

# Summer Detox

week 3

CALIFORNIA QUINOA  
Bowl

PINEAPPLE BANANA  
Smoothie

ANDI  
Salad



# SUMMER DETOX - WEEK 3

MON

- BREAKFAST
- LUNCH
- DINNER
- Fruit (at least 2 servings)
- Full Color Salad + Balsamic Pecan Dressing
- California Quinoa Bowl (with black beans and hummus)+Fruit

TUE

- BREAKFAST
- LUNCH
- DINNER
- Pineapple Banana Smoothie + Fruit
- Andi Salad + Pecan Balsamic Dressing + Nice Cream
- Best Ever Split Pea Soup +Fruit

WED

- BREAKFAST
- LUNCH
- DINNER
- Fruit (at least 2 servings)
- Full Color Salad + Balsamic Pecan Dressing
- California Quinoa Bowl (with black beans and hummus)+Fruit

THU

- BREAKFAST
- LUNCH
- DINNER
- Pineapple Banana Smoothie
- Andi Salad + Pecan Balsamic Dressing + Nice Cream
- Best Ever Split Pea Soup +Fruit

FRI

- BREAKFAST
- LUNCH
- DINNER
- Fruit (at least 2 servings)
- Full Color Salad + Balsamic Pecan Dressing
- California Quinoa Bowl (with black beans and hummus) +Fruit

SAT

- BREAKFAST
- LUNCH
- DINNER
- Pineapple Banana Smoothie
- Andi Salad + Pecan Balsamic Dressing + Nice Cream
- Best Ever Split Pea Soup +Fruit

SUN

- BREAKFAST
- LUNCH
- DINNER
- Fruit (at least 2 servings)
- Full Color Salad + Balsamic Pecan Dressing
- California Quinoa Bowl (with black beans and hummus) +Fruit

# SUMMER DETOX WEEK 3 - SHOPPING LIST

## PRODUCE

<input type="checkbox"/>	Avocado	3
<input type="checkbox"/>	Bananas	7
<input type="checkbox"/>	Berries	3 cup
<input type="checkbox"/>	Carrots	2 cup
<input type="checkbox"/>	Celery stalks	6
<input type="checkbox"/>	Cloves garlic	5
<input type="checkbox"/>	Corn	1 cup
<input type="checkbox"/>	Cucumber	4 cup
<input type="checkbox"/>	Dates	3
<input type="checkbox"/>	Fresh Fruit of Your Choice	17 cup
<input type="checkbox"/>	Fresh Herbs	2 tablespoons
<input type="checkbox"/>	Green onion	0.75 cup
<input type="checkbox"/>	Kale	9 cup
<input type="checkbox"/>	Lemon	3
<input type="checkbox"/>	Loose leaf spinach	8 cup
<input type="checkbox"/>	Portobello mushroom	1 cup
<input type="checkbox"/>	Purple onion	1.50 cup
<input type="checkbox"/>	Red Bell peppers	2
<input type="checkbox"/>	Shredded Carrots	4 cup
<input type="checkbox"/>	Shredded Purple cabbage	1 cup
<input type="checkbox"/>	Spring Greens	4 cup
<input type="checkbox"/>	Yellow onion	3 cup

## RICE/PASTA

<input type="checkbox"/>	Black Beans	1 lb
<input type="checkbox"/>	Oatmeal	1 cup
<input type="checkbox"/>	Quinoa	2 cup
<input type="checkbox"/>	Red Lentils	1 cup

## NUTS/SEEDS

<input type="checkbox"/>	Pecans	4 tablespoons
<input type="checkbox"/>	Split peas	1 cup
<input type="checkbox"/>	Sunflower seeds	3 tablespoons

## CANNED GOODS

<input type="checkbox"/>	Cooked garbanzo beans	5 cans (15 oz)
<input type="checkbox"/>	Vegetable Broth	17 cup

## OTHER

<input type="checkbox"/>	Nutritional Yeast	0.50 teaspoons
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## FREEZER

<input type="checkbox"/>	Frozen pineapple	4 cup
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## DAIRY/JUICE

<input type="checkbox"/>	Unsweetened Almond Milk	6 cup
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## SPICES AND CONDIMENTS

<input type="checkbox"/>	Balsamic vinegar	4 tablespoons
<input type="checkbox"/>	Black pepper	1.50 teaspoons
<input type="checkbox"/>	Chili powder	1 teaspoon
<input type="checkbox"/>	Cumin	0.50 teaspoons
<input type="checkbox"/>	Dijon Mustard	1 teaspoon
<input type="checkbox"/>	Dried oregano	1 teaspoon
<input type="checkbox"/>	Dried thyme	0.25 teaspoons
<input type="checkbox"/>	Garlic Powder	2.83 tablespoons
<input type="checkbox"/>	Ground cumin	2 teaspoons
<input type="checkbox"/>	Onion powder	1 teaspoon
<input type="checkbox"/>	Paprika	2 teaspoons
<input type="checkbox"/>	Red Pepper	1 teaspoon
<input type="checkbox"/>	Salsa	0.50 cup
<input type="checkbox"/>	Smoked Paprika	0.50 teaspoons
<input type="checkbox"/>	Tahini	3 tablespoons
<input type="checkbox"/>	Vanilla	0.75 teaspoons

# 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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## Andi Salad (1 serving)

### Ingredients

3 cups kale coarsely chopped  
1 cup berries  
1 tablespoons sunflower seeds  
½ cup purple onion sliced thin  
½ cup garbanzo beans  
¼ 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
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# California Quinoa Bowl

This recipe is used several times this week. Prepare Quinoa Base and refrigerate to use during the week.

