

Plant Based **6-WEEK MEAL PLAN**

SCHEDULE | RECIPES | SHOPPING LIST

Plant based for real life...

Dear Friend,

Congrats on getting your hands on the Eat to Live Daily Meal Plan! In case we don't know each other already, I'm Elisha, certified Nutritional Consultant and cheerleader (yours)... and here's what I want you to know!!! Going plant based is one of the best decisions you will ever make in your life. It's hard to really imagine how much of your life will be impacted by your decision to live this way. But it's true.

Through the years I've watched thousands of people make this transition, and here are a few of the changes that have been reported:

- Weight loss. A lot of it. For some in our community, 100+ pounds!
- Lowered blood pressure
- Lowered cholesterol
- Improved energy
- Overall improvement in mental well-being

If you're just starting this transition OR you've been at it for a while and you need accountability, come check out eattolivedaily.com where I've got a TON of free resources to help you get moving in this lifestyle. And if you're new to this and need a little push, come join me for a **JUMPSTART** where I hold your hand through the process. It comes complete with meal plans, coaching, a private Facebook group for you and a team, and regular Facebook Lives/webinars hosted by yours truly. This is what I truly love to do.

In the mean time, let's stay in touch!! Find me on Instagram and Facebook! Can't wait to see your journey! As you make these recipes tag me so I can see and use the hashtag **#eattolivedaily**

Instagram: [eattolivedaily](https://www.instagram.com/eattolivedaily)

Facebook: [Eat to Live Daily](https://www.facebook.com/Eat.to.Live.Daily)

Positively,

Elisha Lee, CNC

Founder, Eat to Live Support Group

JUMPSTART

week 1

BEST EVER LENTIL
Soup

NICE
Cream

VEGGIE
Wrap



SCHEDULE

JUMPSTART WEEK 1

MON

- BREAKFAST
 - LUNCH
 - DINNER
- Black Smoothie
 - Veggie Wrap + Full Color Salad + Hummus + Balsamic Dress.
 - Marinara Pasta + Nice Cream

TUE

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice
 - Full Color Salad + Balsamic Dressing + Best Ever Lentil Soup
 - Brown Rice Stir Fry + Chocolate Freeze

WED

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice
 - Full Color Salad + Balsamic Dressing + Best Ever Lentil Soup
 - Marinara Pasta + Nice Cream

THU

- BREAKFAST
 - LUNCH
 - DINNER
- Black Smoothie
 - Veggie Wrap + Full Color Salad + Hummus + Balsamic Dress.
 - Brown Rice Stir Fry + Chocolate Freeze

FRI

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice
 - Full Color Salad + Balsamic Dressing + Best Ever Lentil Soup
 - Marinara Pasta + Nice Cream

SAT

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice
 - Full Color Salad + Balsamic Dressing + Best Ever Lentil Soup
 - Brown Rice Stir Fry + Chocolate Freeze

SUN

- BREAKFAST
 - LUNCH
 - DINNER
- Black Smoothie
 - Veggie Wrap + Full Color Salad + Hummus + Balsamic Dress.
 - Marinara Pasta + Nice Cream

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!!

eattolivedaily.com

JUMPSTART WEEK 1 - SHOPPING LIST

PRODUCE

<input type="checkbox"/>	Avocado	3
<input type="checkbox"/>	Bananas	4
<input type="checkbox"/>	Broccoli	3 cup
<input type="checkbox"/>	Carrots	4
<input type="checkbox"/>	Celery stalks	11
<input type="checkbox"/>	Cloves garlic	11
<input type="checkbox"/>	Cucumber	7 cup
<input type="checkbox"/>	Dates	9
<input type="checkbox"/>	Fresh basil	2.67 tablespoons
<input type="checkbox"/>	Fresh Fruit of Your Choice	7 cup
<input type="checkbox"/>	Fresh ginger root	0.37 cup
<input type="checkbox"/>	Kale	2 cup
<input type="checkbox"/>	Lemons	2
<input type="checkbox"/>	Loose leaf spinach	18.50 cup
<input type="checkbox"/>	Mushrooms	2 cup
<input type="checkbox"/>	Red bell pepper	1.50 cup
<input type="checkbox"/>	Rosemary	3 teaspoons
<input type="checkbox"/>	Shredded Carrots	9.75 cup
<input type="checkbox"/>	Shredded Purple cabbage	2.50 cup
<input type="checkbox"/>	Sprouts	1.50 cup
<input type="checkbox"/>	Tomato	1.5
<input type="checkbox"/>	Yellow onion	3
<input type="checkbox"/>	Zucchini	4

RICE/PASTA

<input type="checkbox"/>	Brown rice	3 cup
<input type="checkbox"/>	Red lentil pasta	8 oz
<input type="checkbox"/>	Red Lentils	2 cup

NUTS/SEEDS

<input type="checkbox"/>	Pecans	4 tablespoons
--------------------------	--------	---------------

BREAD

<input type="checkbox"/>	Sprouted grain tortilla	1
--------------------------	-------------------------	---

CANNED GOODS

<input type="checkbox"/>	Cooked garbanzo beans	5.50 cans (15 oz)
<input type="checkbox"/>	Marinara sauce	2 cup
<input type="checkbox"/>	Vegetable Broth	6.37 cup

FREEZER

<input type="checkbox"/>	Frozen berries	3 cup
<input type="checkbox"/>	Frozen pineapple	3 cup

DAIRY/JUICE

<input type="checkbox"/>	Unsweetened Almond Milk	3.17 cup
--------------------------	-------------------------	----------

SPICES AND CONDIMENTS

<input type="checkbox"/>	Balsamic vinegar	4 tablespoons
<input type="checkbox"/>	Cocoa powder	3 tablespoons
<input type="checkbox"/>	Dijon Mustard	1 teaspoon
<input type="checkbox"/>	Dried thyme	0.25 teaspoons
<input type="checkbox"/>	Ground cumin	1 teaspoon
<input type="checkbox"/>	Liquid aminos	3 tablespoons
<input type="checkbox"/>	Smoked Paprika	0.50 teaspoons
<input type="checkbox"/>	Tahini	3 tablespoons
<input type="checkbox"/>	Vanilla	1.75 teaspoons



Full Color Salad

(Recipe yields one serving)

(This recipe is scheduled for Monday, Tuesday, Thursday, Friday & Saturday)

Ingredients:

2 cups fresh spinach
1 cup shredded carrots
¼ cup shredded Purple cabbage
1 celery stalk
1 cup cucumber
½ cup garbanzo beans
¼ avocado (or optional, ¼ c. nuts)

Instructions:

1. Chop vegetables and toss with *Cucumber Tahini Dressing* (see “Toppers” section for recipe) or your favorite Nutritarian dressing.
 2. Top with garbanzo beans and avocado (or nuts).
-

Veggie Wrap

(Recipe yields one serving)

(This recipe is scheduled for Monday, Thursday and Sunday)

Ingredients:

1 sprouted grain tortilla
¼ cup *Nutritarian Hummus*
¼ avocado
¼ cup purple cabbage
¼ cup shredded carrots
½ cup spinach
½ cup sprouts

Instructions:

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!!

1. Warm tortilla in the microwave to soften.
2. Spread *Nutritarian Hummus* onto tortilla and fill with desired veggies.
3. Wrap and eat!

Cooked

Best Ever Lentil Soup

(Recipe yields five to six servings)

Ingredients:

2 celery stalks
2 large carrots
1 large garlic clove
1 large yellow onion
2 teaspoons basil/thyme/rosemary (or herbs of your choice)
2 cups chopped kale
2 cups red lentils
6 cups vegetable broth

Instructions:

1. Heat a pan to medium high heat.
2. Chop all vegetables.
3. Water sauté celery, carrots, garlic and onion for 2-3 minutes.
4. Add herbs and chopped kale.
5. And simmer for 2-3 more minutes.
6. Pour in lentils, vegetable broth and simmer for 25 minutes or until lentils are tender.

Serve hot. Refrigerate the remaining soup for later in the week.

Brown Rice Stir Fry

(Recipe yields one serving)

Ingredients:

2 tablespoons vegetable broth
2 tablespoons grated ginger

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!!

1 large garlic clove
½ yellow onion
1 whole carrot
1 celery stalk
½ cup frozen pineapple
1 cup kale
½ cup mushrooms
1 cup cooked brown rice
1 tablespoon liquid aminos

Instructions:

1. Heat a pan to medium high heat.
 2. Grate the ginger and chop all the vegetables.
 3. In heated pan, sauté the ginger, garlic, carrots, celery, and onion in the vegetable broth. After 2-3 minutes, add pineapple.
 4. Add 1-2 tablespoons more water as necessary (you don't want your ingredients to stick to the pan).
 5. After 1-2 minutes, add additional vegetables (kale and mushrooms).
 6. Stir ingredients together and continue cooking until veggies have become tender (not soggy).
 7. Stir in cooked rice and liquid aminos.
-

Marinara Pasta

(Recipe yields 1 serving)

Ingredients:

Red lentil pasta (or garbanzo bean pasta)
1 large garlic clove
½ yellow onion
½ cup mushrooms (frozen or fresh)
½ cup shredded carrots
1 zucchini
2 teaspoons chopped basil
½ cup marinara sauce

Instructions:

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!!

1. Cook lentil pasta according to package directions. If you are cooking for one person, just cook one serving of pasta.
2. Chop all vegetables that aren't already pre-cut. Water sauté vegetables over medium high heat. Once veggies are tender, but not overcooked, add Basil and marinara sauce and bring to a simmer.

Stir in desired amount of sauce with pasta and refrigerate or freeze the remainder of the sauce for next week or a lunch substitute later this week.

Toppers

Nutritarian Hummus

(Recipe yields three to four servings)

(This recipe is scheduled for Wednesday and Sunday)

Ingredients:

2 cans of garbanzo beans (1 can drained)
3 tablespoons tahini
2 large garlic cloves
1 teaspoon cumin
3 lemons, juiced
½ teaspoon smoked paprika

Instructions:

1. Blend all ingredients in a high speed blender.
2. Add water to reach desired consistency.
3. Taste and adjust seasonings to your liking.
4. Serve with chopped vegetables.

Store in a sealed container in the refrigerator.

Recipe Notes

Salt is not included in any of the Eat to Live Daily recipes. However, if you desire salt, ½ teaspoon may be added to this recipe.

