

Swimsuit Challenge

week 6

MOROCCAN
Veggie Tagine

CREAM OF BROCCOLI
Soup

TIFFANY'S SWEET &
Spicy Potato





SWIMSUIT CHALLENGE - 6

MON

- BREAKFAST
- LUNCH
- DINNER
- Fresh fruit of your choice
- Full Color Salad + Creamy Citrus Dressing + Green Smoothie
- Vegan Cream of Broccoli Soup + Fresh Fruit

TUE

- BREAKFAST
- LUNCH
- DINNER
- Sesame Chocolate Smoothie
- Tiffany's Sweet & Spicy Potato + Hummus + Fresh Fruit
- Moroccan Veggie Tagine

WED

- BREAKFAST
- LUNCH
- DINNER
- Fresh Fruit of Your Choice
- Full Color Salad + Creamy Citrus Dressing + Green Smoothie
- Vegan Cream of Broccoli Soup + Fresh Fruit

THU

- BREAKFAST
- LUNCH
- DINNER
- Nice Cream
- Tiffany's Sweet & Spicy Potato + Hummus + Fresh Fruit
- Ratatouille

FRI

- BREAKFAST
- LUNCH
- DINNER
- Fresh fruit of your choice
- Full Color Salad + Creamy Citrus Dressing + Green Smoothie
- Vegan Cream of Broccoli Soup + Fresh Fruit

SAT

- BREAKFAST
- LUNCH
- DINNER
- Sesame Chocolate Smoothie
- Tiffany's Sweet & Spicy Potato + Hummus + Fresh Fruit
- Moroccan Veggie Tagine

SUN

- BREAKFAST
- LUNCH
- DINNER
- Fresh Fruit of Your Choice
- Full Color Salad + Creamy Citrus Dressing + Green Smoothie
- Vegan Cream of Broccoli Soup + Fresh Fruit

SWIMSUIT CHALLENGE WEEK 6

SHOPPING LIST

PRODUCE

<input type="checkbox"/>	Avocado	1 cup
<input type="checkbox"/>	Banana	9
<input type="checkbox"/>	Basil	0.50 teaspoons
<input type="checkbox"/>	Broccoli	3 cup
<input type="checkbox"/>	Carrots	2
<input type="checkbox"/>	Celery stalks	4
<input type="checkbox"/>	Cilantro	1 cup
<input type="checkbox"/>	Cloves garlic	10
<input type="checkbox"/>	Cucumber	4 cup
<input type="checkbox"/>	Dates	3
<input type="checkbox"/>	Eggplant	0.50 cup
<input type="checkbox"/>	Fresh Fruit of Your Choice	11 cup
<input type="checkbox"/>	Fresh ginger root	2 teaspoons
<input type="checkbox"/>	Green beans	1 cup
<input type="checkbox"/>	Green onion	3
<input type="checkbox"/>	Lemons	4
<input type="checkbox"/>	Loose leaf spinach	8 cup
<input type="checkbox"/>	Mushrooms	2 cup
<input type="checkbox"/>	Oregano	0.50 teaspoons
<input type="checkbox"/>	Portobello mushroom	0.50 cup
<input type="checkbox"/>	Shredded Carrots	4 cup
<input type="checkbox"/>	Shredded Purple cabbage	1 cup
<input type="checkbox"/>	Spinach	14 cup
<input type="checkbox"/>	Sweet potatoes	3
<input type="checkbox"/>	Tomato	1
<input type="checkbox"/>	Yellow onion	4
<input type="checkbox"/>	Yukon gold potatoes	2 cup
<input type="checkbox"/>	Zucchini	1

NUTS/SEEDS

<input type="checkbox"/>	Cashews	1.5 cup
--------------------------	---------	---------

BAKING

<input type="checkbox"/>	Ground flaxseed	2 tablespoons
--------------------------	-----------------	---------------

CANNED GOODS

<input type="checkbox"/>	Black beans	1.50 cup
<input type="checkbox"/>	Cooked garbanzo beans	7 cans (15 oz)
<input type="checkbox"/>	Marinara	0.50 cup
<input type="checkbox"/>	Tomato paste	2 tablespoons
<input type="checkbox"/>	Vegetable Broth	5.25 cup

