

# Swimsuit Challenge

## week 5

LENTIL CRUST

**Pizza**

TUSCAN WHITE BEAN

**Soup**

STEAMED VEGGIES &

**Peanut Sauce**





# SWIMSUIT CHALLENGE -5

MON

- BREAKFAST
  - LUNCH
  - DINNER
- Creamy Green Smoothie
  - Tiffany's Sweet & Spicy Potato + Thai Salad + Peanut Sauce
  - Tuscan White Bean Soup + Fresh fruit of your choice

TUE

- BREAKFAST
  - LUNCH
  - DINNER
- Banana Berry Oatmeal
  - Full Color Salad + Hummus + Fresh fruit of your choice
  - Lentil Pizza + Steamed Veggies & Peanut Sauce

WED

- BREAKFAST
  - LUNCH
  - DINNER
- Creamy Green Smoothie
  - Tiffany's Sweet & Spicy Potato + Thai Salad + Peanut Sauce
  - Tuscan White Bean Soup + Fresh fruit of your choice

THU

- BREAKFAST
  - LUNCH
  - DINNER
- Banana Berry Oatmeal
  - Full Color Salad + Hummus + Fresh fruit of your choice
  - Lentil Pizza + Steamed Veggies & Peanut Sauce

FRI

- BREAKFAST
  - LUNCH
  - DINNER
- Creamy Green Smoothie
  - Tiffany's Sweet & Spicy Potato + Thai Salad + Peanut Sauce
  - Tuscan White Bean Soup + Fresh fruit of your choice

SAT

- BREAKFAST
  - LUNCH
  - DINNER
- Banana Berry Oatmeal
  - Full Color Salad + Hummus + Fresh fruit of your choice
  - Lentil Pizza + Steamed Veggies & Peanut Sauce

SUN

- BREAKFAST
  - LUNCH
  - DINNER
- Creamy Green Smoothie
  - Tiffany's Sweet & Spicy Potato + Thai Salad + Peanut Sauce
  - Tuscan White Bean Soup + Fresh fruit of your choice

# SWIMSUIT CHALLENGE WEEK 5

## SHOPPING LIST

### PRODUCE

<input type="checkbox"/>	Avocado	0.75 cup
<input type="checkbox"/>	Banana	7
<input type="checkbox"/>	Broccoli	3 cup
<input type="checkbox"/>	Cabbage	3 cup
<input type="checkbox"/>	Carrots	4
<input type="checkbox"/>	Celery stalks	5
<input type="checkbox"/>	Cilantro	3 cup
<input type="checkbox"/>	Cloves garlic	9
<input type="checkbox"/>	Cucumber	3 cup
<input type="checkbox"/>	Date	5
<input type="checkbox"/>	Fresh basil	3 tablespoons
<input type="checkbox"/>	Fresh Cilantro	4 tablespoons
<input type="checkbox"/>	Fresh Fruit of Your Choice	7 cup
<input type="checkbox"/>	Fresh Oregano	3 teaspoons
<input type="checkbox"/>	Fresh thyme	0.50 teaspoons
<input type="checkbox"/>	Green onion	6
<input type="checkbox"/>	Green bell pepper	14 cup
<input type="checkbox"/>	Kale	2 cups
<input type="checkbox"/>	Lemons	2
<input type="checkbox"/>	Limes	1
<input type="checkbox"/>	Loose leaf spinach	14 cup
<input type="checkbox"/>	Mushrooms	0.37 cup
<input type="checkbox"/>	Pineapple	0.37 cup
<input type="checkbox"/>	Red bell pepper	2
<input type="checkbox"/>	Shredded Carrots	5 cup
<input type="checkbox"/>	Shredded Purple cabbage	2.75 cup
<input type="checkbox"/>	Snap peas	3 cup
<input type="checkbox"/>	Spinach	8 cup
<input type="checkbox"/>	Sweet potatoes	4
<input type="checkbox"/>	Yellow onion	1

### RICE/PASTA

<input type="checkbox"/>	Red Lentils	1 cup
<input type="checkbox"/>	Lentil pasta	6 oz

### NUTS/SEEDS

<input type="checkbox"/>	Peanuts	4 tablespoons
<input type="checkbox"/>	Rolled oats	0.75 cup