Pecan Balsamic Dressing

Ingredients:

0.5 cup water
0.25 cup balsamic vinegar
0.25 cup pecans
3 Dates
1 Cloves garlic

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!!

1 tsp Dijon Mustard
0.25 tsp Dried thyme

INSTRUCTIONS

Combine all ingredients in a blender until smooth.

Breakfast

Black Smoothie

(Recipe yields one serving)

(This recipe is scheduled for Monday, Wednesday and Friday)

Ingredients:

1 ½ cup unsweetened almond milk

1 cup frozen berries

½ cup frozen pineapple

¼ cup orange juice (optional)

½ cup spinach (optional)

Instructions:

Place ingredients in high speed blender and blend on high until smooth.

Fresh Fruit of Your Choice

Enjoy 1 to 2 cups of chopped fruit of your choice daily!

Desserts

Chocolate Freeze

(Recipe yields one serving)

(This recipe is scheduled for Thursday)

Ingredients:

1 cup almond milk
2 pitted dates
1 tablespoon cocoa powder
¼ teaspoon vanilla extract

Instructions:

1. Blend 1 cup of almond milk, vanilla, cocoa powder and dates in a high speed blender until smooth.
 2. Freeze milk mixture in an ice cube tray.
 3. Once milk mixture is frozen, run cubes through a food processor, scraping sides every few minutes until well-blended.
 4. Add a few tablespoons of almond milk if necessary to reach desired consistency.
 5. Serve immediately as soft-serve ice cream or (for firmer texture) pour mixture into a small baking dish and return to freezer for 2 hours before serving.
-

Nice Cream

(Recipe yields one serving)

(This recipe is scheduled for Monday, Wednesday and Sunday)

Ingredients:

1 frozen banana
2 teaspoons almond milk
¼ teaspoon vanilla extract

Instructions:

1. In a food processor or high speed blender, blend all ingredients, adding additional almond milk if necessary. If consistency is too runny, return mixture to freezer for 40 minutes and then serve.
-

Meal Prep Week 1

Prep the following at the beginning of the week in the order shown below.

Recipe	Prep Time
*Best Ever Lentil Soup	30 minutes
Nutritarian Hummus	5 minutes
Pecan Balsamic Dressing	5 minutes
Freeze Mixture - Chocolate	5 minutes
Chop Frozen Bananas	5 minutes

*Best Ever Lentil Soup (notes)

You will use this soup several times throughout the week. It takes roughly 10 minutes to prep and 25 minutes to cook. The soup will be reheated throughout the week. Feel free to get creative with your leftovers... It's a great "blank slate" recipe so you can add marinara or curry to give it a different flavor eat time. Or eat it AS IS. We don't call it "Best Ever..." for nothing.

Vegetable Prep:

Some people prefer to chop their veggies ahead of time and keep them stored in the fridge, ready for salads! If this is you, then work this into your meal prep at the beginning of the week! Mason jars make a great storage container!

eattolivedaily.com

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!!

JUMPSTART

week 2

CREAMY VEGGIE
Alfredo

CLASSIC
Pizza

VEGGIE TOFU
Scramble



SCHEDULE

JUMPSTART WEEK 2

MON

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice + Tofu Veggie Scramble
 - Raw Chopped Veggies + Hummus + Fresh Fruit of Your Choice
 - Creamy Veggie Alfredo + Creamy Green Smoothie

TUE

- BREAKFAST
 - LUNCH
 - DINNER
- Blueberry Banana Smoothie
 - Full Color Salad + Creamy Citrus Dressing + Tuno
 - Classic Veggie Pizza + Tangy Vegan Mushrooms + Nice Cream

WED

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice + Tofu Veggie Scramble
 - Raw Chopped Veggies + Hummus + Fresh Fruit of Your Choice
 - Creamy Veggie Alfredo + Creamy Green Smoothie

THU

- BREAKFAST
 - LUNCH
 - DINNER
- Blueberry Banana Smoothie
 - Full Color Salad + Creamy Citrus Dressing + Tuno.
 - Classic Veggie Pizza + Tangy Vegan Mushrooms + Nice Cream

FRI

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice + Tofu Veggie Scramble
 - Raw Chopped Veggies + Hummus + Fresh Fruit of Your Choice
 - Creamy Veggie Alfredo + Creamy Green Smoothie

SAT

- BREAKFAST
 - LUNCH
 - DINNER
- Blueberry Banana Smoothie
 - Full Color Salad + Creamy Citrus Dressing + Tuno
 - Classic Veggie Pizza + Tangy Vegan Mushrooms + Nice Cream

SUN

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice + Tofu Veggie Scramble
 - Raw Chopped Veggies + Hummus + Fresh Fruit of Your Choice.
 - Creamy Veggie Alfredo + Creamy Green Smoothie

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!!

eattolivedaily.com

JUMPSTART WEEK 2 - SHOPPING LIST

PRODUCE

<input type="checkbox"/>	Avocado	0.75 cup
<input type="checkbox"/>	Bananas	10
<input type="checkbox"/>	Bananas	3 cup
<input type="checkbox"/>	Carrots	8
<input type="checkbox"/>	Celery stalks	23.25
<input type="checkbox"/>	Cloves garlic	15
<input type="checkbox"/>	Cucumber	7
<input type="checkbox"/>	Dates	3
<input type="checkbox"/>	Dill pickle	0.5
<input type="checkbox"/>	Fresh Fruit of Your Choice	8 cup
<input type="checkbox"/>	Fresh thyme	1.50 teaspoons
<input type="checkbox"/>	Green onion	4 tablespoons
<input type="checkbox"/>	Green peppers	0.75 cup
<input type="checkbox"/>	Lemons	3
<input type="checkbox"/>	Loose leaf spinach	15.50 cup
<input type="checkbox"/>	Mushrooms	9 cup
<input type="checkbox"/>	Olives	12
<input type="checkbox"/>	Red pepper	1 cup
<input type="checkbox"/>	Red potatoes	6
<input type="checkbox"/>	Shredded Carrots	5 cup
<input type="checkbox"/>	Shredded Purple cabbage	0.75 cup
<input type="checkbox"/>	Sweet peppers	1 cup
<input type="checkbox"/>	Yellow onion	2
<input type="checkbox"/>	Zucchini	5

RICE/PASTA

<input type="checkbox"/>	Red lentil pasta	8 oz
--------------------------	------------------	------

NUTS/SEEDS

<input type="checkbox"/>	Cashews	0.50 cup
<input type="checkbox"/>	Pine nuts	1 cup
<input type="checkbox"/>	Sunflower seeds	3 teaspoons

BREAD

<input type="checkbox"/>	Sprouted grain tortilla	3
--------------------------	-------------------------	---

CANNED GOODS

<input type="checkbox"/>	Cooked garbanzo beans	3.75 cans (15 oz)
<input type="checkbox"/>	Marinara	0.75 cup
<input type="checkbox"/>	Vegetable Broth	0.75 cup

OTHER

<input type="checkbox"/>	Nutritional yeast	0.33 cup
--------------------------	-------------------	----------

FREEZER

<input type="checkbox"/>	Frozen blueberries	3 cup
--------------------------	--------------------	-------

DAIRY/JUICE

<input type="checkbox"/>	Light coconut milk	1 cup
<input type="checkbox"/>	Orange juice	0.50 cup
<input type="checkbox"/>	Shredded dairy-free cheese	0.75 cup
<input type="checkbox"/>	Tofu	2 cup
<input type="checkbox"/>	Unsweetened Almond Milk	4.62 cup

SPICES AND CONDIMENTS

<input type="checkbox"/>	Balsamic vinegar	0.37 cup
<input type="checkbox"/>	Black pepper	1.50 teaspoons
<input type="checkbox"/>	Chili powder	4 teaspoons
<input type="checkbox"/>	Cumin	4 teaspoons
<input type="checkbox"/>	Dijon Mustard	2 teaspoons
<input type="checkbox"/>	Garlic Powder	1 teaspoon
<input type="checkbox"/>	Ground cumin	1 teaspoon
<input type="checkbox"/>	Liquid aminos	3 teaspoons
<input type="checkbox"/>	Smoked Paprika	1 teaspoon
<input type="checkbox"/>	Tahini	4 tablespoons
<input type="checkbox"/>	Vanilla	4.75 teaspoons
<input type="checkbox"/>	Vinegar	2 tablespoons
<input type="checkbox"/>	White vinegar	1 teaspoon



Full Color Salad

(Recipe yields one serving)

(This recipe is scheduled for Monday, Wednesday, Friday & Sunday)

Ingredients:

2 cups fresh spinach
1 cup shredded carrots
¼ cup shredded Purple cabbage
1 celery stalk
1 cup cucumber
½ cup garbanzo beans
¼ avocado (or optional, ¼ c. nuts)

Tuno

(Recipe yields four serving)

(This recipe is scheduled for Monday, Wednesday, Friday & Sunday)

Ingredients:

1 can garbanzo beans, drained
1 celery stalk (finely chopped)
½ cucumber (finely chopped)
¼ cup green onion
½ chopped dill pickle
1 tablespoon sunflower seeds
3 tablespoons tahini
1 teaspoon Dijon mustard

Instructions:

1. Soak pickle in water for 3-5 minutes to draw out some of the salt.
2. Combine all ingredients in a bowl (mashing garbanzo beans while leaving some of them in larger chunks OR place all ingredients in a food processor

and pulse a few times to combine all ingredients making sure not to over process).

3. Serve Tuno over a salad in a lettuce wrap, or in pita bread.

Raw Chopped Veggies + Nutritarian Hummus

(Recipe yields one serving)

(This recipe is scheduled for Tuesday and Saturday)

Ingredients:

4 celery stalks

1 cucumber

2 whole carrots

Nutritarian Hummus (See "Toppers" section for recipe)

Instructions:

Serve chopped vegetables with 3-4 tablespoons of *Nutritarian Hummus*.

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!!

Cooked

Creamy Veggie Alfredo

(Recipe yields two serving)

(This recipe is scheduled for Tuesday and Saturday)

Ingredients:

½ cup *Vegan Alfredo Sauce* (See “Toppers” section for recipe)

Red lentil pasta (or garbanzo bean pasta)

1 celery stalk

½ cup mushrooms

½ cup shredded carrots

1 zucchini

Instructions:

1. If you haven't already, prepare *Vegan Alfredo Sauce* according to recipe directions.
2. Cook lentil pasta according to package directions. If you are cooking for one person, just cook one serving of pasta.
3. Chop all vegetables that aren't already pre-cut. Water sauté vegetables over medium high heat. Once veggies are tender, but not overcooked, add *Vegan Alfredo Sauce* and bring to a simmer.

