



Forks Add Recipe [Richard] [i2]

13 Screens



Richard R.



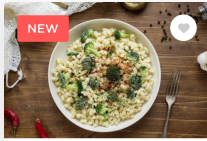









FORKS
MEAL PLANNER

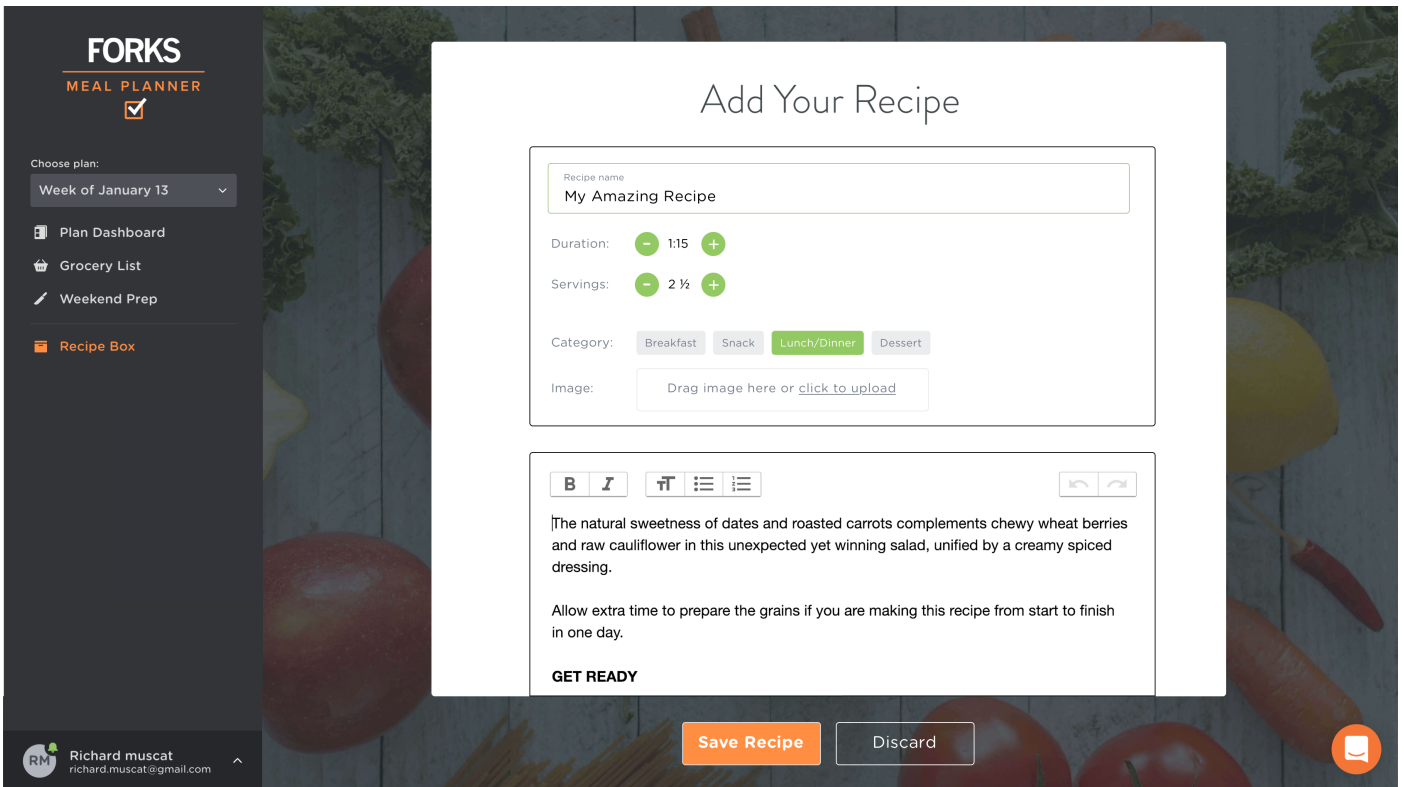
Choose plan:
Week of January 13

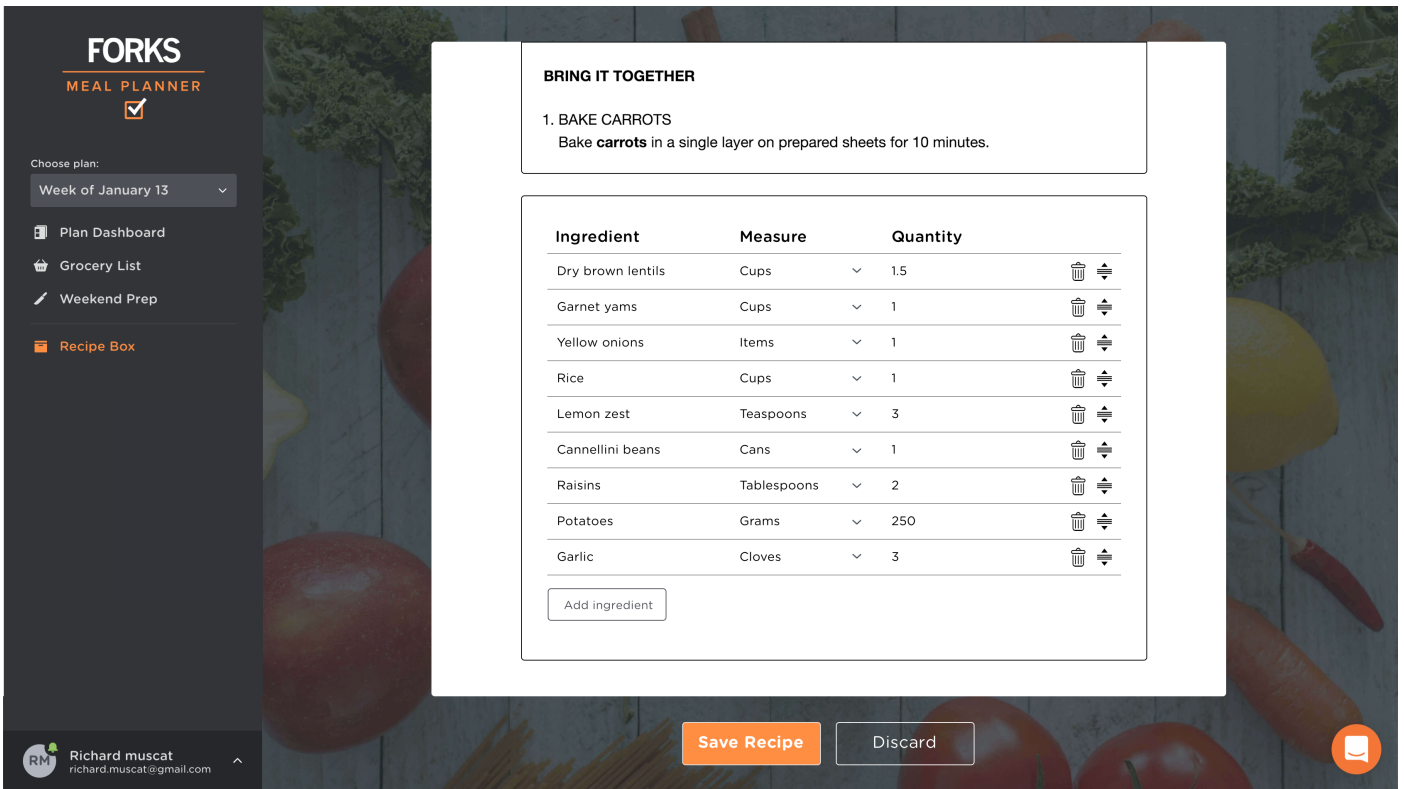
- Plan Dashboard
- Grocery List
- Weekend Prep
- Recipe Box

Richard muscat
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 <p>Chai Butternut Soup with quinoa ☆☆☆☆☆ Lunches and Dinners — 35 min*</p>	 <p>Gingerbread ☆☆☆☆☆ Lunches and Dinners — 45 min*</p>	 <p>Quick Broccoli Mac ☆☆☆☆☆ Lunches and Dinners — 15 min</p>	 <p>Mango Smoothie Bowl ★★★★★ Breakfasts — 15 min*</p>
 <p>Moroccan Stuffed Peppers with apples ☆☆☆☆☆ Lunches and Dinners — 35 min*</p>	 <p>BBQ Sweet Potato Tacos with Pickled Onions ★★★★★ Lunches and Dinners — 30 min</p>	 <p>Mixed Bean Cassoulet ★★★★★ Lunches and Dinners — 35 min*</p>	 <p>Orange Beet Quinoa Salad ★★★★★ Lunches and Dinners — 15 min*</p>
 <p>NEW</p>	 <p>NEW</p>	 <p>NEW</p>	 <p>NEW</p>





