

Swimsuit Challenge

week 3

SESAME CHOCOLATE
Smoothie

BEST EVER
Split Pea Soup

BLACK BEAN
Fajitas





SWIMSUIT CHALLENGE - 3

MON

- BREAKFAST
 - LUNCH
 - DINNER
- Creamy Green Smoothie
 - Full Color Salad + Balsamic + Hummus + Best Ever Split Pea
 - Ratatouille + Fresh Fruit

TUE

- BREAKFAST
 - LUNCH
 - DINNER
- Sesame Chocolate Smoothie
 - Black Bean Fajitas + Full Color Salad + Cucumber Tahini
 - Thai Buddha Bowl + Peanut Sauce + Fresh Fruit

WED

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice
 - Full Color Salad + Balsamic + Hummus + Best Ever Split Pea
 - Ratatouille + Fresh Fruit

THU

- BREAKFAST
 - LUNCH
 - DINNER
- Sesame Chocolate Smoothie
 - Black Bean Fajitas + Full Color Salad + Cucumber Tahini
 - Thai Buddha Bowl + Peanut Sauce + Fresh Fruit

FRI

- BREAKFAST
 - LUNCH
 - DINNER
- Creamy Green Smoothie
 - Full Color Salad + Balsamic + Hummus + Best Ever Split Pea
 - Ratatouille + Fresh Fruit

SAT

- BREAKFAST
 - LUNCH
 - DINNER
- Sesame Chocolate Smoothie
 - Black Bean Fajitas + Full Color Salad + Cucumber Tahini
 - Thai Buddha Bowl + Peanut Sauce + Fresh Fruit

SUN

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice
 - Full Color Salad + Balsamic + Hummus + Best Ever Split Pea
 - Ratatouille + Fresh Fruit

SWIMSUIT CHALLENGE WEEK 3

SHOPPING LIST

PRODUCE

<input type="checkbox"/>	Avocado	3
<input type="checkbox"/>	Bananas	8
<input type="checkbox"/>	Basil	1.50 teaspoons
<input type="checkbox"/>	Broccoli	20 spears
<input type="checkbox"/>	Carrots	2 cup
<input type="checkbox"/>	Celery stalks	9
<input type="checkbox"/>	Cilantro	0.75 cup
<input type="checkbox"/>	Cloves garlic	12
<input type="checkbox"/>	Cucumber	9
<input type="checkbox"/>	Dates	2
<input type="checkbox"/>	Eggplant	1.50 cup
<input type="checkbox"/>	Fresh Fruit of Your Choice	9 cup
<input type="checkbox"/>	Lemons	11
<input type="checkbox"/>	Limes	1
<input type="checkbox"/>	Loose leaf spinach	14 cup
<input type="checkbox"/>	Oregano	1.50 teaspoons
<input type="checkbox"/>	Portobello mushroom	1.50 cup
<input type="checkbox"/>	Red peppers	3
<input type="checkbox"/>	Shredded Carrots	9 cup
<input type="checkbox"/>	Shredded Purple cabbage	3.75 cup
<input type="checkbox"/>	Spinach	7 cup
<input type="checkbox"/>	Tomato	3
<input type="checkbox"/>	Yellow onion	2.5
<input type="checkbox"/>	Zucchini	3

RICE/PASTA

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

NUTS/SEEDS

<input type="checkbox"/>	Split peas	1 cup
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BAKING

<input type="checkbox"/>	Ground flaxseed	3 tablespoons
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BREAD

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

<input type="checkbox"/>	Black beans	3 cup
<input type="checkbox"/>	Cooked garbanzo beans	7.50 cans (15 oz)
<input type="checkbox"/>	Marinara	1.50 cup
<input type="checkbox"/>	Peanut butter	4 tablespoons
<input type="checkbox"/>	Vegetable Broth	8 cups

OTHER

<input type="checkbox"/>	Nutritional Yeast	1 teaspoon
<input type="checkbox"/>	Stevia	4 drops

FREEZER

<input type="checkbox"/>	Frozen Fajita Veggies	4.50 cup
<input type="checkbox"/>	Frozen Mushrooms	1.50 cup

DAIRY/JUICE

<input type="checkbox"/>	Unsweetened Almond Milk	6.50 cup
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SPICES AND CONDIMENTS

<input type="checkbox"/>	Balsamic vinegar	4
<input type="checkbox"/>	Black pepper	1 teaspoon
<input type="checkbox"/>	Cayenne powder	dash
<input type="checkbox"/>	Chili powder	0.75 teaspoons
<input type="checkbox"/>	Cocoa powder	0.37 cup
<input type="checkbox"/>	Cumin	3.75 teaspoons
<input type="checkbox"/>	Garlic Powder	0.75 teaspoons
<input type="checkbox"/>	Ground cumin	1 teaspoon
<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	1.12 cup
<input type="checkbox"/>	Tamari sauce	2 tablespoons
<input type="checkbox"/>	Vinegar	2 tablespoons

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SESAME CHOCOLATE
Smoothie

BEST EVER
Split Pea Soup

BLACK BEAN
Fajitas

Raw

Full Color Salad

Ingredients

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

Instructions

1. Chop vegetables and toss with your favorite Nutritarian dressing. Top with garbanzo beans.
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Thai Buddha Bowl

Ingredients

1/2 cups brown rice
4-5 spears steamed broccoli
1 raw cucumber, chopped
½ cup garbanzo beans
½ cup purple cabbage
½ cup shredded carrots
Top with 1 tablespoon Peanut Sauce

Instructions

1. Place 1 cup of cooked brown rice in a bowl and garnish with toppings. Drizzle with creamy Thai sauce and enjoy.

Cooked

Black Bean Fajitas (1 Servings)

Ingredients

3 oz. Vegetable Broth
1.5 cup Frozen Fajita Veggies (fresh works great too): peppers, onions, whatever you like)
½ 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
¼ cup Cilantro

Instructions

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

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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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.
2. Once veggies are cooked, add chopped basil and oregano. Stir in marinara until vegetables are well coated.
3. Serve hot!
4. *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.
5. May be served over brown rice

Toppers

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

Instructions

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

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

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

Cucumber Tahini Dressing

Ingredients

½ cup lemon juice
½ cup tahini
1 cup chopped cucumber
2 cloves garlic
1 ½ teaspoons cumin

Instructions

1. Blend all ingredients and store in the refrigerator

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.

Sesame Chocolate Smoothie

Ingredients

2 Bananas Frozen
1 cup spinach
1.5 cup Unsweetened Almond Milk
1 tablespoon ground flaxseed
1 tablespoon Tahini
2 tablespoons cocoa powder (Cacao works too)

Instructions

1. Blend all ingredients in a high speed blender until smooth. Add more almond milk or water as needed for desired consistency.
2. Recipe Notes
3. This chocolate green smoothie recipe is unlike any other I've tried. It has a tablespoon of tahini (ground sesame seeds) and it gives it such a rich flavor, combined with the chocolate and the sweetness of the frozen bananas. Double delicious.

Meal Prep – Week 3

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
Cucumber Tahini Dressing	15 minutes
Hummus	15 minutes
Peanut Sauce	30 minutes
Best Ever Split Pea Soup	30 minutes
Rice for Buddha Bowl: 4 cups	30 minutes
Cut and freeze bananas (around 4)	10 minutes