If serving 1 person: Stir in desired amount of sauce with pasta and refrigerate leftovers for later this week.

Classic Veggie Pizza

(Recipe yields one serving)

(This recipe is scheduled for Tuesday, Thursday and Saturday)

Ingredients:

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!!

1 whole Pita or sprouted tortilla
¼ cup marinara sauce
4-5 sliced olives
¼ cup onion
¼ cup green peppers
(optional - add any other veggies you desire)
Top with ¼ cup shredded dairy-free cheese (or omit, it's up to you)

Instructions:

1. Chop veggies.
2. Spread marinara sauce onto tortilla.
3. Top with veggies of your choice.
4. Optional – top with ¼ cup shredded dairy-free cheese.
5. Cook at 400° F for 5 to 7 minutes.

Vegan Tangy Mushrooms

Ingredients:

2 cups mushrooms
2 tablespoons balsamic vinegar
2-3 Cloves garlic chopped
1/2 teaspoon fresh thyme
1/2 teaspoon black pepper
1/4 cup Vegetable Broth (if pan-cooking)
1 teaspoon liquid aminos

Instructions:

In a heated pan, add vegetable broth and mushrooms. Sauté mushrooms for 10 minutes on medium heat until they've started to brown all over. Add a splash of vegetable broth if necessary (you don't want them to stick) add chopped garlic, thyme, and liquid aminos. Cook for 1-2 more minutes. Just before serving, stir in balsamic vinegar.

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!!

Toppers

Creamy Citrus Dressing

Ingredients:

1/2 cup Cashews soaked for at least 1 hour in water
1/2 cup orange juice
1 teaspoon white vinegar
1 teaspoon Dijon Mustard
3 Dates pitted, softened

Instructions:

Heat dates in a microwave safe dish in 1/3 cup water for one minute in the microwave
Drain dates and place in blender cup along with remaining ingredients and blend on high until smooth.

Nutritarian Hummus

(Recipe yields three to four servings)

(This recipe is scheduled for Wednesday and Sunday)

Ingredients:

2 cans of garbanzo beans (1 can drained)
3 tablespoons tahini
2 large garlic cloves
1 teaspoon cumin
3 lemons, juiced
1/2 teaspoon smoked paprika

Instructions:

1. Blend all ingredients in a high-speed blender.

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!!

2. Add water to reach desired consistency.
3. Taste and adjust seasonings to your liking.
4. Serve with chopped vegetables.

Store in a sealed container in the refrigerator.

Recipe Notes

Salt is not included in any of the Eat to Live Daily recipes. However, if you desire salt, ½ teaspoon may be added to this recipe.

Vegan Alfredo Sauce

(Recipe yields eight ½-cup servings)

(This recipe is scheduled for Tuesday and Saturday)

Ingredients:

½ yellow onion
5 small red potatoes
1 head of garlic
½ cup sweet peppers
½ cup pine nuts
½ cup light coconut milk
2 tablespoons nutritional yeast
½ teaspoon smoked paprika
1 tablespoon vinegar
2-3 tablespoons lemon juice

Instructions:

1. Heat oven to 350° F.
2. Chop onion and potato into large chunks.
3. Using a sharp knife, cut 1/4 to a 1/2 inch from the top of the garlic cloves, exposing the individual cloves of garlic.
4. Place onion, potato, peppers, and trimmed garlic head into a roasting pan and place in heated oven for 20-30 minutes or until potatoes are cooked through.

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!!

5. Squeeze roasted garlic head into a blender. It should be soft and the garlic clove should squeeze out like toothpaste.
6. Place roasted vegetables and all other remaining ingredient in blender and blend until smooth. Adjust milk until you've reached your desired consistency.
7. Pour sauce over cooked vegetables and pasta or use as a dip.

Freeze leftovers.

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolived**daily** so we can see!!!

Breakfast

Fresh Fruit of Your Choice

Enjoy 1 to 2 cups of chopped fruit of your choice!

Blueberry Banana Smoothie

(Recipe yields one serving)

(This recipe is scheduled for Monday, Wednesday, and Friday)

Ingredients:

1 cup unsweetened almond milk or water

½ cup frozen bananas

1 cup frozen berries

½ cup spinach (optional)

Instructions:

1. Blend all ingredients in a high speed blender until smooth.

Tofu Veggie Scramble

(Recipe yields one serving)

(This recipe is scheduled for Tuesday and Saturday)

Ingredients:

Spice Mix:

1 teaspoon Nutritional Yeast

1 teaspoon chili powder

1 teaspoon cumin

¼ teaspoon garlic powder

Veggie/Tofu Mix:

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!!

¼ cup mushrooms
¼ cup red pepper
¼ cup onion
2 garlic cloves
¼ cup zucchini
½ cup tofu

Instructions:

1. Add the spice mix ingredients into a bowl and stir to combine.
2. Chop all veggies and water sauté in a heated pan for about 5 minutes until everything begins to brown.
3. Add tofu blocks and break it apart with your spoon until you get a nice scramble texture with lots of chunks.
4. Stir in the spice mix, heating for another 5 minutes.

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!!

Desserts

Nice Cream

(Recipe yields one serving)

(This recipe is scheduled for Wednesday, Friday and Sunday)

Ingredients:

1 frozen bananas
2 teaspoons almond milk
¼ teaspoons vanilla extract

Instructions:

1. In a food processor or high speed blender, blend all ingredients, adding additional almond milk if necessary. If consistency is too runny, return mixture to freezer for 40 minutes and then serve.

Green Dream Smoothie

(Recipe yields one serving)

(This recipe is scheduled for Monday and Thursday)

Ingredients:

2-3 cups loose leaf spinach
1 cup frozen banana slices
1 – 1 ½ cups water
A splash of vanilla

Instructions:

1. Place ingredients in high speed blender and blend on high until smooth.

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!!

Meal Prep Week 2

Prep the following at the beginning of the week in the order shown below.

Recipe	Prep Time
Creamy Alfredo Sauce	30 minutes
Creamy Citrus Dressing	30 minutes
Nutritarian Hummus	5 minutes
Chop Frozen Bananas for green smoothie and nice cream (7-9 bananas)	5 minutes
Tuno	10 minutes

Vegetable Prep:

Some people prefer to chop their veggies ahead of time and keep them stored in the fridge, ready for salads! If this is you, then work this into your meal prep at the beginning of the week! Mason jars make a great storage container!

Here are the recipes that call for fresh cut veggies:

Raw Chopped Veggies: 4 times this week

Classic Veggie Pizza

Tofu Veggie Scramble

Full Color Salad

eattolivedaily.com

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!!

JUMPSTART

week 3

PINAPPLE BANANA
Smoothie

THAI BUDDHA
Bowl

POTATO BREAKFAST
Scramble



SCHEDULE

JUMPSTART WEEK 3

MON

- BREAKFAST
- LUNCH
- DINNER
- Fresh Fruit of Your Choice
- Thai Salad + Peanut Dressing + Fresh Fruit of your Choice
- Thai Buddha Bowl + Creamy Thai Sauce + Nice Cream

TUE

- BREAKFAST
- LUNCH
- DINNER
- Potato Scramble + Fresh Fruit of your Choice
- Indian Lentil Soup + Raw Chopped Veggies + Hummus
- Cuban Black Bean Soup + Fresh Fruit + Vanilla Freeze

WED

- BREAKFAST
- LUNCH
- DINNER
- Pineapple Banana Smoothie
- Thai Salad + Peanut Dressing + Fresh Fruit of your Choice
- Thai Buddha Bowl + Creamy Thai Sauce + Nice Cream

THU

- BREAKFAST
- LUNCH
- DINNER
- Fresh Fruit of your Choice
- Indian Lentil Soup + Raw Chopped Veggies + Hummus
- Cuban Black Bean Soup + Fresh Fruit + Vanilla Freeze

FRI

- BREAKFAST
- LUNCH
- DINNER
- Potato Scramble + Fresh Fruit of your Choice
- Thai Salad + Peanut Dressing + Fresh Fruit of your Choice
- Thai Buddha Bowl + Creamy Thai Sauce + Nice Cream

SAT

- BREAKFAST
- LUNCH
- DINNER
- Pineapple Banana Smoothie
- Indian Lentil Soup + Raw Chopped Veggies + Hummus
- Cuban Black Bean Soup + Fresh Fruit + Vanilla Freeze

SUN

- BREAKFAST
- LUNCH
- DINNER
- Fresh Fruit of Your Choice
- Thai Salad + Peanut Dressing + Fresh Fruit of your Choice
- Thai Buddha Bowl + Creamy Thai Sauce + Nice Cream

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!!

eattolivedaily.com

JUMPSTART WEEK 3 - SHOPPING LIST

PRODUCE

<input type="checkbox"/>	Bananas	6
<input type="checkbox"/>	Broccoli	20 spears
<input type="checkbox"/>	Carrots	10
<input type="checkbox"/>	Celery stalks	15
<input type="checkbox"/>	Cilantro	2 cup
<input type="checkbox"/>	Cloves garlic	15
<input type="checkbox"/>	Cucumber	7
<input type="checkbox"/>	Dates	8
<input type="checkbox"/>	Fresh Cilantro	4 tablespoons
<input type="checkbox"/>	Fresh Fruit of Your Choice	12 cup
<input type="checkbox"/>	Fresh ginger root	2 tablespoons
<input type="checkbox"/>	Green Bell Pepper	1 cup
<input type="checkbox"/>	Green onion	2 cup
<input type="checkbox"/>	Kale	1 cup
<input type="checkbox"/>	Lemons	2
<input type="checkbox"/>	Limes	3
<input type="checkbox"/>	Limes	4 tablespoons
<input type="checkbox"/>	Loose leaf spinach	8 cup
<input type="checkbox"/>	Mushrooms	1 cup
<input type="checkbox"/>	Red pepper	1 teaspoon
<input type="checkbox"/>	Red potatoes	2
<input type="checkbox"/>	Shredded Carrots	4 cup
<input type="checkbox"/>	Shredded Purple cabbage	4 cup
<input type="checkbox"/>	Yellow onion	4