OTHER

<input type="checkbox"/>	Stevia	8 drops
<input type="checkbox"/>	Nutritional Yeast	4.25 tablespoons

DAIRY/JUICE

<input type="checkbox"/>	Orange Juice	1/2 cup
<input type="checkbox"/>	Unsweetened Almond Milk	8 cups

SPICES AND CONDIMENTS

<input type="checkbox"/>	Black pepper	3 dash
<input type="checkbox"/>	Cayenne pepper	0.13 teaspoons
<input type="checkbox"/>	Cinnamon	0.25 teaspoons
<input type="checkbox"/>	Cocoa powder	4 tablespoons
<input type="checkbox"/>	Cumin	0.50 teaspoons
<input type="checkbox"/>	Dijon Mustard	1 teaspoon
<input type="checkbox"/>	Ground cumin	1 teaspoon
<input type="checkbox"/>	Ground turmeric	0.50 teaspoons
<input type="checkbox"/>	Nutmeg	1 teaspoon
<input type="checkbox"/>	Paprika	0.50 teaspoons
<input type="checkbox"/>	Raisins	0.50 cup
<input type="checkbox"/>	Smoked Paprika	0.50 teaspoons
<input type="checkbox"/>	Tahini	5 tablespoons
<input type="checkbox"/>	Vanilla	0.25 teaspoons
<input type="checkbox"/>	White vinegar	1 teaspoon

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.

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

Tiffany's Sweet and Spicy Potato

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 :)

Moroccan Veggie Tagine (4 servings)

Ingredients

1 yellow onions
2 carrots
2 Cloves garlic minced
2 teaspoons fresh ginger root minced
2 tablespoons tomato paste
¼ teaspoon cinnamon

#mealplans**daily**

eattolived**daily**.com

½ teaspoon Cumin
½ teaspoon Paprika
½ teaspoon ground turmeric
1/8 teaspoon cayenne pepper
2 cups Vegetable Broth
1 cup green beans chopped
2 cups mushrooms diced
2 cans cooked garbanzo beans drained
¼ cup lemons juiced
¼ cup cilantro chopped
½ cup raisins

Instructions

1. into a heated pan, pour 1/4 cup vegetable broth, chopped onion, carrots, garlic, ginger and sauté for 5 minutes
2. Add mushrooms, tomato paste, spices, vegetable broth, and green beans and stir together until tomato paste is well assimilated
3. stir in garbanzo beans
4. cover and simmer over low heat for 20 minutes
5. uncover and mix in raisins, cilantro, and lemon.
6. May be eaten alone or served over brown or wild rice or quinoa. This will account for your grains for the day. To conserve your grains, I recommend serving this dish over just ½ cup of rice.

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!

Vegan Cream of Broccoli Soup (6 servings)

Ingredients

3 cups Broccoli chopped
1 onion
3 cups Vegetable Broth
1 tsp nutmeg
1 cup Creamy Vegan White Sauce (do not buy - see recipe link)
1 can garbanzo beans
4 cups spinach (spinach or kale may be used)

Instructions

1. In a large pot, bring chopped broccoli, spinach, and chopped onion to a boil in vegetable broth
2. Reduce to a simmer and cover - cook until broccoli is tender
3. Using an immersion blender (or transferring soup ingredients to a standing blender), process soup mixture all other ingredients until you've reached desired consistency.

Toppers

Creamy Citrus Dressing (3-4 servings)

Ingredients

½ cup Cashews soaked in water overnight
½ cup orange juice
1 teaspoon white vinegar
1 teaspoon Dijon Mustard
3 Dates pitted, softened

Instructions

Heat dates in a microwave safe dish in 1/3 cup water for one minute in the microwave

Drain dates and place in blender cup along with remaining ingredients and blend on high until smooth.

Creamy Vegan White Sauce (3-4 servings)

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.

Store in an airtight container in the refrigerator. May be reheated in the microwave or over stovetop

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
-

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

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.

Nice Cream

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 6

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
Creamy Vegan White Sauce	30 minutes
Hummus	15 minutes
Cream of Broccoli Soup	30 minutes
Moroccan Veggie Tagine	20 minutes
Creamy Citrus Dressing	10 minutes
Cut and freeze bananas for Nice Cream (7-8 bananas total)	5 minutes