5 minutes of cooking time left. Remove bay leaves and serve.



SOUPS AND SALADS

Cobb Salad (5 servings)

INGREDIENTS:

- 10 Tbsp. | Yogurt Blue Cheese Dressing
- 1 Quart | Cherry Tomatoes (Halved)
- 5 | Mini Cucumbers (Sliced)
- 1 | Small Red Onion (Chopped)
- 5 | Hard-Boiled Eggs (Chopped or Sliced)
- 1.5 | Avocados (Chopped)
- 5 Slices | Cooked Crispy Bacon - Crumbled (Turkey or Pig: Organic)
- 5 Slices | Thinly Sliced Turkey - Cut Into Pieces (Organic)
- 5 Slices | Thinly Sliced Ham - Cut Into Pieces (Organic)
- 5 Cups | Romaine Lettuce (Chopped)

DIRECTIONS:

- Start with 5 quart mason jars.
- Start with dressing, then add tomatoes, cucumbers, onion, egg, avocado, bacon, turkey, ham, and ending with romaine.
- Refrigerate until ready to eat.
- When ready to eat shake salad in jar then pour into a bowl.



SNACKS

Crispy Chick Peas

INGREDIENTS:

- 2 15-oz. Cans | Chickpeas (Drained and Rinsed - Organic)
- 2 Tbsp. | Extra-Virgin Olive Oil
- 1/2 Tsp. | Sea salt
- 1 Tsp. | Chili Powder
- 2 Tsp. | Cumin
- 1 Tsp. | Onion Powder

DIRECTIONS:

- Position an oven rack in the center of the oven and preheat to 375 degrees F.
- Put the chickpeas on a clean kitchen towel or several paper towels and dry thoroughly. In a medium bowl, toss the chickpeas with olive oil to coat.
- Sprinkle with the spices and salt and toss again. Transfer in an even layer to the prepared baking sheet.
- Bake, shaking the pan halfway through the baking time, until the chickpeas are crunchy, 50 minutes to 1 hour.
- Let cool at least 10 minutes; the chickpeas will become crunchier as they cool and later become chewy.
- Double the spices if you like spice.
- Add it to a salad for an added crunch.



SNACKS

Quick and Easy Picnic Bar Bliss Balls

INGREDIENTS:

- 1/4 Cup | Finely Shredded Dried Coconut
- 1/4 Cup | Raw Cashews
- 10 | Medjool Dates - Seeds Removed (or Regular Dates, Soak Them First)
- 1/2 Tsp. | Concentrated Natural Vanilla Extract
- Pinch | Salt
- 1/2 Cup | Crunchy Peanut Butter
- 3 Tbsp. | Cacao or Cocoa
- 1 Tbsp. | Honey (You Can Use Rice Malt Syrup If You Prefer)
- 3 Tbsp. | Peanuts

DIRECTIONS:

- Put whole peanuts in the processor first until lightly crushed.
- Place all the other ingredients into your processor and blend until the mixture is combined but still has lots of texture. Use your hands to press and shape the mixture into balls and place the balls into the fridge to set.
- Balls should be approximately the size of a soup spoon.