RICE/PASTA

<input type="checkbox"/>	Brown rice	4 cup
<input type="checkbox"/>	Red Lentils	1 cup

NUTS/SEEDS

<input type="checkbox"/>	Oatmeal	0.50 cup
<input type="checkbox"/>	Peanuts	4 tablespoons

BREAD

<input type="checkbox"/>	Sprouted grain tortilla	3
--------------------------	-------------------------	---

CANNED GOODS

<input type="checkbox"/>	Almond butter	0.50 cup
<input type="checkbox"/>	Black beans	4 cans
<input type="checkbox"/>	Cooked garbanzo beans	6 cans (15 oz)
<input type="checkbox"/>	Diced tomatoes	1 can
<input type="checkbox"/>	Peanut butter	4 tablespoons
<input type="checkbox"/>	Vegetable Broth	10.25 cup

OTHER

<input type="checkbox"/>	Nutritional yeast	0.33 cup
--------------------------	-------------------	----------

FREEZER

<input type="checkbox"/>	Frozen pineapple	2 cup
--------------------------	------------------	-------

DAIRY/JUICE

<input type="checkbox"/>	Light coconut milk	4 tablespoons
<input type="checkbox"/>	Unsweetened Almond Milk	6.17 cup

SPICES AND CONDIMENTS

<input type="checkbox"/>	Black pepper	1 teaspoon
<input type="checkbox"/>	Curry powder	1 teaspoon
<input type="checkbox"/>	Dried thyme	0.50 teaspoons
<input type="checkbox"/>	Ground cumin	2.33 tablespoons
<input type="checkbox"/>	Hot sauce	1 teaspoon
<input type="checkbox"/>	Liquid aminos	3 tablespoons
<input type="checkbox"/>	Smoked Paprika	0.50 teaspoons
<input type="checkbox"/>	Tahini	3 tablespoons
<input type="checkbox"/>	Tamari sauce	2 tablespoons
<input type="checkbox"/>	Vanilla	1.75 teaspoons
<input type="checkbox"/>	Vinegar	5 tablespoons



Thai Buddha Bowl

(Recipe yields 1 serving)

(This recipe is scheduled for Monday and Thursday)

Ingredients:

1 cup brown rice

4-5 spears steamed broccoli

1 cucumber

½ cup garbanzo beans

½ cup purple cabbage

½ cup shredded carrots

Top with 1 tablespoon *Peanut Sauce/Dressing* (see "Toppers" section for recipe)

Instructions:

1. Place ½ cup of cooked brown rice in a bowl and garnish with toppings.
 2. Drizzle with your choice of dressing or sauce and enjoy.
-

Thai Salad

(Recipe yields one serving)

(This recipe is scheduled for Monday, Wednesday, Friday and Sunday)

Ingredients:

2 cups loose leaf spinach

½ cup shredded carrots

½ cup purple cabbage

½ cup green onion

½ cup cilantro

½ cup garbanzo beans

1-2 tablespoons peanuts

Peanut Sauce/Dressing (See "Toppers" section for recipe)

Instructions:

1. Chop and toss all vegetables together and serve with *Peanut Sauce/Dressing*.
-

Chopped Raw Veggies + Hummus

(Recipe yields one serving)

(This recipe is scheduled for Tuesday, Thursday and Saturday)

Ingredients:

4 celery stalks

1 cucumber

2 whole carrots

Nutritarian Hummus (See "Toppers" section for recipe)

Instructions:

1. Serve chopped vegetables with 3-4 tablespoons of *Nutritarian Hummus*.

Cooked

Cuban Black Bean Soup

(Recipe yields 3 servings)

(This recipe is scheduled for Wednesday, Friday and Sunday)

Ingredients:

2 medium yellow onions
3 celery stalks
2 large carrots
6 garlic cloves
4 teaspoons ground cumin
4 (15-ounce) cans of black beans, rinsed and drained
4 cups low-sodium vegetable broth
¼ cup chopped cilantro
2 tablespoons lime juice

Instructions:

1. In a large pot, water sauté onion, finely chopped celery, carrots, and minced garlic for 10-12 minutes, or until onion is translucent.
2. Add remaining ingredients and simmer for 20 minutes.

Optional garnishes: diced avocado, extra cilantro, onion.

Indian Lentil Soup

(Recipe yields three servings)

(This recipe is scheduled for Tuesday, Thursday and Saturday)

Ingredients:

1 medium yellow or white onion
2 carrots
4 garlic cloves

eattolivedaily.com

2 teaspoons ground cumin
1 teaspoon curry powder
½ teaspoon dried thyme
1 large can (28 ounces) diced tomatoes, drained
1 cup brown or red lentils
6 cups vegetable broth
1 cup water
Pinch red pepper
Pinch black pepper
1 cup chopped kale

Instructions:

1. Water sauté chopped onion and carrot until the onion has softened and is translucent, about 5 minutes.
2. Add the garlic, cumin, curry powder and thyme.
3. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often.
4. Pour in the lentils, broth and the water. Add pepper.
5. Raise heat and bring the mixture to a boil, then simmer. Cook for 30 minutes, or until the lentils are tender.
6. Blend 2 cups of soup. Pour the puréed soup back into the pot and add the chopped greens (tough ribs removed). Cook for 5 more minutes.

Toppers

Nutritarian Hummus

(Recipe yields four servings)

Ingredients

2 cans (15 oz) Cooked garbanzo beans
2-4 Cloves garlic peeled
2 Lemons juiced (.25 cup)
3 tbsp Tahini
0.5 tsp Smoked Paprika
1 tsp Ground cumin

Instructions

Open both cans of garbanzo beans. Drain one can and leave the liquid in the second can.

Pour both cans (one drained, one full) into the blender.

Add remaining ingredients and blend in a high speed blender. Add water to thin to desired consistency.

Store in a sealed container in the refrigerator.

Peanut Sauce/Dressing

(Recipe yields 4-6 servings)

(This recipe is scheduled for Monday, Wednesday, Friday and Sunday)

Ingredients:

2 garlic cloves
2 tablespoons tamari sauce or coconut aminos
2 tablespoons vinegar
2 medjool dates
1 tablespoon lime juice
¼ cup peanut butter
¼ cup water

Instructions:

1. Blend ingredients in a high speed blender until smooth.
2. Serve with *Thai salad* or the *Thai Buddha Bowl*. Or really, anything...

Breakfast

Fresh Fruit of your Choice

Choose any of your favorite FRESH seasonal fruits! You're aiming for at least 4 per day

Pineapple Banana Smoothie

(Recipe yields one serving)

(This recipe is scheduled for Wednesday, Friday and Sunday)

Ingredients:

1 cup pineapple, frozen
1 banana
1 ½ cups almond milk
1 cup spinach

Instructions:

1. Place ingredients in high speed blender and blend on high until smooth.
Optional: 2-3 drops of stevia.
-

Potato Scramble

(Recipe yields one serving)

(This recipe is scheduled for Tuesday and Saturday)

Ingredients:

1 medium red potato
½ yellow onion
½ cup green onion
½ cup mushrooms
2-3 tablespoons vegetable broth.

Instructions:

1. In a heated pan, start by water sautéing potato over medium heat, turning until potato pieces are browned on each side.
 2. You may add a few tablespoons of vegetable broth to keep the potato from sticking to the pan.
 3. Once potatoes are cooked through, add remaining chopped veggies and heat for 5 minutes, adding more veggie broth if necessary.
-

Desserts

Nice Cream

(Recipe yields one serving)

(This recipe is scheduled for Friday and Sunday)

Ingredients:

1 frozen banana
2 teaspoons almond milk
¼ teaspoon vanilla extract

Instructions:

1. In a food processor or high-speed blender, blend all ingredients, adding additional almond milk if necessary. If consistency is too runny, return mixture to freezer for 40 minutes and then serve.
-

Vanilla Freeze

(Recipe yields 3 servings)

(This recipe is scheduled for Tuesday, Thursday and Saturday)

Ingredients:

3 cups unsweetened almond milk
6 pitted dates
1 teaspoon vanilla extract

Instructions:

1. Blend all ingredients in a high-speed blender
2. Pour mixture into an ice cube tray or into a large Ziploc bag and freeze.
3. Once milk mixture is frozen, run cubes through a food processor, scraping sides every few minutes until well-blended.
4. Add a few tablespoons of almond milk if necessary to reach desired consistency.

5. Serve immediately as soft-serve ice cream or (for firmer texture) pour mixture into a small baking dish and return to freezer for 2 hours before serving.
-

Meal Prep Week 3

Prep the following at the beginning of the week in the order shown below.

Recipe	Prep Time
Indian Lentil Soup	30 minutes
Peanut sauce/Dressing	30 minutes
Nutritarian Hummus	5 minutes
Chop Frozen Bananas for smoothie and nice cream (7-9 bananas)	5 minutes
Vanilla Freeze Mixture – Makes 3 servings. Blend and freeze mixture for deserts this week.	10 minutes

Vegetable Prep:

Some people prefer to chop their veggies ahead of time and keep them stored in the fridge, ready for salads! If this is you, then work this into your meal prep at the beginning of the week! Mason jars make a great storage container!

Here are the recipes that call for fresh cut veggies:

Raw Chopped Veggies: 4 times this week

Thai Buddha Bowl

Thai Salad

eattolivedaily.com

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!!

