

Swimsuit Challenge

week 2

TOFU SAAG
Paneer

TIFFANY'S
Sweet Potato

BROWN RICE
Stir Fry



Featured Blogger:
SALAD THERAPY



SWIMSUIT CHALLENGE - 2

MON

- BREAKFAST
 - LUNCH
 - DINNER
- Creamy Green Smoothie
 - Power Salad + Pecan Balsamic + Best Ever Split Pea
 - Tofu Saag Paneer (From **Salad Therapy**) + Fresh Fruit

TUE

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice
 - Ratatouille + Fresh Chopped Veggies
 - Tiffany's Sweet & Spicy Potato + Hummus + Fresh Fruit

WED

- BREAKFAST
 - LUNCH
 - DINNER
- Creamy Green Smoothie
 - Power Salad + Pecan Balsamic + Best Ever Split Pea
 - Tofu Saag Paneer (From Salad Therapy) + Fresh Fruit

THU

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice
 - Ratatouille + Fresh Chopped Veggies
 - Brown Rice Stir Fry + Fresh Fruit

FRI

- BREAKFAST
 - LUNCH
 - DINNER
- Creamy Green Smoothie
 - Power Salad + Pecan Balsamic + Best Ever Split Pea
 - Tofu Saag Paneer (From Salad Therapy) + Fresh Fruit

SAT

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice
 - Ratatouille + Fresh Chopped Veggies
 - Tiffany's Sweet & Spicy Potato + Hummus + Fresh Fruit

SUN

- BREAKFAST
 - LUNCH
 - DINNER
- Creamy Green Smoothie
 - Power Salad + Pecan Balsamic + Best Ever Split Pea
 - Brown Rice Stir Fry + Fresh Fruit

SWIMSUIT CHALLENGE WEEK 2

SHOPPING LIST

PRODUCE

<input type="checkbox"/>	Apples	4
<input type="checkbox"/>	Banana	4
<input type="checkbox"/>	Basil	1.50 teaspoons
<input type="checkbox"/>	Broccoli	2 cup
<input type="checkbox"/>	Carrots	10
<input type="checkbox"/>	Celery stalks	16
<input type="checkbox"/>	Cherry Tomatoes	1 cup
<input type="checkbox"/>	Cilantro	0.50 cup
<input type="checkbox"/>	Cloves garlic	10
<input type="checkbox"/>	Cranberries	1 cup
<input type="checkbox"/>	Cucumber	3
<input type="checkbox"/>	Dates	3
<input type="checkbox"/>	Eggplant	1.50 cup
<input type="checkbox"/>	Fresh Fruit of Your Choice	10 cup
<input type="checkbox"/>	Fresh ginger root	4 tablespoons
<input type="checkbox"/>	Green onion	2
<input type="checkbox"/>	Lemons	2
<input type="checkbox"/>	Loose leaf spinach	12 cup
<input type="checkbox"/>	Miso	.50 cup
<input type="checkbox"/>	Oregano	1.50 teaspoons
<input type="checkbox"/>	Portobello mushroom	1.50 cup
<input type="checkbox"/>	Red bell pepper	1 cup
<input type="checkbox"/>	Red pepper	0.25 teaspoons
<input type="checkbox"/>	Spinach	8 cup
<input type="checkbox"/>	Sweet potatoes	2
<input type="checkbox"/>	Tomato	3
<input type="checkbox"/>	Yellow onions	4
<input type="checkbox"/>	Zucchini	3

RICE/PASTA

<input type="checkbox"/>	Brown Rice	5 cups
<input type="checkbox"/>	Red Lentils	1 cup

NUTS/SEEDS

<input type="checkbox"/>	Chia Seeds	4 tablespoons
<input type="checkbox"/>	Pecans	1.25 cup
<input type="checkbox"/>	Split peas	1 cup

CANNED GOODS

<input type="checkbox"/>	Black beans	1 cup
<input type="checkbox"/>	Coconut Milk	1 can
<input type="checkbox"/>	Cooked garbanzo beans	2 cans (15 oz)
<input type="checkbox"/>	Marinara	1.50 cup
<input type="checkbox"/>	Tomato paste	2 tablespoons
<input type="checkbox"/>	Vegetable Broth	7 cup

OTHER

<input type="checkbox"/>	Nutritional Yeast	1/2 cup
<input type="checkbox"/>	Stevia	8 drops

FREEZER

<input type="checkbox"/>	Frozen Dorot brand ginger cubes	2
<input type="checkbox"/>	Frozen Dorot brand garlic cubes	3
<input type="checkbox"/>	Frozen spinach	16 oz
<input type="checkbox"/>	Frozen Pineapple	1 cup

DAIRY/JUICE

<input type="checkbox"/>	Tofu	1
<input type="checkbox"/>	Unsweetened Almond Milk	4 cup

SPICES AND CONDIMENTS

<input type="checkbox"/>	Balsamic vinegar	4 tablespoons
<input type="checkbox"/>	Black pepper	1 teaspoon
<input type="checkbox"/>	Black pepper	2 dash
<input type="checkbox"/>	Cumin	2 dash
<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	2 tablespoons
<input type="checkbox"/>	Smoked Paprika	0.50 teaspoons
<input type="checkbox"/>	Tahini	3 tablespoons

Raw

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
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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.

