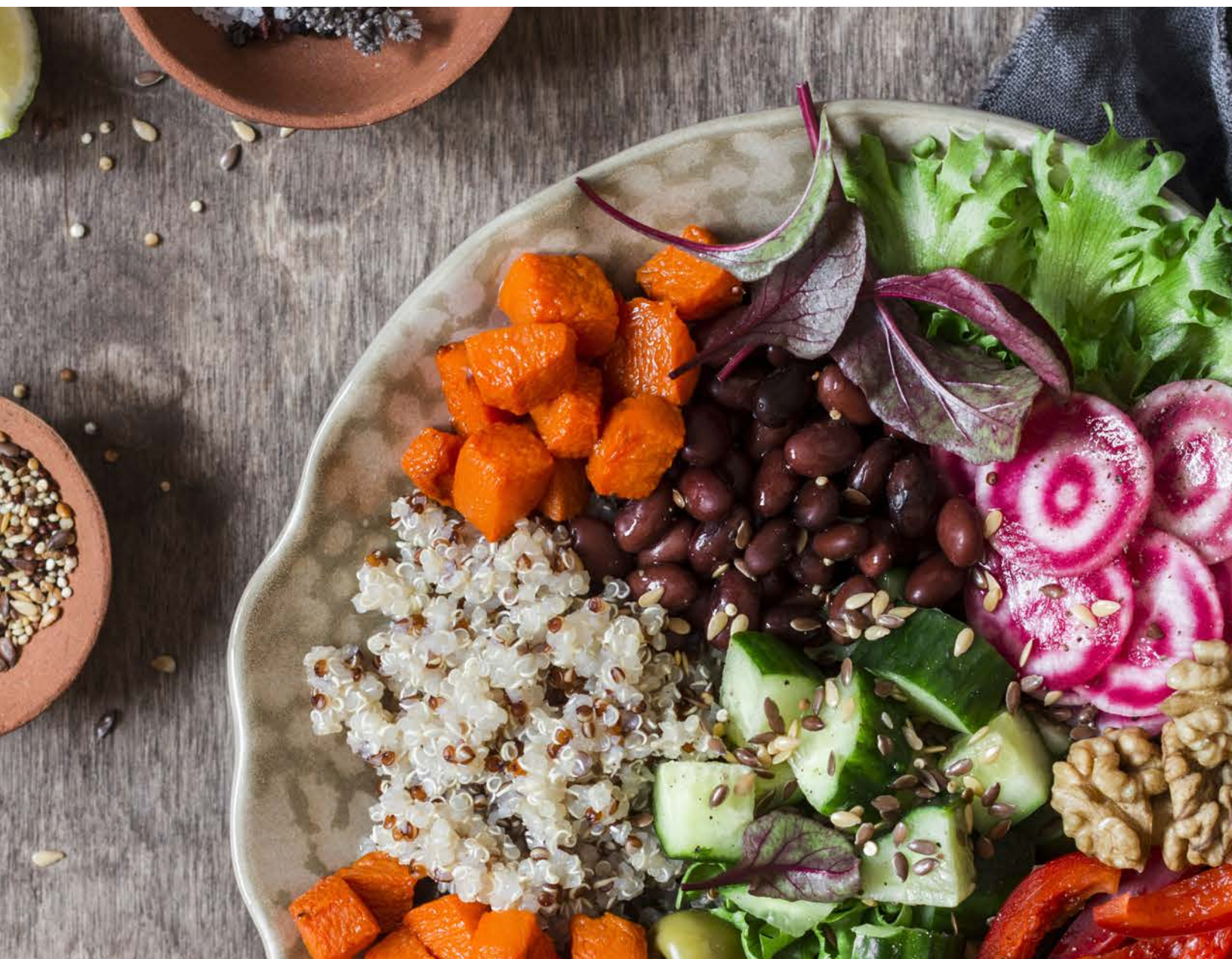


Summer Detox

week 2





SUMMER DETOX - WEEK 2

MON

- BREAKFAST
 - LUNCH
 - DINNER
- Banana Berry Smoothie
 - Thai Buddha Bowl + Hummus + Chopped Veggies
 - Andi Salad + Citrus Dressing + Hummus + Veggie Wrap

TUE

- BREAKFAST
 - LUNCH
 - DINNER
- Banana Berry Oatmeal
 - Andi Salad + Citrus Dressing + Hummus + Veggie Wrap
 - Steamed Veggies + Peanut Sauce + Pinto Beans

WED

- BREAKFAST
 - LUNCH
 - DINNER
- Creamy Green Smoothie
 - Thai Buddha Bowl + Hummus + Chopped Veggies
 - Andi Salad + Citrus Dressing + Hummus + Veggie Wrap

THU

- BREAKFAST
 - LUNCH
 - DINNER
- Banana Berry Smoothie
 - Andi Salad + Citrus Dressing + Hummus + Veggie Wrap
 - Steamed Veggies + Peanut Sauce + Pinto Beans

FRI

- BREAKFAST
 - LUNCH
 - DINNER
- Creamy Green Smoothie
 - Thai Buddha Bowl + Hummus + Chopped Veggies
 - Andi Salad + Citrus Dressing + Hummus + Veggie Wrap

SAT

- BREAKFAST
 - LUNCH
 - DINNER
- Banana Berry Oatmeal
 - Andi Salad + Citrus Dressing + Hummus + Veggie Wrap
 - Steamed Veggies + Peanut Sauce + Pinto Beans