JUMPSTART

week 4

PINAPPLE BANANA
Smoothie

BLACK BEAN
Fajitas

THAI CURRY
Veggies



SCHEDULE

JUMPSTART WEEK 4

MON

- BREAKFAST
- LUNCH
- DINNER
- Fresh Fruit of Your Choice
- Spring Rolls + Peanut Sauce + Carrot Ginger Salad + Dressing
- Thai Curry Veggies + Berry Sorbet

TUE

- BREAKFAST
- LUNCH
- DINNER
- Pineapple Banana Smoothie
- Italian Lentil Soup + Raw Chopped Veggies + Hummus + Fruit
- Black Bean Fajitas + Chocolate Freeze

WED

- BREAKFAST
- LUNCH
- DINNER
- Fresh Fruit of your Choice
- Spring Rolls + Peanut Sauce + Carrot Ginger Salad + Dressing
- Thai Curry Veggies + Berry Sorbet

THU

- BREAKFAST
- LUNCH
- DINNER
- Pineapple Banana Smoothie
- Italian Lentil Soup + Raw Chopped Veggies + Hummus + Fruit
- Black Bean Fajitas + Chocolate Freeze

FRI

- BREAKFAST
- LUNCH
- DINNER
- Fresh Fruit of your Choice
- Spring Rolls + Peanut Sauce + Carrot Ginger Salad + Dressing
- Thai Curry Veggies + Berry Sorbet

SAT

- BREAKFAST
- LUNCH
- DINNER
- Pineapple Banana Smoothie
- Italian Lentil Soup + Raw Chopped Veggies + Hummus + Fruit
- Black Bean Fajitas + Chocolate Freeze

SUN

- BREAKFAST
- LUNCH
- DINNER
- Fresh Fruit of Your Choice
- Spring Rolls + Peanut Sauce + Carrot Ginger Salad + Dressing
- Thai Curry Veggies + Berry Sorbet

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!!

eattolivedaily.com

JUMPSTART WEEK 4 - SHOPPING LIST

PRODUCE

<input type="checkbox"/>	Avocado	0.75
<input type="checkbox"/>	Bananas	7
<input type="checkbox"/>	Basil	8
<input type="checkbox"/>	Carrots	13
<input type="checkbox"/>	Celery stalks	12
<input type="checkbox"/>	Cilantro	2.75 cup
<input type="checkbox"/>	Cloves garlic	9
<input type="checkbox"/>	Cucumber	5
<input type="checkbox"/>	Dates	8
<input type="checkbox"/>	Fresh basil	0.35 cup
<input type="checkbox"/>	Fresh Fruit of Your Choice	7 cup
<input type="checkbox"/>	Ginger	4 tablespoons
<input type="checkbox"/>	Green Bell peppers	0.33
<input type="checkbox"/>	Green onion	2 cup
<input type="checkbox"/>	Lemongrass	2 stalks
<input type="checkbox"/>	Lemons	5
<input type="checkbox"/>	Limes	2
<input type="checkbox"/>	Loose leaf cilantro	8 cup
<input type="checkbox"/>	Loose leaf spinach	4.67 cup
<input type="checkbox"/>	Mint leaves	8
<input type="checkbox"/>	Mushrooms	0.67 cup
<input type="checkbox"/>	Red bell pepper	1
<input type="checkbox"/>	Shredded Carrots	3 cup
<input type="checkbox"/>	Shredded Purple cabbage	1.33 cup
<input type="checkbox"/>	Snap peas	2 cup
<input type="checkbox"/>	Yellow onion	1.17
<input type="checkbox"/>	Zucchini	0.67

RICE/PASTA

<input type="checkbox"/>	Brown rice	2 cup
<input type="checkbox"/>	Large spring roll wrappers	8
<input type="checkbox"/>	Red Lentils	1.33 cup

BREAD

<input type="checkbox"/>	Whole grain tortilla	3
--------------------------	----------------------	---

CANNED GOODS

<input type="checkbox"/>	Black beans	3 cup
<input type="checkbox"/>	Cooked garbanzo beans	1 can 15 oz
<input type="checkbox"/>	Cooked garbanzo beans	2 cans (15 oz)
<input type="checkbox"/>	Diced tomatoes	0.67 can
<input type="checkbox"/>	Peanut butter	4 tablespoons
<input type="checkbox"/>	Vegetable Broth	4.50 cup
<input type="checkbox"/>	Vegetable Broth	9 oz
<input type="checkbox"/>	White beans	0.67 can

OTHER

<input type="checkbox"/>	Nutritional yeast	0.75 cup
--------------------------	-------------------	----------

FREEZER

<input type="checkbox"/>	Frozen berries	4 cup
<input type="checkbox"/>	Frozen Fajita Veggies	4.50 cup
<input type="checkbox"/>	Frozen Mushrooms	1.50 cup
<input type="checkbox"/>	Frozen peas	1 cup
<input type="checkbox"/>	Frozen pineapple	3 cup

DAIRY/JUICE

<input type="checkbox"/>	Lite coconut milk	15 oz
<input type="checkbox"/>	Orange juice	1 cup
<input type="checkbox"/>	Unsweetened Almond Milk	7.50 cup

SPICES AND CONDIMENTS

<input type="checkbox"/>	Cayenne powder	dash
<input type="checkbox"/>	Chili powder	0.75 teaspoons
<input type="checkbox"/>	Cocoa powder	3 tablespoons
<input type="checkbox"/>	Cumin	0.75 teaspoons
<input type="checkbox"/>	Garlic Powder	0.75 teaspoons
<input type="checkbox"/>	Green curry paste	2 tablespoons
<input type="checkbox"/>	Ground cumin	1 teaspoon
<input type="checkbox"/>	Liquid aminos	3 tablespoons
<input type="checkbox"/>	Onion powder	0.75 teaspoons
<input type="checkbox"/>	Salsa	0.56 cup
<input type="checkbox"/>	Smoked Paprika	0.50 teaspoons
<input type="checkbox"/>	Tahini	0.37 cup
<input type="checkbox"/>	Tamari sauce	2 tablespoons
<input type="checkbox"/>	Turmeric	0.50 teaspoons
<input type="checkbox"/>	Vanilla	0.75 teaspoons
<input type="checkbox"/>	Vinegar	3 tablespoons



Spring Rolls

Ingredients

2 large spring roll wrappers (rice tortillas)
1 cup loose leaf spinach
4 tablespoons shredded carrots
½ cucumber sliced in thin 3-inch slices
2-3 mint leaves
2-3 basil leaves
(optional: cilantro)

Dip rice wrapper into warm water and immediately lay on a clean flat surface. Use your fingers to massage the moisture into the wrapper. Place desired ingredients into the center of the wrapper and then roll like a burrito. Use more or less of the above ingredients to your liking.

Enjoy dipped in peanut sauce.

Carrot Ginger Salad

Ingredients

2 cups loose leaf spinach
½ cup shredded carrots
½ cup green onion
½ cup cilantro
½ cup snap peas

Serve with Hello Nutritarian No-Oil Carrot Ginger Dressing (See Toppers)



Black Bean Fajitas

Ingredients:

3 oz Vegetable Broth
1.5 cup Frozen Fajita Veggies (fresh works great too): peppers, onions, whatever you like)
1/2 cup frozen Mushrooms (seriously if you freeze them they last longer. I just learned this)
1 cup Black beans
1 Whole grain tortilla
1/4 Avocado
1 Lemons fresh lemon or lime juice
3 tablespoons salsa
1/4 cup Cilantro

Spice Mix:

1/4 teaspoon Nutritional yeast
1/4 teaspoon Garlic Powder
1/4 teaspoon onion powder
1/4 teaspoon chili powder
dash cayenne powder
1/4 teaspoon Cumin

Instructions:

Saute fajita veggies and mushrooms in vegetable broth.
Add seasonings and black beans and cook down for 5 minutes
Fill warm tortillas with mixture and your favorite toppings: ex, avocado, lime salsa, ect.

Italian Lentil Soup

Ingredients

2 cups lentils
1 onion, chopped
1 cup spinach, chopped
1 zucchini
2 large carrots
½ bell pepper
2 cloves garlic, chopped
¼ cup chopped fresh basil
1 cup chopped mushrooms
1 15oz can diced tomato
1 15 oz can white beans
6 cups vegetable broth

In a heated pan, water saute onion, zucchini, carrots, bell pepper, chopped basil, and mushrooms, until veggies are soft and onion is translucent. Add drained white beans, diced tomatoes, spinach, and lentils. Pour in vegetable broth and simmer for 25 minutes.

Refrigerate or freeze leftovers for another meal.

Thai Curry Veggies (sauce makes 2-3 servings)

Ingredients

1 cup brown rice
3 cloves garlic, minced
1/2 large white onion, diced
2 stalks lemongrass, tender white inner bulb only, minced
1 heaping cup diced carrots (about 3 large carrots)
1 tablespoon freshly minced ginger
3 tablespoons finely diced fresh basil
2 tablespoons green curry paste
1/2 teaspoon turmeric
15 oz lite coconut milk
1/2 cup vegetarian broth
1 (15 oz) can garbanzo beans, rinsed and drained
eattolivedaily.com

1 tablespoon tamari sauce (or liquid aminos)
1 lime, juiced
1 red bell pepper, thinly sliced
1 cup frozen peas

Cook brown rice per package directions

In a heated pan, water sauté garlic, onion, lemongrass, carrots, fresh ginger, and diced basil for about 5 minute until the onions begin to slightly brown. Next add in green curry paste and turmeric and stir for 30 seconds.

Add in coconut milk, veggie broth, garbanzo beans, tamari sauce, lime juice, salt and red bell pepper. Stir well to combine. Bring to a boil, then reduce heat to low and simmer uncovered for about 20 minutes, or until carrots are tender. Stir in frozen peas. Taste and adjust seasonings as necessary.

Serve 1/3 to 1/2 over brown rice in a bowl and garnish with fresh Cilantro. Store remaining sauce in an air-tight container refrigerator or freeze.

Toppers

Hello Nutritarian's No-Oil Carrot Ginger Dressing

A bright, savory, fresh and slightly spicy vegan carrot ginger dressing made nutritarian with no added oil or salt!

Author Kristen | Hello Nutritarian

Ingredients

5 medium carrots, diced
1/2 cup orange juice
1/2 cup water
3 tbsp fresh ginger, diced
3 tbsp tahini (only one ingredient: sesame seeds)
2 tbsp liquid aminos
1 tbsp white vinegar (or rice vinegar)
1 large clove garlic (or 1/2 tsp garlic powder)

Instructions

Add all ingredients into a high-powered blender and blend on high until smooth. This dressing is especially yummy over crunchier produce like iceberg or romaine lettuce, sugar snap peas, fresh cabbage, cucumbers, and carrots!

Nutritarian Hummus

(Recipe yields four servings)

Ingredients

2 cans (15 oz) Cooked garbanzo beans
2-4 Cloves garlic peeled
2 Lemons juiced (.25 cup)
3 tbsp Tahini
0.5 tsp Smoked Paprika
1 tsp Ground cumin

eattolivedaily.com

Instructions

Open both cans of garbanzo beans. Drain one can and leave the liquid in the second can.

Pour both cans (one drained, one full) into the blender.

