



FROM THE PRIVATE FILES OF THE DIRT DIVA DIARIES

✂ The 7-Day Sprout-to-Plate Menu

Never let a harvest go to waste — one simple, fresh idea for every day of the week.

Your sprouts are ready — now what? This menu pairs each harvest with a dish so simple it barely counts as cooking. Follow the week in order, or jump to whatever's ready in your jars. Ivy and Kev are here to keep you honest either way.

DAY 1 🌱 The "Zesty Taco" Tuesday

🌱 THE SPROUT

Zesty Taco Blend (Radish, Mustard, Clover)

🍽 THE DISH

Pile a handful of these peppery sprouts on top of your favorite street tacos.

🗨 IVY'S SASS

"If you're still using shredded iceberg lettuce, we can't be friends. This is where the actual flavor lives.

— Ivy

"

DAY 2 🌾 Morning Energy Bowl

🌱 THE SPROUT

Wheat Berries or Sweet Morning Blend

🍽 THE DISH

Sprinkle sweet, crunchy wheat sprouts over Greek yogurt with a drizzle of honey and walnuts.

🗨 KEV'S PRO-TIP

"Sweetest when the tail is exactly the length of the grain. Too long and they lose that sugary finish.

— Kev

"

DAY 3 🌱 The "Desk-Lunch" Wrap

🌱 THE SPROUT

Alfalfa or Clover

🍽 THE DISH

Smear a tortilla with hummus, add turkey or roasted veggies, and pack in as much alfalfa as the wrap can hold.

🗨 IVY'S SASS

"The goal is a sprout-to-wrap ratio of at least 2-to-1. If it doesn't crunch when you bite it, you're doing it wrong.

— Ivy

"

DAY 4 🌱 The "Protein Punch" Stir-Fry

🌱 THE SPROUT

Mung Beans or Lentils

🍽 THE DISH

Toss into a hot stir-fry during the last 30 seconds of cooking.

🗨 KEV'S PRO-TIP

"Don't boil your mung sprouts! High heat for a short time preserves crisp texture and Vitamin C.

— Kev

"



The 7-Day Sprout-to-Plate Menu

Days 5-7 · continued

DAY 5 🔄 The "Anti-Inflammatory" Avocado Toast

🌱 THE SPROUT

Broccoli

🍽️ THE DISH

Toasted sourdough, smashed avocado, a squeeze of lemon, and a thick carpet of broccoli sprouts.

🗨️ IVY'S SASS

"Fancy brunch without the 8 price tag. Functional, pretty, and basically a health insurance policy in a sandwich."

— Ivy
"

DAY 6 🔄 Savory Power Bowl

🌱 THE SPROUT

Fenugreek and Lentils

🍽️ THE DISH

Mix into a bowl of quinoa or brown rice with a dash of soy sauce and a soft-boiled egg.

🗨️ KEV'S PRO-TIP

"Fenugreek's curry-like aroma pairs perfectly with earthy grains — and helps regulate blood sugar after a meal."

— Kev
"

DAY 7 🔄 The "Empty the Jar" Kitchen Sink Salad

🌱 THE SPROUT

Everything left in the fridge!

🍽️ THE DISH

Toss all remaining sprouts with balsamic vinaigrette and sunflower seeds.

🗨️ IVY'S SASS

"It's harvest day! Clear out the jars, eat the evidence, and get your next batch soaking. Your counter missed the action anyway."

— Ivy
"