SUN

- BREAKFAST
 - LUNCH
 - DINNER
- Banana Berry Smoothie
 - Thai Buddha Bowl + Hummus + Chopped Veggies
 - Andi Salad + Citrus Dressing + Hummus + Veggie Wrap

SUMMER DETOX WEEK 2

SHOPPING LIST

PRODUCE

- Avocado 1
- Banana 4
- Broccoli 20 spears
- Cabbage 3 cup
- Carrots 12
- Celery stalks 17
- Cloves garlic 8
- Cucumber 8
- Date 7
- Fresh Fruit of Your Choice 7 cup
- Green onion 0.75 cup
- Kale 11 cup
- Lemons 2
- Limes 1
- Loose leaf spinach 3 cup
- Purple onion 1.50 cup
- Rosemary 3 teaspoons
- Shredded Carrots 2.75 cup
- Shredded Purple cabbage 2.75 cup
- Snap peas 3 cup
- Spinach 4 cup
- Sprouts 1.50 cup
- Tomato 15
- Yellow onion 2

RICE/PASTA

- Brown rice 4 cup
- Pinto beans 16 oz
- Red Lentils 2 cup

NUTS/SEEDS

- Cashews 0.50 cup
- Rolled oats 0.50 cup
- Sunflower seeds 3 tablespoons

BREAD

- Whole grain tortilla 3

CANNED GOODS

- Chipotle pepper 1
- Cooked garbanzo beans 5 cans (15 oz)
- Diced tomatoes 1 can
- Peanut butter 4 tablespoons
- Vegetable Broth 6 cup
- Vegetable bullion 1

OTHER

- Stevia 4 drops

FREEZER

- Frozen berries 4 cup
- Frozen pineapple 1.50 cup

DAIRY/JUICE

- Orange juice 1.25 cup
- Unsweetened Almond Milk 3 cup

SPICES AND CONDIMENTS

- Black pepper 1 pinch
- Chili powder 3 teaspoons
- Dijon Mustard 1 teaspoon
- Ground cumin 4 teaspoons
- Smoked Paprika 0.50 teaspoons
- Tahini 3 tablespoons
- Tamari sauce 2 tablespoons
- Vinegar 2 tablespoons
- White vinegar 1 teaspoon

Raw

Thai Buddha Bowl

Ingredients

1/2 cups brown rice
4-5 spears steamed broccoli
1 raw cucumber, chopped
1/2 cup garbanzo beans
1/2 cup purple cabbage
1/2 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.
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Andi Salad (1 serving)

Ingredients

3 cups kale coarsely chopped
1 cup berries
1 tablespoons sunflower seeds
1/2 cup purple onion sliced thin
1/2 cup garbanzo beans
1/4 cup green onion

Instruction

1. Chop all veggies and fruit to your liking and mix together in a large salad bowl
 2. Top with your favorite nutritarian dressing
-

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

Home-Cooked Pinto Beans (Inspiration: MinimalistBaker.com)

Ingredients

- 1 pound pinto beans, soaked overnight in water (6 hour, minimum)
- 1/2 white onion, diced
- 3 large cloves garlic, minced (2 tablespoons)
- 1 pinch black pepper
- 1 vegetable bullion
- 1 chipotle pepper in adobo sauce, minced, plus 1 tsp adobo sauce, plus more to taste
- 1/2 cup diced tomatoes and green chilies
- 1 Tbsp ground cumin
- 1 Tbsp chili powder

Instructions

1. Add pinto beans to a large pot and cover with cool water (at least a few inches above the beans as they will expand). Soak for at least 6 hours
2. Once beans are soaked, drain and set aside.
3. Heat your large pot over medium heat. Once hot, water sauté diced onion and garlic, and season with black pepper. Stir to coat and sauté for 3-4 minutes, or until onion is soft and translucent.
4. Next add drained beans and bouillon cube and cover with water about 2 inches over the top.
5. Add chipotle pepper and diced tomatoes, stir and bring to a low boil. Reduce heat to low or medium-low and simmer for 40-50 minutes, or until beans are tender.
6. Once the beans are tender and cooked through add remaining seasonings: adobo sauce, salt, pepper, cumin, chili powder, and cinnamon (optional). Stir to coat and cook on low for 10 more minutes to let the flavors meld.
7. Taste and adjust seasonings as needed,
8. Store beans well covered in the refrigerator up to 5 days. Will keep in the freezer for 1 month (oftentimes longer).

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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Veggie Wrap

(Recipe yields one serving)

Ingredients:

1 sprouted grain tortilla
¼ cup *Nutritarian Hummus*
¼ avocado
¼ cup purple cabbage
¼ cup shredded carrots
½ cup spinach
½ cup sprouts

Instructions:

1. Warm tortilla in the microwave to soften.
2. Spread *Nutritarian Hummus* onto tortilla and fill with desired veggies.
3. Wrap and eat!

Toppers

Peanut Sauce/Dressing (5-6 servings)

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...

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

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.

Breakfast

Creamy Green Smoothie

Ingredients

1 Banana frozen
1 cup Unsweetened Almond Milk
2 cups spinach
½ cup ice

Instruction

Blend all ingredients in a high speed blender until smooth

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.

Banana Berry Smoothie

Ingredients

1.5 cup Unsweetened Almond Milk Or water
1 cup Bananas
1 cup frozen blueberries
1 cup loose leaf spinach (optional)

Instructions

Blend all ingredients in a high speed blender until smooth.

Meal Prep - Week 2

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
Home-Cooked Pinto Beans	3+ Hours
Hummus	15 minutes
Creamy Citrus Dressing	10 minutes
Peanut Sauce	5 minutes

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!!