Add remaining ingredients and blend in a high speed blender. Add water to thin to desired consistency.

Store in a sealed container in the refrigerator.

Peanut Sauce/Dressing

Ingredients

2 cloves garlic

2 tablespoons tamari sauce or coconut aminos

2 tablespoons vinegar

2 medjool dates

1 tablespoon fresh lime juice

¼ cup peanut butter

¼ cup water

Blend ingredients in a high speed blender until smooth.

Breakfast

Fruit Bowl

Ingredients

1 cup chopped strawberries

½ cup blueberries

½ cup chopped pineapple

1 Banana, sliced

½ red apple, chopped into squares

Put it all in a bowl. Devour.

Pineapple Banana Smoothie

Ingredients

1 cup pineapple, frozen

1 banana

1.5 cups almond milk

1 cup spinach

Blend in a high speed blender until smooth. Optional: 2-3 drops of stevia.

Desserts

Berry Sorbet

Ingredients

1 cup frozen mixed berries
½ cup frozen banana slices
Splash orange juice

Blend in a food processor, adding more orange juice if necessary.

Chocolate Freeze

(Serves 3)

Ingredients

3 cups almond milk
6 pitted Medjool dates
¼ teaspoon vanilla
1 tablespoon chocolate powder

Blend almond milk, vanilla, chocolate and dates in a high-speed blender until smooth

Freeze milk mixture in an ice cube tray or in a large Ziploc freezer bag, laid flat to freeze.

Once milk mixture is frozen, run cubes (or broken apart frozen mixture) through a food processor, scraping sides every few minutes until well-blended. Add a few tablespoons of almond milk if necessary to reach desired consistency.

Serve immediately as soft-serve ice cream or (for firmer texture) pour mixture into a small baking dish and return to freezer for 2 hours before serving.

Meal Prep Week 4

Prep the following at the beginning of the week in the order shown below.

Recipe	Prep Time
Italian Lentil Soup	30 minutes
Peanut sauce/Dressing	30 minutes
Nutritarian Hummus	5 minutes
Chop Frozen Bananas for smoothie and nice cream (7-9 bananas)	5 minutes
Chocolate Freeze Mixture – Makes 3 servings. Blend and freeze mixture for deserts this week.	10 minutes

Vegetable Prep:

Some people prefer to chop their veggies ahead of time and keep them stored in the fridge, ready for salads! If this is you, then work this into your meal prep at the beginning of the week! Mason jars make a great storage container!

Carrot Ginger Salad

Raw Chopped Veggies

Spring Rolls

eattolivedaily.com

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!!

JUMPSTART

week 5

TIFFANY'S SWEET
& Spicy Potato

CREAMY GREEN
Smoothie

ADOBO BLACK BEAN
Soup



SCHEDULE

JUMPSTART WEEK 5

MON

- BREAKFAST
- LUNCH
- DINNER
- Fresh Fruit of Your Choice
- Veggie Wrap + Full Color Salad + Sweet & Smokey + Fruit
- Adobo Black Bean Soup + Creamy Green Smoothie

TUE

- BREAKFAST
- LUNCH
- DINNER
- Cold Morning Oats
- Tiffany's Sweet Potato + Hummus + Chopped Veggies + Fruit
- Ratatouille + Nice Cream

WED

- BREAKFAST
- LUNCH
- DINNER
- Blueberry Banana Smoothie
- Veggie Wrap + Full Color Salad + Sweet & Smokey + Fruit
- Adobo Black Bean Soup + Creamy Green Smoothie

THU

- BREAKFAST
- LUNCH
- DINNER
- Fresh Fruit of your Choice
- Tiffany's Sweet Potato + Hummus + Chopped Veggies + Fruit
- Ratatouille + Nice Cream

FRI

- BREAKFAST
- LUNCH
- DINNER
- Cold Morning Oats
- Veggie Wrap + Full Color Salad + Sweet & Smokey + Fruit
- Adobo Black Bean Soup + Creamy Green Smoothie

SAT

- BREAKFAST
- LUNCH
- DINNER
- Blueberry Banana Smoothie
- Tiffany's Sweet Potato + Hummus + Chopped Veggies + Fruit
- Ratatouille + Nice Cream

SUN

- BREAKFAST
- LUNCH
- DINNER
- Blueberry Banana Smoothie
- Veggie Wrap + Full Color Salad + Sweet & Smokey + Fruit
- Adobo Black Bean Soup + Creamy Green Smoothie

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!!

eattolivedaily.com

JUMPSTART WEEK 5 - SHOPPING LIST

PRODUCE

<input type="checkbox"/>	Avocado	3
<input type="checkbox"/>	Banana	10 cup
<input type="checkbox"/>	Basil	1.50 teaspoons
<input type="checkbox"/>	Bell peppers	2
<input type="checkbox"/>	Carrots	10
<input type="checkbox"/>	Celery stalks	18
<input type="checkbox"/>	Cilantro	1.25 cup
<input type="checkbox"/>	Cloves garlic	6
<input type="checkbox"/>	Cucumber	7
<input type="checkbox"/>	Dates	4
<input type="checkbox"/>	Eggplant	1.50 cup
<input type="checkbox"/>	Fresh Fruit of Your Choice	10 cup
<input type="checkbox"/>	Green onion	3
<input type="checkbox"/>	Lemons	1
<input type="checkbox"/>	Lime	1
<input type="checkbox"/>	Loose leaf spinach	11 cup
<input type="checkbox"/>	Medjool dates	4
<input type="checkbox"/>	Oregano	1.50 teaspoons
<input type="checkbox"/>	Portobello mushroom	1.50 cup
<input type="checkbox"/>	Shredded Carrots	5 cup
<input type="checkbox"/>	Shredded Purple cabbage	2 cup
<input type="checkbox"/>	Spinach	8 cup
<input type="checkbox"/>	Sprouts	2 cup
<input type="checkbox"/>	Sweet potatoes	3
<input type="checkbox"/>	Tomato	5
<input type="checkbox"/>	Yellow onion	3
<input type="checkbox"/>	Zucchini	3

RICE/PASTA

<input type="checkbox"/>	Brown rice	2 cup
<input type="checkbox"/>	Large spring roll wrappers	8
<input type="checkbox"/>	Red Lentils	1.33 cup

NUTS/SEEDS

<input type="checkbox"/>	Rolled oats	0.67 cup
--------------------------	-------------	----------

BREAD

<input type="checkbox"/>	Sprouted grain tortilla	3
--------------------------	-------------------------	---

BAKING

<input type="checkbox"/>	Ground flaxseed	4
--------------------------	-----------------	---

CANNED GOODS

<input type="checkbox"/>	Apple Sauce	0.50 cup
<input type="checkbox"/>	Black beans	3 can
<input type="checkbox"/>	Chipotle chilis in abodo sauce	2
<input type="checkbox"/>	Cooked garbanzo beans	3 cans (15 oz)
<input type="checkbox"/>	Marinara	1.50 cup
<input type="checkbox"/>	Vegetable Broth	6.75 cup

OTHER

<input type="checkbox"/>	Nutritional yeast	0.75 cup
<input type="checkbox"/>	Stevia	8 drops

FREEZER

<input type="checkbox"/>	Frozen berries	1 cup
<input type="checkbox"/>	Frozen blueberries	2 cup
<input type="checkbox"/>	Frozen corn	2 cup

DAIRY/JUICE

<input type="checkbox"/>	Unsweetened Almond Milk	9 cups
--------------------------	-------------------------	--------

SPICES AND CONDIMENTS

<input type="checkbox"/>	Apple Cider Vinegar	4 tablespoons
<input type="checkbox"/>	Balsamic vinegar	2 tablespoons
<input type="checkbox"/>	Black pepper	3 dash
<input type="checkbox"/>	Cayenne pepper	1 teaspoon
<input type="checkbox"/>	Cinnamon	0.25 teaspoons
<input type="checkbox"/>	Cumin	0.50 teaspoons
<input type="checkbox"/>	Cumin	3 dash
<input type="checkbox"/>	Dijon Mustard	2 teaspoons
<input type="checkbox"/>	Ground coriander	2 teaspoons
<input type="checkbox"/>	Ground cumin	2.50 teaspoons
<input type="checkbox"/>	Smoked Paprika	0.25 teaspoons
<input type="checkbox"/>	Tahini	4.50 teaspoons
<input type="checkbox"/>	Vanilla	0.75 teaspoons



Full Color Salad

(Recipe yields one serving)

(This recipe is scheduled for Monday, Wednesday, Friday & Sunday)

Ingredients:

2 cups fresh spinach
1 cup shredded carrots
¼ cup shredded Purple cabbage
1 celery stalk
1 cup cucumber
½ cup garbanzo beans
¼ avocado (or optional, ¼ c. nuts)

Veggies + Hummus

Ingredients

4 stalks celery
1 cucumber, sliced
2 whole carrots
3- 4 tablespoons Nutritarian Hummus

Instructions

1. Serve chopped vegetables with 3-4 tablespoons hummus
-

Veggie Wrap

(Recipe yields one serving)

(This recipe is scheduled for Monday, Thursday and Sunday)

Ingredients:

1 sprouted grain tortilla

Let's see what you're cookin!

Tag us on Instagram: @eattolivedaily and use the hashtag #ETLDrecipes so we can see!

© eattolivedaily.com

¼ cup *Nutritarian Hummus*
¼ avocado
¼ cup purple cabbage
¼ cup shredded carrots
½ cup spinach
½ cup sprouts

Instructions:

1. Warm tortilla in the microwave to soften.
2. Spread *Nutritarian Hummus* onto tortilla and fill with desired veggies.
3. Wrap and eat!

Let's see what you're cookin!

Tag us on Instagram: @eattolivedaily and use the hashtag #ETLDrecipes so we can see!

© eattolivedaily.com

Cooked

Adobo Black Bean Soup

Ingredients

- 1 onion diced
- 2 Cloves garlic minced
- 4 carrots diced
- 2 stalks Celery diced
- 2 Bell peppers diced
- 6 cups Vegetable Broth
- 1 can Black beans
- 2 cups frozen corn
- 2 teaspoons Ground cumin
- 2 teaspoons Ground coriander
- 1 teaspoon cayenne pepper
- 1/2 cups Cilantro chopped
- 1 Avocado chopped
- 1 Lime (Juice)
- 2 chipotle chilis in adobo sauce

Instructions

Water saute all veggies and chilis in until slightly tender, but not soggy.
Add Vegetable Broth & seasonings.
Simmer for about 25 minutes
Serve with lime juice, cilantro & avocado.