## Ingredients

### Quinoa Base:

2 cups Quinoa  
5 cups Vegetable Broth  
1 teaspoon powdered garlic  
½ teaspoon Cumin  
1 cup Portobello mushroom  
1 cup corn

### Toppings

½ teaspoon Garlic Powder  
½ cup salsa  
½ cup hummus  
2 Red Bell peppers chopped  
1.5 cups chopped onion (purchasing pre-chopped onions makes this quick)  
4 cup Spring Greens

### Black Beans

4 cups Homemade Black Beans (SEE RECIPE) Canned black beans may be used instead, but the recipe for homemade black beans tastes great with this dish!

### Guacamole

2 avocados  
1 lemon juiced  
1 tsp Garlic Powder

### Instructions

1. Combine the quinoa with vegetable broth, garlic powder, and cumin, in a saucepan. Bring to a simmer, then cover and cook until the broth is absorbed, about 15 to 20 minutes. Add more broth if necessary. Add chopped mushrooms and corn for the last five minutes of cooking.
2. When cooked through, make your bowl by using one of quinoa mixture as your base, and add all of your chopped toppings (black beans, guacamole, hummus, red bell peppers, chopped onion, and spring greens)
3. Guacamole
4. For guacamole, cut avocado in half, tossing the pit in the garbage and scooping out the soft inside of the fruit into a bowl. Throw outside skin away.
5. Mash avocado with a fork and add garlic powder and lemon to taste.

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# Cooked

## **Best Ever Split Pea Soup (4-6 servings which will be used multiple times throughout the week)**

### **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 Sauté 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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## **Homemade Black Beans (4-6 servings)**

### **Ingredients**

1 pound dry black beans  
1 onion chopped  
3 chipotle peppers in adobo sauce (These peppers are purchased in a can. Do NOT use three CANS, just three peppers ☺ )  
2 tablespoons Garlic Powder

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6 cups Vegetable Broth  
1 tablespoon Mexican Spice Mix (See recipe)

### **Instructions**

1. Put all ingredients into a slow cooker and cook for 6-7 hours or until black beans are tender and ready to eat.
2. There should be a generous amount of liquid so if the mixture starts to dry out, add more vegetable broth. Add extra seasoning as necessary. To serve beans, use a slotted spoon so extra liquid can drain before plating them.
3. Use beans in Buddha bowls, fajitas, or just eat them plain. SO GOOD!

# 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.

### 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

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## Pecan Balsamic Vinaigrette (6 servings) (Inspired by Dr. Fuhrman's Balsamic Vinaigrette)

### Ingredients

1/2 cup water  
1/4 cup balsamic vinegar  
1/4 cup pecans  
3 Large Medjool Dates  
1 Clove garlic  
1 tsp Dijon Mustard  
1/4 tsp Dried thyme

### Instructions

1. Combine all ingredients in a blender until smooth.

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

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## **Mexican Seasoning**

Some of the recipes here call for taco seasoning. This is a great little combo of spices that you can make and keep in your cupboard. This may be used for lentil tacos, soups, or even to throw in with a morning tofu scramble.

### **Ingredients**

- 1 teaspoon chili powder
- 1 teaspoon Garlic Powder
- 1 teaspoon onion powder
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon dried oregano
- 2 teaspoons Paprika
- 1 teaspoons Ground cumin
- ½ teaspoon black pepper
- ½ teaspoon Nutritional yeast

### **Instructions**

Mix Ingredients and store in an air-tight container

# Breakfast

## Pineapple Banana Smoothie

(Recipe yields one serving)

### Ingredients:

1 cup pineapple, frozen  
1 cup chopped frozen banana  
1 ½ cups almond milk  
¼ cup Oatmeal

### Instructions:

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

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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.

# 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 3

## 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-Made Black beans	5-7 hours
Best Ever Split Pea Soup	30 minutes
Quinoa Mix for CA Quinoa Bowl	20 minutes
Hummus	15 minutes
Pecan Balsamic Dressing	10 minutes
Mexican Seasoning	5 minutes
Cut and freeze bananas for Nice Cream and Smoothie (7 -9 bananas)	5 minutes

Optional: Prep guacamole (for CA Quinoa Bowl) ahead of time.

\*\*I recommend making it fresh using  $\frac{1}{4}$  -  $\frac{1}{2}$  of an avocado each time and bagging the remaining avocado with seed intact, stored in a plastic ziplock in the fridge.

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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