

Swimsuit Challenge

week 4

BLACK BEAN
Adobo Soup

CREAMY VEGAN
Tomato Pasta

GRILLED VEGGIE
Salad





SWIMSUIT CHALLENGE - 4

MON

- BREAKFAST
 - LUNCH
 - DINNER
- Creamy Green Smoothie
 - Grilled Veggie Salad + Hummus + Balsamic Vinegar
 - Adobo Black Bean Soup + Fresh Fruit

TUE

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice
 - Uber Veggie Soup + Chopped Veggies + Hummus
 - Creamy Vegan Tomato Pasta + White Sauce + Fresh Fruit

WED

- BREAKFAST
 - LUNCH
 - DINNER
- Creamy Green Smoothie
 - Grilled Veggie Salad + Hummus + Balsamic Vinegar
 - Adobo Black Bean Soup + Fresh Fruit

THU

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice
 - Uber Veggie Soup + Chopped Veggies + Hummus
 - Creamy Vegan Tomato Pasta + White Sauce + Fresh Fruit

FRI

- BREAKFAST
 - LUNCH
 - DINNER
- Creamy Green Smoothie
 - Grilled Veggie Salad + Hummus + Balsamic Vinegar
 - Adobo Black Bean Soup + Fresh Fruit

SAT

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice
 - Uber Veggie Soup + Chopped Veggies + Hummus
 - Creamy Vegan Tomato Pasta + White Sauce + Fresh Fruit

SUN

- BREAKFAST
 - LUNCH
 - DINNER
- Creamy Green Smoothie
 - Grilled Veggie Salad + Hummus + Balsamic Vinegar
 - Adobo Black Bean Soup + Fresh Fruit

SWIMSUIT CHALLENGE WEEK 4

SHOPPING LIST

PRODUCE

- ☐ Avocado 1
- ☐ Banana 4
- ☐ Basil 1 teaspoon
- ☐ Bell peppers 2
- ☐ Carrots 12
- ☐ Celery stalks 14
- ☐ Cherry Tomatoes 2 cup
- ☐ Cilantro 0.50 cup
- ☐ Cloves garlic 11
- ☐ Cucumber 3
- ☐ Fresh basil 1.50 cup
- ☐ Fresh Fruit of Your Choice 10 cup
- ☐ Large roma tomatoes 6
- ☐ Lemons 2
- ☐ Lime 1
- ☐ Mushrooms 4 cup
- ☐ Portobello mushroom 1.50 cup
- ☐ Spinach 19 cup
- ☐ Tomato 1
- ☐ Yellow onion 3
- ☐ Yukon gold potatoes 2 cup
- ☐ Zucchini 5

RICE/PASTA

- ☐ Red Lentils 1 cup
- ☐ Lentil pasta 6 oz

NUTS/SEEDS

- ☐ Cashews 1 cup

CANNED GOODS

- ☐ Black beans 1 can
- ☐ Cooked garbanzo beans 2 cans (15 oz)
- ☐ Tomato paste 3 teaspoons
- ☐ Vegetable Broth 10.75 cup
- ☐ White beans 0.50 cup

OTHER

- ☐ Stevia 8 drops

FREEZER

- ☐ Frozen Corn 2 cup

DAIRY/JUICE

- ☐ Unsweetened Almond Milk 4 cup

SPICES AND CONDIMENTS

- ☐ Balsamic vinegar 4 cup
- ☐ Cayenne pepper 1 teaspoon
- ☐ Ground coriander 2 teaspoons
- ☐ Ground cumin 3 teaspoons
- ☐ Smoked Paprika 0.50 teaspoons
- ☐ Tahini 3 tablespoons
- ☐ Thyme 1 teaspoon
- ☐ Whole black peppercorns 1 teaspoon

Raw

Grilled Veggie Salad

Ingredients

1 zucchini
1 cup mushrooms
½ cup Cherry Tomatoes
2 cups spinach
balsamic vinegar
3 tablespoons hummus
3 tablespoons Vegetable Broth

Instruction

1. in a heated pan, water sauté chopped zucchini, mushrooms, and cherry tomatoes over medium heat in vegetable broth until zucchini is lightly browned on both sides (I prefer my vegetables to be cut into large pieces for this dish with zucchinis cut into roughly 1/2 inch slices)
2. Serve grilled veggies over a bed of greens and top with hummus and balsamic vinegar.

Chopped Veggies

Ingredients

4 stalks celery
1 cucumber, sliced
2 whole carrots

Cooked

Adobo Black Bean Soup (8 servings)

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
½ cups Cilantro chopped
1 Avocado chopped
1 Lime(Juice)
chipotle chilis in abodo sauce

Instructions

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

Uber Veggie Soup

Ingredients

1 cup dried lentils
4 cups Vegetable Broth
1 zucchini chopped
1 cup carrots chopped
½ cup yellow onion chopped
1 tsp thyme
1 tsp basil

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2 tbsp. tomato paste
2 cloves garlic chopped
1 tsp whole black peppercorns
½ cup white beans
1 tomato chopped

Instructions

1. Water-sauté vegetables and herbs for 2-3 mins.
2. Add lentils, beans, and vegetable broth
3. Simmer for 25 minutes or until lentils are tender
4. Stir in tomato paste
5. Simmer for 5 more minutes and serve

Creamy Vegan Tomato Pasta (1 servings)

Ingredients

2 oz. lentil pasta
2 Large roma tomatoes (1-2 may be used)
1 cup spinach
½ cup portobello mushroom
½ cup Creamy Vegan White Sauce (do not buy - see recipe link)
½ cup fresh basil chopped

Instructions

1. Easiest recipe in the world. Boil pasta.
2. in a heated pan, water sauté roma tomatoes and portobello mushrooms on low until pasta is done cooking.
3. Drain pasta and stir all ingredients together until spinach is slightly wilted.

Toppers

Creamy Vegan White Sauce

Ingredients

1 onion
5 Cloves garlic
2 cups Yukon gold potatoes chopped
1 cup Cashews
¼ cup Nutritional yeast
2 tablespoons lemon(juice)

Instructions

1. Heat oven on a low broil.
 2. Chop onion and potatoes and place on a baking pan with garlic cloves.
 3. Place at least 10 inches from broiler and cook until onion and potatoes are slightly browned. (watch carefully so they don't burn)
 4. Place all ingredients in a high speed blender along with 1 - 1/2 cup water and blend on high until smooth. Add more water if necessary.
 5. Store in an airtight container in the refrigerator. May be reheated in the microwave or over stovetop
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Hummus (3-4 servings)

Ingredients

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

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

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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

Breakfast

Creamy Green Smoothie

Ingredients

1 Banana frozen
1 cup Unsweetened Almond Milk
2 cups spinach
2 drops stevia(optional)
½ cup ice

Instructions

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

Fruit of your Choice

Prepare your favorite seasonal fruits and serve (optional) with a few nuts or chopped with ground flax seeds sprinkled on top.

Meal Prep – Week 4

Swimsuit Challenge

Prep the following at the beginning of the week in the order shown below. See Individual recipes for instructions where recipe is included below:

Recipe/Food	Prep Time
Uber Veggie Soup	30 minutes
Adobo Black Bean Soup	30minutes
Hummus	15 minutes
Creamy Vegan White Sauce	30 minutes