Tiffany's Sweet and Spicy Potato

Ingredients

Let's see what you're cookin!

Tag us on Instagram: @eattolivedaily and use the hashtag #ETLDrecipes so we can see!
© eattolivedaily.com

1 Sweet Potato
½ cup Black beans seasoned
1 Chopped green onion
Spicy hummus
¼ cup Cilantro
1 dash Cumin
¼ teaspoon Nutritional yeast
1 dash black pepper

Instructions

1. Bake your sweet Potato- if in a hurry the microwave works as well! 450 degrees for 45-55 Minutes
 2. Make sure to check on potatoes as cooking times vary on size etc.
 3. In the meantime season those beans! Cumin, lime, black pepper and a little nutritional yeast to taste.
 4. I like to cook beans on the stove over medium heat, add spices and simmer.
 5. After potatoes are done, let them cool and then plate them.
 6. Cut open lengthwise creating a "boat".
 7. Side note: I use store bought hummus, if making your own, add peppers or jalapeño for some zest!
 8. Add beans, pour over Potato.
 9. Next add hummus, chopped green onions and sprinkle with cilantro.
 10. Then eat that toasty, amazing Potato :)
-

Ratatouille

Ingredients

1.2 cup Vegetable Broth
1/2 yellow onion chopped
1 tomato chopped
1 zucchini chopped
½ cup eggplant chopped
½ cup Portobello mushrooms chopped
½ teaspoon oregano
½ teaspoon basil
½ cup marinara

Instructions

1. Chop all vegetables and water sauté over medium/high heat in 2

Let's see what you're cookin!

Tag us on Instagram: @eattolivedaily and use the hashtag #ETLDrecipes so we can see!

© eattolivedaily.com

tablespoons vegetable broth. Turn frequently until lightly browned on all sides.

eattolivedaily.com 6

2. Once veggies are cooked, add chopped basil and oregano. Stir in marinara until vegetables are well coated.

3. Serve hot!

Let's see what you're cookin!

Tag us on Instagram: @eattolivedaily and use the hashtag #ETLDrecipes so we can see!

© eattolivedaily.com

Toppers

Sweet & Smokey Dressing

Ingredients

1/2 cup apple sauce
4 tablespoons apple cider vinegar
2 tablespoons balsamic vinegar
2 teaspoons dijon mustard
1/4 teaspoon cinnamon
1/2 teaspoon cumin
4 dates pitted and softened in water
1/4 cup water

Instructions

In a microwave-safe dish, heat pitted dates in 1/4 cup water on high for one minute.
Into a blender cup, pour all ingredients (including dates and water)
blend until smooth and refrigerate in an air-tight container

Nutritarian Hummus (3-4 servings)

Ingredients

3 cups garbanzo beans
3 tablespoons tahini
2 large cloves garlic
1 teaspoon cumin
3 lemons, juiced
1/2 teaspoons smoked paprika

Let's see what you're cookin!

Tag us on Instagram: @eattolivedaily and use the hashtag #ETLDrecipes so we can see!

© eattolivedaily.com

Instructions

1. Blend all ingredients in a high speed blender. Add water to thin to desired consistency.
2. Store in a sealed container in the refrigerator.

Recipe Notes

Salt is not included in any of the Eat to Live Daily recipes. However, if you desire salt, 1/2 teaspoon may be added to this recipe

Let's see what you're cookin!

Tag us on Instagram: @eattolivedaily and use the hashtag #ETLDrecipes so we can see!

© eattolivedaily.com

Breakfast

Fresh Fruit of your Choice

Choose your favorite in-season fruits. The goal is at least 4 per day.

Banana-Blueberry Smoothie

Ingredients

1 cup unsweetened almond milk (or water)
1 cup frozen blueberries
1 cup banana
½ cup spinach (optional)

Ingredients

Blend all ingredients in a high speed blender until smooth.

Cold Morning Oats

Ingredients

1/3 cup rolled oats
1/2 cup frozen berries
1/2 banana
1 tablespoons ground flaxseed

Sweetened Date Milk (optional – you can use unsweetened almond milk instead)

1 cup almond milk
2 Medjool dates (pitted)

Instructions

Pour almond milk and dates into a high-speed blender and blend until smooth
Into a bowl, pour rolled oats, frozen berries, and bananas.

Let's see what you're cookin!

Tag us on Instagram: @eattolivedaily and use the hashtag #ETLDrecipes so we can see!

© eattolivedaily.com

Pour almond milk mixture over oats, and sprinkle with flax
Stir gently and let oats soak for 3 minutes before eating . Oats will get soft and berries will defrost. So good!

Let's see what you're cookin!

Tag us on Instagram: @eattolivedaily and use the hashtag #ETLDrecipes so we can see!

© eattolivedaily.com

Desserts

Creamy Green Smoothie

Ingredients

1 banana frozen
1 cup unsweetened almond milk
2 cups spinach
2 drops stevia (optional)
1/2 cup ice

Instructions

Blend all ingredients in a high speed blender until smooth

Nice Cream

Ingredients

1 frozen bananas
2 teaspoons almond milk
¼ teaspoons vanilla extract

Instructions

Chop and freeze banana slices in a large zip-lock bag. In a food processor or high speed blender, blend ingredients, adding additional almond milk if necessary. If consistency is too runny, return mixture to freezer for 40 minutes and then serve.

Let's see what you're cookin!

Tag us on Instagram: @eattolivedaily and use the hashtag #ETLDrecipes so we can see!

© eattolivedaily.com

Meal Prep Weeks

Prep the following at the beginning of the week in the order shown below.

Recipe	Prep Time
Adobo Black Bean Soup	30 minutes
Sweet & Smokey Dressing	30 minutes
Nutritarian Hummus	5 minutes
Chop Frozen Bananas for smoothie and nice cream (7-9 bananas)	5 minutes
Chop and Freeze bananas for Nice Cream and Creamy Green Smoothie (7-9)	10 minutes

Vegetable Prep:

Some people prefer to chop their veggies ahead of time and keep them stored in the fridge, ready for salads! If this is you, then work this into your meal prep at the beginning of the week! Mason jars make a great storage container!

Full Color Salad

Raw Chopped Veggies

Sweet potato toppings

Ratatouille

eattolivedaily.com

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!!

JUMPSTART

week 6

CHIA SEED
Pudding

THAI BUTTERNUT
Soup

MEXICAN
Pilaf



SCHEDULE

JUMPSTART WEEK 6

MON

- BREAKFAST
 - LUNCH
 - DINNER
- Banana Berry Oatmeal
 - Ratatouille
 - Thai Butternut Soup + Fruit+ Power Salad + Newport Nectar Berry Sorbet

TUE

- BREAKFAST
 - LUNCH
 - DINNER
- Chia Seed Pudding
 - Mexican Pilaf + Fruit
 - Coconut Lentil Soup + Super Greens Salad + Cucumber Tahini Dressing + Creamy Green Smoothie

WED

- BREAKFAST
 - LUNCH
 - DINNER
- Banana Berry Oatmeal
 - Ratatouille
 - Thai Butternut Soup + Fruit+ Power Salad + Newport Nectar Berry Sorbet

THU

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of your Choice
 - Mexican Pilaf + Fruit
 - Coconut Lentil Soup + Super Greens Salad + Cucumber Tahini Dressing + Creamy Green Smoothie

FRI

- BREAKFAST
 - LUNCH
 - DINNER
- Banana Berry Oatmeal
 - Ratatouille
 - Thai Butternut Soup + Fruit+ Power Salad + Newport Nectar Berry Sorbet

SAT

- BREAKFAST
 - LUNCH
 - DINNER
- Chia Seed Pudding
 - Mexican Pilaf + Fruit
 - Coconut Lentil Soup + Super Greens Salad + Cucumber Tahini Dressing + Creamy Green Smoothie

SUN

- BREAKFAST
 - LUNCH
 - DINNER
- Banana Berry Oatmeal
 - Ratatouille
 - Thai Butternut Soup + Fruit+ Power Salad + Newport Nectar Berry Sorbet

JUMPSTART WEEK 6 - SHOPPING LIST

PRODUCE

<input type="checkbox"/>	Apples	4
<input type="checkbox"/>	Banana	15
<input type="checkbox"/>	Basil	2 teaspoons
<input type="checkbox"/>	Butternut squash	4 cup
<input type="checkbox"/>	Carrots	3
<input type="checkbox"/>	Cilantro	2.50 cup
<input type="checkbox"/>	Garlic	2 heads
<input type="checkbox"/>	Cranberries	1 cup
<input type="checkbox"/>	Cucumber	1 cup
<input type="checkbox"/>	Dates	14
<input type="checkbox"/>	Eggplant	2 cup
<input type="checkbox"/>	Fresh Fruit of Your Choice	8 cup
<input type="checkbox"/>	Fresh ginger root	5 tablespoons
<input type="checkbox"/>	Green onion	2.67 tablespoons
<input type="checkbox"/>	Kale	7 cup
<input type="checkbox"/>	Lemons	6
<input type="checkbox"/>	Limes	2
<input type="checkbox"/>	Loose leaf spinach	15 cup
<input type="checkbox"/>	Oregano	3.33 teaspoons
<input type="checkbox"/>	Portobello mushroom	2 cup
<input type="checkbox"/>	Red peppers	1
<input type="checkbox"/>	Shallots	4 tablespoons
<input type="checkbox"/>	Spinach	6 cup
<input type="checkbox"/>	Tomato	4
<input type="checkbox"/>	Yellow onions	3
<input type="checkbox"/>	Zucchini	4

RICE/PASTA

<input type="checkbox"/>	Red Lentils	1 cup
<input type="checkbox"/>	Wild rice	2.67 cup

NUTS/SEEDS

<input type="checkbox"/>	Chia Seeds	1 cup
<input type="checkbox"/>	Pecans	1 cup
<input type="checkbox"/>	Rolled oats	1 cup
<input type="checkbox"/>	Walnuts	1.25 cup

