

# Summer Detox

week 1

CHIPOTLE WHITE BEAN  
Soup

CREAMY GREEN  
Smoothie

BLACK BEAN  
Fajitas



# SUMMER DETOX - WEEK 1

MON

- BREAKFAST
  - LUNCH
  - DINNER
- Creamy Green Smoothie
  - Full Color Salad + Hummus + Fresh Fruit of Your Choice
  - Chipotle White Bean Soup + Hummus + Nice Cream

TUE

- BREAKFAST
  - LUNCH
  - DINNER
- Banana Berry Oatmeal
  - Full Color Salad + Hummus + Fresh Fruit of Your Choice
  - Black Bean Fajitas + Steamed Veggies

WED

- BREAKFAST
  - LUNCH
  - DINNER
- Creamy Green Smoothie
  - Full Color Salad + Hummus + Fresh Fruit of Your Choice
  - Chipotle White Bean Soup + Hummus + Nice Cream

THU

- BREAKFAST
  - LUNCH
  - DINNER
- Banana Berry Oatmeal
  - Full Color Salad + Hummus + Fresh Fruit of Your Choice
  - Black Bean Fajitas + Steamed Veggies

FRI

- BREAKFAST
  - LUNCH
  - DINNER
- Creamy Green Smoothie
  - Full Color Salad + Hummus + Fresh Fruit of Your Choice
  - Chipotle White Bean Soup + Hummus + Nice Cream

SAT

- BREAKFAST
  - LUNCH
  - DINNER
- Banana Berry Oatmeal
  - Full Color Salad + Hummus + Fresh Fruit of Your Choice
  - Black Bean Fajitas + Steamed Veggies

SUN

- BREAKFAST
  - LUNCH
  - DINNER
- Creamy Green Smoothie
  - Full Color Salad + Hummus + Fresh Fruit of Your Choice
  - Chipotle White Bean Soup + Hummus + Nice Cream

# SUMMER DETOX WEEK 1

## SHOPPING LIST

### PRODUCE

- Avocado 3
- Bananas 11
- Broccoli 3 cup
- Cabbage 3 cup
- Carrots 3 cup
- Celery stalks 7
- Cilantro 0.75 cup
- Cloves garlic 4
- Cucumber 7 cup
- Dates 7
- Eggplant 1 cup
- Fresh Fruit of Your Choice 7 cup
- Kale 1 cup
- Lemons 7
- Loose leaf spinach 22 cup
- Portobello mushroom 1
- Shredded Carrots 7 cup
- Shredded Purple cabbage 1.75 cup
- Snap peas 3 cup
- Yellow onion 1

### NUTS/SEEDS

- Rolled oats 0.75 cup

### BREAD

- Whole grain tortilla 3

### CANNED GOODS

- Apple Sauce .50 cup
- Black beans 3 cup
- Canned chipotle Peppers (Not 2 cans) 2
- Cooked garbanzo beans 7.50 cans (15 oz)
- Navy beans 1 can
- Vegetable Broth 3.5 cup

### OTHER

- Nutritional Yeast 1 teaspoon

### FREEZER

- Frozen berries 1.50 cup
- Frozen corn 1 cup
- Frozen Fajita Veggies 4.50 cup
- Frozen Mushrooms 1.50 cup

### DAIRY/JUICE

- Unsweetened Almond Milk 2 cup

### SPICES AND CONDIMENTS

- Apple Cider Vinegar 4 tablespoons
- Balsamic vinegar 2 tablespoons
- Cayenne powder dash
- Chili powder 0.75 teaspoons
- Cinnamon 0.25 teaspoons
- Cumin 1.25 teaspoons
- Dijon Mustard 2 teaspoons
- Garlic Powder 2.75 teaspoons
- Ground cumin 2 teaspoons
- Onion powder 0.75 teaspoons
- Salsa 0.56 cup
- Smoked Paprika 1 teaspoon
- Tahini 0.37 cup
- Vanilla 1.67 tablespoons

# 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

### Instruction

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

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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.

# Cooked

## Steamed Veggies

### Ingredients

1cup Broccoli  
1 cup carrots  
1 cup cabbage  
1cup snap peas

### Instructions

1. Easy Peasy. Steam all of your veggies until they're slightly tender. (I really mean "slightly," you don't want to over-cook these babies)
2. This may not seem like dinner, but guess what. It's delicious!!!

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## 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

### 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

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1/4 teaspoon Cumin

### **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.
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## **Chipotle White Bean Soup (6 servings)**

### **Ingredients**

- 1 yellow onion chopped
- 1 Portobello mushroom chopped small
- 1 cup eggplant chopped small
- 1 cup kale chopped small (more may be used)
- 1 cup frozen corn
- 2 canned chipotle Peppers (Not 2 cans) open can and take out just 2 of the peppers, NOT two cans of peppers)
- 1 can navy beans do not drain
- 2 cups Vegetable Broth (more or less depending on your desired consistency)
- 2 teaspoons Garlic Powder
- 1 cup cilantro - optional for garnish
- 1 cup pico de gallo - optional for garnish
- 1 cup hummus (do not purchase - see recipe)

### **Instructions**

2. In a large stock pot, water sauté chopped onion, eggplant, 2 chipotle peppers, mushroom and kale until veggies are tender but no overcooked.
3. Pour in vegetable broth, frozen corn, and white beans and simmer for 20 minutes
4. Serve hot. Garnish with cilantro, pico de gallo, and a dollop of hummus

# Toppers

## 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.
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## Sweet and Smokey Dressing (8-10 servings)

### 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

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

# Breakfast

## Creamy Green Smoothie

### Ingredients

2-3 cups loose leaf spinach  
1 cup frozen banana slices  
1 - 1 ½ cup almond milk (water may be used instead)  
A splash of vanilla

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

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## 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

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



# Desserts

## Nice Cream

### Ingredients

1 frozen bananas

2 teaspoons almond milk

¼ teaspoons vanilla extract

### Instruction

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

# Meal Prep - Week 1

## Summer Detox

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

Recipe/Food	Prep Time
Chipotle White Bean Soup	30 minutes
Hummus (this week you'll use hummus as a soup topper and for your salad so make two batches and store in the fridge in an air-tight container)	15 minutes
Sweet & Smokey Dressing	10 minutes
Mexican Spice Mix	5 minutes
Cut and freeze bananas for Nice Cream ((about 4 bananas)	5 minutes

Optional: triple your black bean fajita filling recipe and store it in the fridge to reheat at meal time:

9 oz Vegetable Broth  
4.5 cup Frozen Fajita Veggies (fresh works great too): peppers, onions, whatever you like)  
1.5 cup frozen Mushrooms (seriously if you freeze them they last longer. I just learned this)  
3 cup Black beans  
Spice Mix

We would love to see your pictures during this challenge!! Use the hashtag #ETL**detox** on Instagram and tag @eattolived**daily** so we can see!!

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