### CANNED GOODS

<input type="checkbox"/>	Black beans	2 cup
<input type="checkbox"/>	Chopped tomato	1 cup
<input type="checkbox"/>	Cooked garbanzo beans	5.50 cans (15 oz)
<input type="checkbox"/>	Marinara sauce	0.37 cup
<input type="checkbox"/>	Peanut butter	4 tablespoons
<input type="checkbox"/>	Vegetable Broth	6 cup

### OTHER

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

### FREEZER

<input type="checkbox"/>	Frozen berries	1.50 cup
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### DAIRY/JUICE

<input type="checkbox"/>	Unsweetened Almond Milk	5.50 cup
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### SPICES AND CONDIMENTS

<input type="checkbox"/>	Baking powder	1 teaspoon
<input type="checkbox"/>	Black pepper	4 dash
<input type="checkbox"/>	Black pepper	
<input type="checkbox"/>	Cumin	4 dash
<input type="checkbox"/>	Ground cumin	1 teaspoon
<input type="checkbox"/>	Smoked Paprika	0.50 teaspoons
<input type="checkbox"/>	Tahini	3 tablespoons
<input type="checkbox"/>	Tamari sauce	2 tablespoons
<input type="checkbox"/>	Vinegar	2 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.

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## Thai Salad

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  
chop and toss all vegetables together and serve with Peanut Dressing

# Cooked

## Lentil Pizza (Servings 2)

### Ingredients

#### Pizza Crust

¾ cups Red Lentils soaked at least 1 hour  
½ cup water  
1 cloves Garlic  
½ teaspoon baking powder

#### Pizza Toppings

3 tablespoons marinara sauce  
3 tablespoons Pineapple sliced  
3 tablespoons red peppers  
3 tablespoons mushrooms  
2 tablespoons Fresh Cilantro

### Instruction

1. Rinse and drain soaked lentils.
2. Preheat oven to 425 degrees.
3. Blend ingredients in high-speed blender until smooth
4. Spray pan lightly with olive oil spray (or apply with paper towel)
5. Divide batter and pour 1 cup into frying pan for first pizza (either set aside to repeat for another pizza or store in the refrigerator for future use!)
6. Spread using a spoon until it is about 1/2 inch thick
7. Heat on medium/high for 5 minutes
8. Turn with a spatula and heat for another 5 minutes or until lightly browned
9. Top with sauce, and veggies of your choice
10. Bake in oven for 5-10 minutes
11. Top with fresh cilantro or garnish of your choice and enjoy!

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## Tiffany's Sweet and Spicy Potato

### Ingredients

1 Sweet Potato  
½ cup Black beans\_seasoned

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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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## Steamed veggies and Peanut Sauce (1 servings)

### 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. Dip in Peanut Sauce (see recipe description for a link)
3. This may not seem like dinner, but guess what. It's delicious!!!

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## Tuscan White Bean Soup

### Ingredients

1 onion

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2 medium carrots  
2 stalks Celery  
1 red bell pepper  
1 green bell pepper  
3 Cloves garlic  
2 large handfuls kale  
1 cup chopped tomato  
3 cups cannellini beans  
6 cups Vegetable Broth  
1 tablespoon Fresh Oregano  
½ tsp fresh thyme  
3 tablespoons fresh basil  
1 tsp. black pepper

### **Instructions**

1. Water Saute diced onion, carrot herbs, and celery.
2. Cook over a medium heat for a few minutes, stirring, then add chopped peppers, garlic, and chopped kale.
3. Add chopped tomatoes to the pot, along with the drained cannellini beans, and vegetable stock. Mix well to combine.
4. Cover the pan with a lid and simmer on low for one hour
5. Allow it to cook, stirring occasionally, for around an hour.
6. Season with pepper to taste.
7. If you desire salt, add a little to the soup once it's in your bowl!

# 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

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

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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.

# 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

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## **Banana Berry Oatmeal**

### Ingredients

½ frozen berries  
½ Banana sliced  
1/4 cup rolled oats  
1 date  
1/2 cup 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.

# Meal Prep - Weeks

## 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
Tuscan White Bean Soup	30 minutes
Hummus	15 minutes
Peanut Sauce	30 minutes
Lentil Pizza Crust (prep crust batter and store in refrigerator)	20 minutes