FORKS

MEAL PLANNER





















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Week of January 13

- Plan Dashboard
- Grocery List
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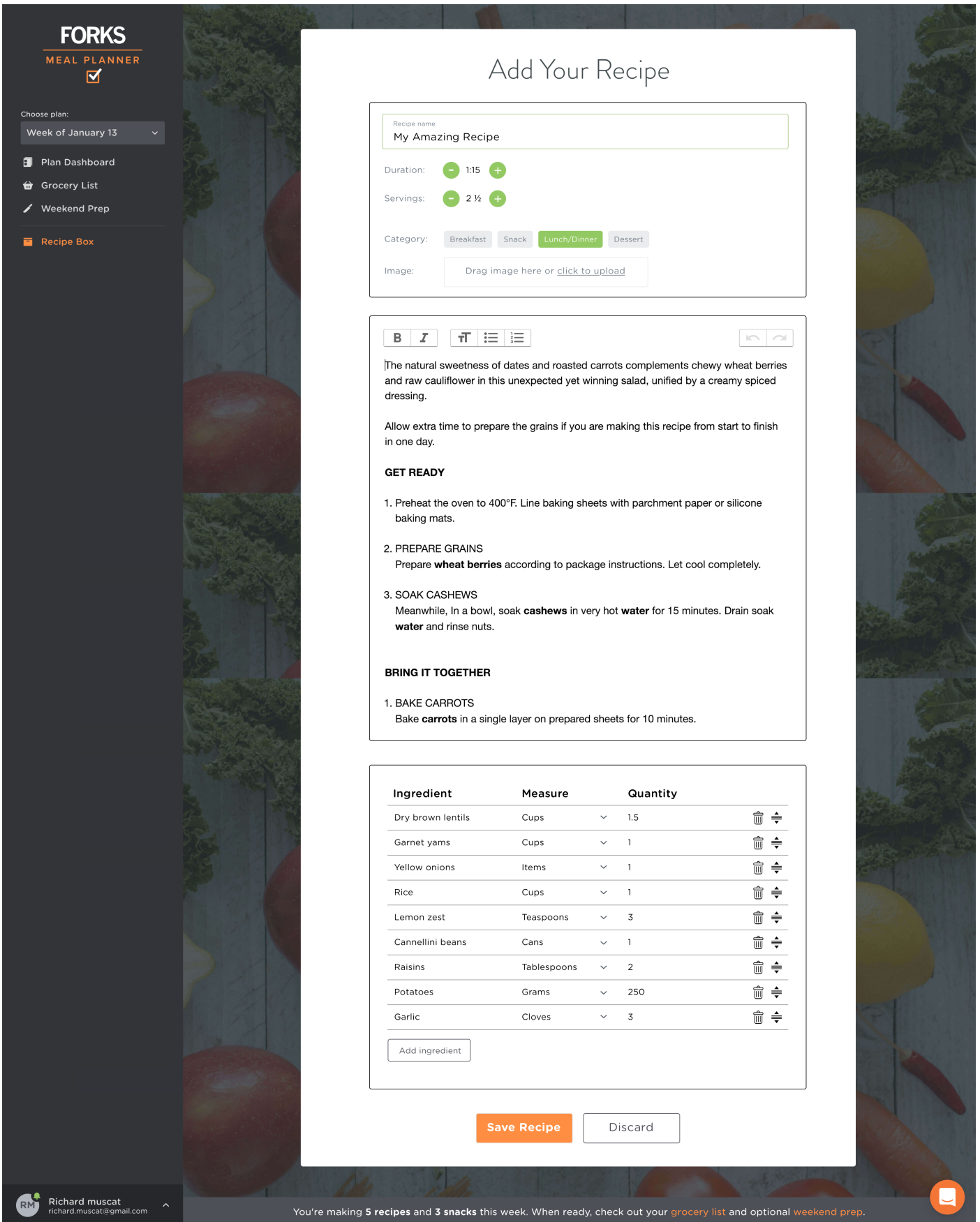
BRING IT TOGETHER

1. BAKE CARROTS
Bake **carrots** in a single layer on prepared sheets for 10 minutes.

Ingredient	Measure	Quantity	
Dry brown lentils	Cups	1.5	 
Garnet yams	Cups	1	 
Yellow onions	Items	1	 
Rice	Cups	1	 
Lemon zest	Teaspoons	3	 
Cannellini beans	Cans	1	 
Raisins	Tablespoons	2	 
Potatoes	Grams	250	 
Garlic	Cloves	3	 
<i>Start typing</i>	<i>Select</i>	<i>Type qty</i>	 