Chopped Veggies

Ingredients

4 stalks celery
1 cucumber, sliced
2 whole carrots
3- 4 tablespoons Hummus (optional)

Instructions

1. Serve chopped vegetables with 3-4 tablespoons hummus

Cooked

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

Instruction

1. Chop all vegetables and water sauté over medium/high heat in 2 tablespoons vegetable broth. Turn frequently until lightly browned on all sides.
2. Once veggies are cooked, add chopped basil and oregano. Stir in marinara until vegetables are well coated.
3. Serve hot!

Tiffany's Sweet and Spicy Potato (1 serving)

Ingredients

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 :)
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Best Ever Split Pea Soup

Ingredients

2 celery stalks chopped
1 yellow onion chopped
2 cup carrots chopped finely
2 tablespoons fresh herbs Rosemary, thyme, oregano
2 Cloves garlic chopped finely
1 cup Red Lentils or any other color will work
1 cup split peas
6 cup Vegetable Broth
5 tablespoons water (for sautéing)
1 teaspoon black pepper
¼ teaspoon red pepper

Instructions

1. Water Saute chopped onion, celery, carrots, herbs, and garlic until onions have started to brown slightly
 2. add split peas and vegetable broth and reduce to a simmer. Cook for 40 minutes.
 3. Add lentils and cook for a remaining 25-30 minutes. Add extra water or vegetable broth if it becomes too thick
 4. Once lentils and split peas are soft, season with black and red pepper. Salt may be added once it's on your plate.
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VEGAN TOFU SAAG PANEER

Ingredients

- 1 lb. frozen spinach
- 1 yellow onions diced small
- 2 frozen Dorot brand ginger cubes more if you like a stronger flavor
- 3 frozen Dorot brand garlic cubes more if you like a stronger flavor
- 2 tablespoons tomato paste
- 3 tablespoons miso
- 1 cup Cherry Tomatoes optional
- 1 tofu cubed
- ½ can coconut milk or equivalent other nondairy milk

Instructions

1. Heat large skillet on medium high.
2. Sautée onions until translucent. (You do not need to add oil. Just keep stirring so it won't burn.)
3. Add garlic and ginger and sautéed until fragrant.
4. Add frozen spinach and cook, stirring, for 3 or 4 minutes.
5. Mix tomato paste and miso into about 2 cups of water, then add to spinach mixture.
6. Add tofu and roasted tomatoes and incorporate well. If there's not enough liquid to allow the mixture to simmer for 10 minutes or so, add a half cup of water at a time as needed. (Note: If you're batch cooking this recipe and reheating later, don't add tofu until you're ready to re-heat (optional))
7. Reduce heat to low and allow the mixture to cook and the liquid to reduce, stirring regularly (be gentle so tofu doesn't crumble).
8. After cooking down until still very wet but not sitting in a pool of liquid, add the coconut milk and stir gently until well incorporated. If mixture is too thick for your preference, add a half cup of water at a time and allow to heat before serving.
9. *Preheat oven to 400f. Arrange 2-3 cups cherry/grape tomatoes on a parchment-paper-lined baking sheet and bake for 30-45 minutes or until beginning to blacken.
10. May be served over brown rice

Brown Rice Stir Fry

Ingredients

2 tablespoons ginger, grated
1 large cloves garlic, chopped/minced
1 cup cooked brown rice
1 stalks celery, chopped
½ cups frozen pineapple
1 cups kale, chopped (leaving out ribs if you so desire)
½ yellow onion, chopped
½ cups mushrooms, chopped
1 whole carrot, chopped
2 tablespoons vegetable broth
1 Tablespoons Liquid Aminos

Instruction

1. In a heated pan, water sauté chopped garlic, carrots, celery, and onion. After 2-3 minutes, add pineapple.
2. Add 1-2 tablespoons more water as necessary (you don't want your ingredients to stick to the pan).
3. After 1-2 minutes, add additional vegetables (kale and mushrooms).
4. Stir ingredients together and continue cooking until veggies have become tender (not soggy).
5. Stir in cooked rice and liquid Aminos.

Serve and refrigerate or freeze leftovers.

Toppers

Pecan Balsamic Vinaigrette (Inspired by Dr. Fuhrman's Balsamic Vinaigrette)

Ingredients

½ cup water
¼ cup balsamic vinegar
¼ cup pecans
3 Large Medjool Dates
1 Clove garlic
1 tsp Dijon Mustard
¼ tsp Dried thyme

Instructions

1. Combine all ingredients in a blender until smooth.

Hummus (3-4 servings)

Ingredients

2 cans Cooked garbanzo beans
2-4 Cloves garlic, peeled
2 Lemons juiced (½ 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

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

Breakfast

Creamy Green Smoothie

Ingredients

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

Instruction

Blend all ingredients in a high speed blender until smooth

Veggie Tofu Scramble

Ingredients:

Spice Mix:

1 teaspoon Nutritional Yeast
1 teaspoon chili powder
1 teaspoon cumin
¼ teaspoon garlic powder

Veggie /Tofu Mix:

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

Instruction

1. Add all of the spice mix ingredients into a bowl and stir to combine.
2. In a heated pan, water sauté the mushrooms, peppers, onion, and garlic and sauté 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. Add the spice mix and stir everything up, heating for another 5 minutes.

Meal Prep – Week 2

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
Best Ever Split Pea Soup	15 minutes
Hummus	15 minutes
Pecan Balsamic Dressing	30 minutes
Tofu Saag Paneer: separate into thirds to be baked and served 3 times this week	10 minutes
Cook : 5 cups brown rice for stir fry and Tofu Saag Paneer	30 minutes
Chop and freeze 4 bananas for creamy green smoothie	10 minutes