CANNED GOODS

<input type="checkbox"/>	Black beans	1.33 cup
<input type="checkbox"/>	Capers	2 tablespoons
<input type="checkbox"/>	Chopped tomato	2 cans
<input type="checkbox"/>	Cooked garbanzo beans	1 can
<input type="checkbox"/>	Diced tomatoes	2.67 cup
<input type="checkbox"/>	Marinara	2 cup
<input type="checkbox"/>	Peanut butter	4 tablespoons
<input type="checkbox"/>	Sun dried tomatoes	0.67 cup
<input type="checkbox"/>	Vegetable Broth	7 cup

OTHER

<input type="checkbox"/>	Stevia	6 drops
--------------------------	--------	---------

FREEZER

<input type="checkbox"/>	Frozen berries	9 cup
--------------------------	----------------	-------

DAIRY/JUICE

<input type="checkbox"/>	Lite coconut milk	2 can
<input type="checkbox"/>	Orange juice	0.87 cup
<input type="checkbox"/>	Unsweetened Almond Milk	7 cup

SPICES AND CONDIMENTS

<input type="checkbox"/>	Balsamic vinegar	0.50 cup
<input type="checkbox"/>	Cayenne powder	pinch
<input type="checkbox"/>	Chili powder	2.67 teaspoons
<input type="checkbox"/>	Cumin	1.67 teaspoons
<input type="checkbox"/>	Curry powder	3 teaspoons
<input type="checkbox"/>	Dijon Mustard	1.67 tablespoons
<input type="checkbox"/>	Ground coriander	1.50 teaspoons
<input type="checkbox"/>	Ground cumin	1.50 teaspoons
<input type="checkbox"/>	Ground turmeric	3 teaspoons
<input type="checkbox"/>	Tahini	4 tablespoons



Power Salad

Ingredients

3 cups loose leaf spinach
1 apple chopped
¼ cup pecans
¼ cup cranberries
1 tbsp. Chia Seeds

Instructions

1. Toss all ingredients together.
2. Serve with balsamic pecan dressing

Super Greens Salad

Ingredients

2 cups kale chopped
1 cup spinach
¼ cup walnuts

Instructions

1. Toss chopped kale, spinach, and walnuts in a large salad bowl.
2. Serve with Vegan Caesar Dressing (Recipe in Toppers)

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!

Cooked

Coconut Lentil Soup (4-5 Servings)

Ingredients

1.5 teaspoon Ground cumin
1.5 teaspoon Ground coriander
5 Cloves garlic chopped finely
2 cans chopped tomato or 3 large fresh tomatoes, chopped
4 cups Vegetable Broth
3 tablespoons fresh ginger peeled and chopped into small pieces
1 tablespoon ground turmeric
1 cup Red Lentils
pinch cayenne powder
1 can coconut milk Full fat for a creamier soup - lite coconut milk for a more compliant batch
1 cup kale coarsely chopped
3 carrots chopped
1 cup Cilantro chopped

Instructions

1. Sauté ginger, garlic, cumin and coriander seeds in 3-4 tablespoons vegetable broth stirring constantly until fragrant. Add more veggie broth if necessary to prevent spices from burning or sticking to the pan.
2. Add carrots, tomatoes and turmeric, stirring together until ingredients are well assimilated. Add lentils and 3 cups of vegetable broth to the pot and bring it to a boil. Then, reduce to a simmer, cover the pot, and let it simmer for 35-40 minutes, or until the lentils are soft. Stir periodically.
3. Once the lentils are soft kale, and cilantro and bring the pot back to a simmer. Add more water if soup has become too thick. *May be served as a lentil curry over rice, rather than soup.
4. Remove from heat and stir in coconut milk
5. Stir well and adjust seasonings as necessary
6. If you wish to add salt, I recommend adding it to the soup once it's in a bowl and ready to eat (rather than cooking with it).

This dish can be prepared as a soup (adding extra water at the end to thin) or a lentil curry sauce to be served over rice. Either way, it's delicious. I just love saving my grains for another time of day and this soup is so filling alone - You won't miss the rice!

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!

Thai Butternut Soup

Ingredients

- 1 yellow onions chopped
- 4 cups butternut squash chopped
- 1 can lite coconut milk
- 2 tablespoons fresh ginger root grated or sliced fine
- 1/4 cup cilantro fresh
- 1/4 cup peanut butter
- 2 limes juiced
- cayenne pepper dash
- 1 tablespoon curry powder
- 2 cups vegetable broth
- 1 can cooked garbanzo beans
- 2 tablespoons garlic i prefer using one large clove of elephant garlic (it's huge!)
- 2 dates

Instructions

1. In a large stock pot, water sauté yellow onion, butternut squash, ginger, cilantro, and chopped garlic, turning often.
2. Once onion is fragrant, stir in curry powder, stirring to ensure that all pieces are coated.
3. Cover ingredients with 2 cups vegetable broth
4. Simmer over medium heat until squash is tender and can be mashed with a fork.
5. Add remaining ingredients: coconut milk, lime juice, garbanzo beans, peanut butter, and red pepper to taste
6. In a microwave safe bowl, heat pitted dates in 1/4 cup water for one minute in the microwave
7. Add date/water mixture to the soup.
8. Remove pot from heat and use an immersion blender to blend soup to desired consistency. I like to save a 1/2 cup of garbanzo beans to add after blending. Just a personal preference. It's great when it's smooth and creamy!

Mexican Pilaf (4 servings)

Ingredients

3 cups wild rice (brown rice works too)
3 tablespoons green onion
1 ½ cups Diced tomato
½ cup Black beans
½ cup Cilantro
2 Tablespoons fresh oregano
1 tablespoon chili powder
½ teaspoon Cumin
2 tablespoon lemon juice
½ cup sun dried tomatoes

Instructions

1. Place cooked rice in a bowl and toss with chopped green onion, 1 cup diced tomato (leaving ½ cup for the sauce), cilantro, black beans, and oregano.
 2. In a high speed blender, blend sun-dried tomatoes, ½ diced tomatoes, garlic, chili powder, cumin and lemon juice.
 3. Toss together with rice and enjoy.
 4. Refrigerate or freeze leftovers for another meal.
-

Ratatouille

Ingredients

¼ cup Vegetable Broth
1/2 yellow onion chopped
1 tomato chopped
1 zucchini chopped
½ cup eggplant chopped
½ cup Portobello mushrooms chopped
½ teaspoon oregano
½ teaspoon basil
½ cup marinara

Instructions

1. Chop all vegetables and water sauté over medium/high heat in 2 tablespoons vegetable broth. Turn frequently until lightly browned on all sides.

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!

2. Once veggies are cooked, add chopped basil and oregano. Stir in marinara until vegetables are well coated.
3. Serve hot!

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolived**daily** so we can see!!

Toppers

Cucumber Tahini Dressing

Ingredients

2 Lemons Juiced (1/4 cup)
0.25 cup Tahini
1 cup cucumber chopped
1 Cloves garlic
1 tsp Cumin
1 red peppers ground (Optional)

Instructions

Combine all ingredients in a blender until smooth.
Use as a veggie dip or over salads.
Water to thin if needed

Newport Nectar

Ingredients

1/2 cup walnuts
4 tablespoons shallots
1 cup water
1/2 cup balsamic vinegar
2 teaspoon dijon mustard
2 dates

Instructions

Blend all ingredients in a high speed blender and serve over salad.

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!

Breakfast

Banana Berry Oatmeal

Ingredients

1/2 cup frozen berries
1 bananas
1/4 cup rolled oats
1 date
1/2 cup unsweetened almond milk

Instructions

In a high-speed blender, blend almond milk and date until date is well assimilated.
In a microwave-safe bowl, layer berries, banana, and top with rolled oats and almond milk.
Microwave for 90 seconds.
Serve hot.

Chia Seed Pudding (makes 4 servings)

Ingredients

3 cups almond milk
1 banana
3/4 cup chia seeds
4 dates

Instructions

1. Blend almond milk and dates in a high speed blender until you reach an even consistency
2. Stir chia seeds and milk mixture into a large mason jar or container with a lid
3. Shake milk/chia seed mixture vigorously for 1 minutes
4. Refrigerate mixture for one hour
5. Remove mixture from fridge and shake again for 1 minute (to prevent chia seeds from clumping)
6. Refrigerate overnight

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!

Fresh Fruit of your Choice

Choose your favorite in-season fruits. The goal is at least 4 per day.

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!

Desserts

Berry Sorbet

Ingredients

1 Bananas chopped frozen

1 cup frozen berries (Frozen Berries of your choice - I use mixed blackberries, blueberries and raspberries)

2-3 tbsp orange juice

Instructions

1. Throw frozen bananas, berries, and orange juice into a food processor or free standing blender and blend, stopping every 30 seconds to scrape sides and stir together. Continue blending until mixture is smooth.
 2. Once processed, if mixture is too runny, spoon it into a baking dish and return to freezer for 1 hour before serving.
-

Green Dream Smoothie

Ingredients

2-3 cups Loose Leaf Spinach

1 Bananas frozen (cut into slices)

1-2 cup water

1 tsp vanilla

Instructions

1. Place ingredients in high speed blender and blend on high until smooth.
-

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!

Meal Prep Week 6

Prep the following at the beginning of the week in the order shown below.

Recipe	Prep Time
Chia Seed Pudding: Recipe yields 4-5 servings	
Thai Butternut Soup	30 minutes
Coconut Lentil Soup	30 minutes
Cucumber Tahini Dressing	5 minutes
Newport Nectar Dressing	5 minutes
Freeze bananas for nice cream and Smoothie: 7-9	5 minutes
Mexican Pilaf	

Vegetable Prep:

Some people prefer to chop their veggies ahead of time and keep them stored in the fridge, ready for salads! If this is you, then work this into your meal prep at the beginning of the week! Mason jars make a great storage container!

Power Salad

Super Greens Salad

Ratatouille veggies for the week:

(I do not recommend making the ratatouille ahead of time because it takes much better when it's made over stovetop, fresh.) However, chopping your veggies ahead of time might be helpful. You'll make this dish 4 times this week. If you want to chop your veggies ahead of time and refrigerate, here's what you'll need:

- 2 yellow onion chopped
- 4 tomato chopped
- 4 zucchini chopped
- 2 cup eggplant chopped
- 2 cup Portobello mushrooms chopped

eattolivedaily.com

We want to see what you're eating! Use the hashtag #ETLdaily on Facebook or Instagram and make sure to tag @eattolivedaily so we can see!!!