Add ingredient

Save Recipe Discard



FORKS
MEAL PLANNER

- Choose plan:
Week of January 13
- Plan Dashboard
- Grocery List
- Weekend Prep
- Recipe Box**

Add Your Recipe

Recipe name
My Amazing Recipe

Duration: - 1:15 +

Servings: - 2 1/2 +

Category: Breakfast Snack **Lunch/Dinner** Dessert

Image: Drag image here or [click to upload](#)

B *I*

The natural sweetness of dates and roasted carrots complements chewy wheat berries and raw cauliflower in this unexpected yet winning salad, unified by a creamy spiced dressing.

Allow extra time to prepare the grains if you are making this recipe from start to finish in one day.

GET READY

1. Preheat the oven to 400°F. Line baking sheets with parchment paper or silicone baking mats.
2. PREPARE GRAINS
Prepare **wheat berries** according to package instructions. Let cool completely.
3. SOAK CASHEWS
Meanwhile, In a bowl, soak **cashews** in very hot **water** for 15 minutes. Drain soak **water** and rinse nuts.

BRING IT TOGETHER

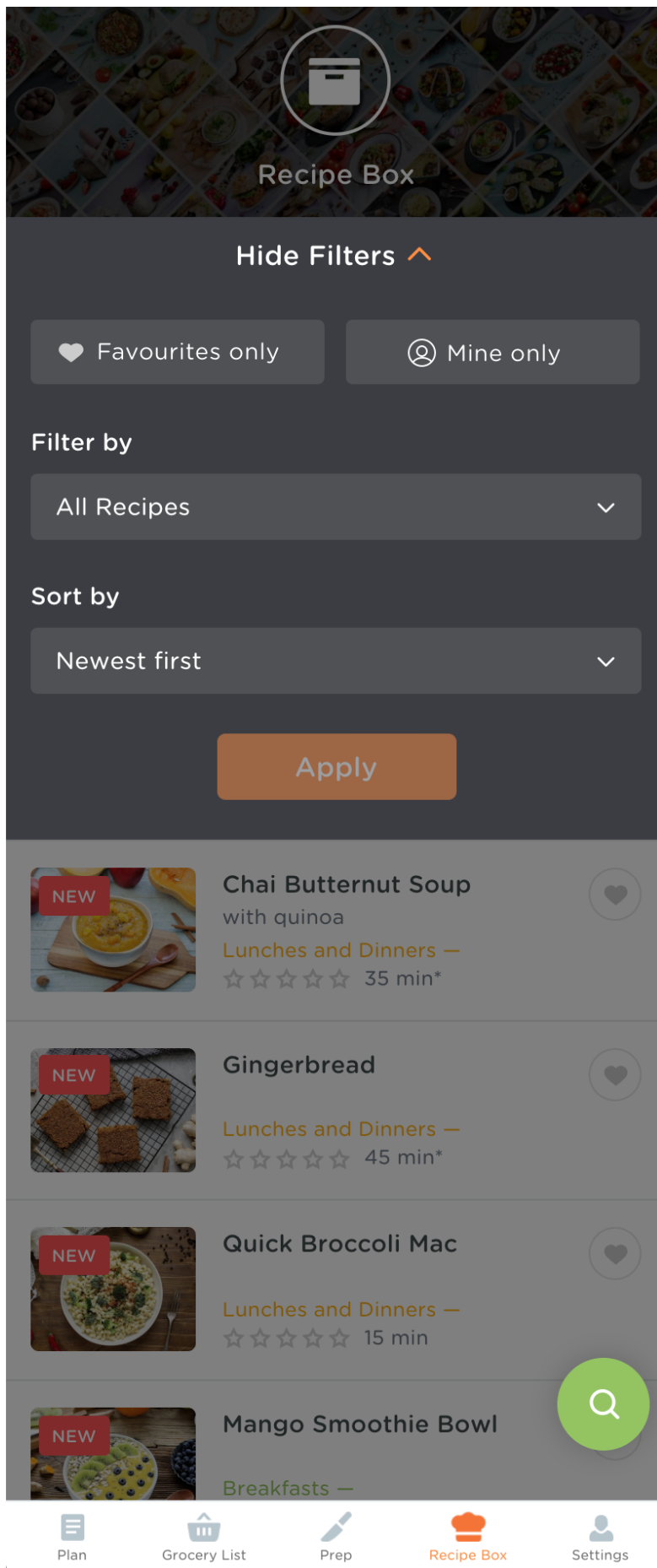
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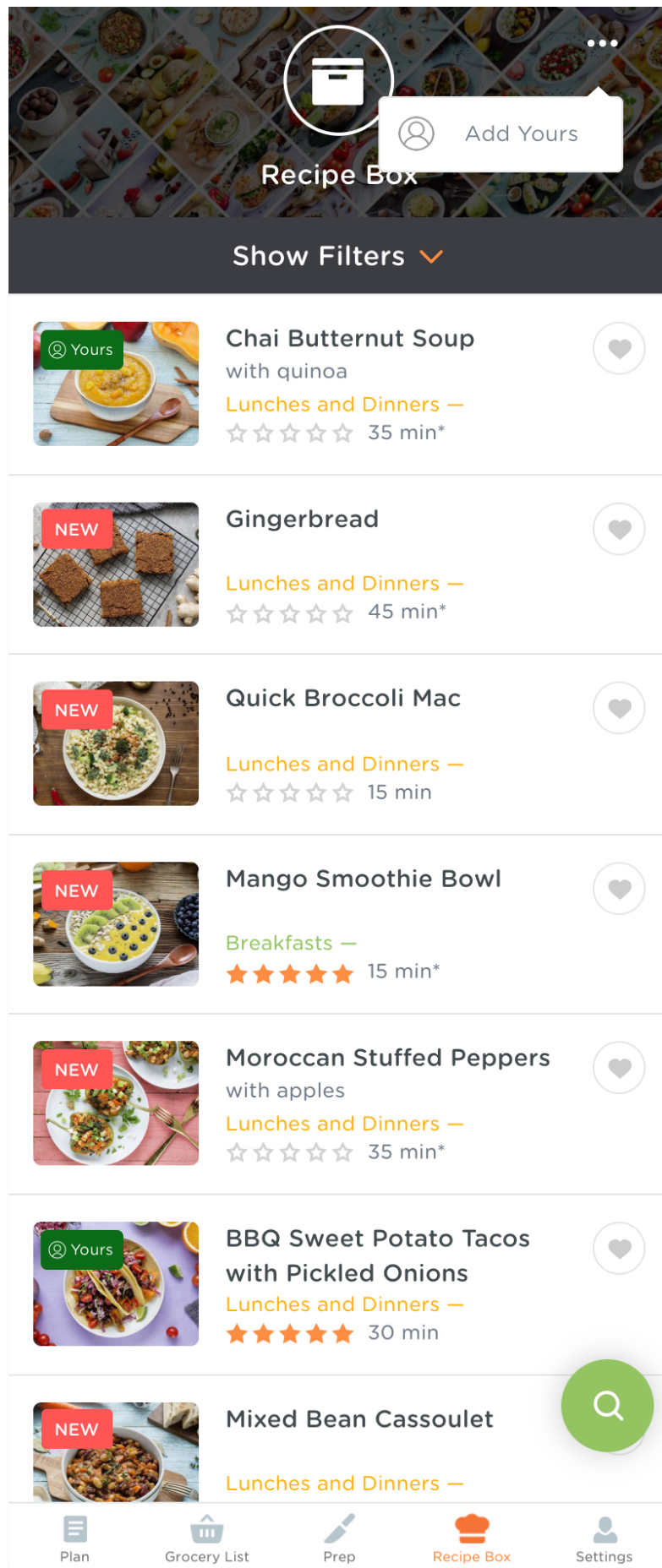
Ingredient	Measure	Quantity	
Dry brown lentils	Cups	1.5	
Garnet yams	Cups	1	
Yellow onions	Items	1	
Rice	Cups	1	
Lemon zest	Teaspoons	3	
Cannellini beans	Cans	1	
Raisins	Tablespoons	2	
Potatoes	Grams	250	
Garlic	Cloves	3	


Add ingredient

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Recipe Box


Show Filters 




Chai Butternut Soup
with quinoa
Lunches and Dinners —
☆☆☆☆☆ 35 min*




Gingerbread
Lunches and Dinners —
☆☆☆☆☆ 45 min*




Quick Broccoli Mac
Lunches and Dinners —
☆☆☆☆☆ 15 min



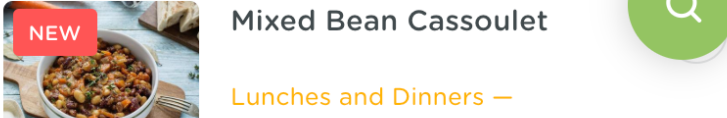
Mango Smoothie Bowl
Breakfasts —
★★★★★ 15 min*









Moroccan Stuffed Peppers
with apples
Lunches and Dinners —
☆☆☆☆☆ 35 min*



BBQ Sweet Potato Tacos
with Pickled Onions
Lunches and Dinners —
★★★★★ 30 min



Mixed Bean Cassoulet
Lunches and Dinners —

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Add Your Recipe

Recipe name

My Amazing Recipe

Duration: - 1:15 +

Servings: - 2 ½ +

Category: Breakfast Snack
Lunch/Dinner Dessert

Image: +

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- SOAK CASHEWS**
Meanwhile, in a bowl, soak **cashews** in very hot **water** for 15 minutes. Drain soak **water** and rinse nuts.

Ingredients

Dry brown lentils

🗑️

Cups

▼

1.5

⬆️

Garnet yams

🗑️

Cups

▼

1

⬆️

Yellow onions

🗑️

Items

▼

2

⬆️

Rice

🗑️

Cups

▼

1

⬆️

Lemon zest

🗑️

Teaspoons

▼

3

⬆️

Cannellini beans

🗑️

Cans

▼

1

⬆️




+


Add ingredient

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Discard


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Chai Butternut Soup
with quinoa


☆☆☆☆☆
Lunches and Dinners — 35 min*



NEW

Gingerbread


☆☆☆☆☆
Lunches and Dinners — 45 min*



NEW

Quick Broccoli Mac




☆☆☆☆☆
Lunches and Dinners — 15 min





NEW

Mango Smoothie Bowl


★★★★★
Breakfasts — 15 min*

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 **Chai Butternut Soup**
with quinoa


★★★★★
Lunches and Dinners — 35 min*



NEW

Gingerbread


☆☆☆☆☆
Lunches and Dinners — 45 min*



NEW

Quick Broccoli Mac

☆☆☆☆☆
Lunches and Dinners — 15 min



NEW

Mango Smoothie Bowl


★★★★★
Breakfasts — 15 min*

Recipe name
My Amazing Recipe

Duration: 1:15

Servings: 2 ½

Category:



Image:  Drag cover image here or [click to upload](#)



















Recipe name
My Amazing Recipe



















Duration: 1:15

Servings: 2 ½

Category:

Image:   Drag here to replace cover image or [click to upload](#)

Ingredient	Measure	Quantity	
Dry brown lentils	Cups	1.5	 
Garnet yams	Cups	1	 
Yellow onions	Items	1	 
Rice	Cups	1	 
Lemon zest	Teaspoons	3	 
Cannellini beans	Cans	1	 
Raisins	Tablespoons	2	 
Potatoes	Grams	250	 
Garlic	Cloves	3	 

Quantity	Measure	Ingredient	
1.5	Cups	Dry brown lentils	 
1	Cups	Garnet yams	 
1	Items	Yellow onions	 
1	Cups	Rice	 
3	Teaspoons	Lemon zest	 
1	Cans	Cannellini beans	 
2	Tablespoons	Raisins	 
250	Grams	Potatoes	 
3	Cloves	Garlic	 

Ingredient	Measure	Quantity	
Dry brown lentils	Cups	1.5	🗑️ ⚙️
Type ingredient	Select	Type qty	

Ingredient	Measure	Quantity	
Dry brown lentils	Cups	1.5	🗑️ ⚙️
Type ingredient	Select	Type qty	

Ingredient	Measure	Quantity	
Dry brown lentils	Cups	1.5	🗑️ ⚙️
Carf	Select	Type qty	
Cardamom			
Carrots			

Ingredient	Measure	Quantity	
Dry brown lentils	Cups	1.5	🗑️ ⚙️
Carrots	Select	Type qty	
Grams			
Micrograms			
Teaspoons			
Tablespoons			
Cups			
Items			
Cans			

Ingredient	Measure	Quantity	
Dry brown lentils	Cups	1.5	🗑️ ⚙️
Carrots	Items	Type qty	

Ingredient	Measure	Quantity	
Dry brown lentils	Cups	1.5	🗑️ ⚙️
Carrots	Items	1	🗑️ ⚙️
Type ingredient	Select	Type qty	