

Summer Detox

week 4

BREAKFAST

Hash

NUTRITARIAN CHINESE

Lettuce Wrap

BROCCOLI LENTIL

Soup





SUMMER DETOX - WEEK 4

MON

- BREAKFAST
- LUNCH
- DINNER
- Green Dream Smoothie + Fresh Fruit of your Choice
- Full Color Salad + Hummus + Fruit
- Nutritarian Chinese Lettuce Wraps + Peanut Sauce

TUE

- BREAKFAST
- LUNCH
- DINNER
- Breakfast Hash + Fresh Fruit of your Choice
- Full Color Salad + Peanut Sauce Dressing + Fruit
- Broccoli Lentil Soup + Nice Cream

WED

- BREAKFAST
- LUNCH
- DINNER
- Green Dream Smoothie + Fresh Fruit of your Choice
- Full Color Salad + Hummus + Fruit
- Nutritarian Chinese Lettuce Wraps + Peanut Sauce

THU

- BREAKFAST
- LUNCH
- DINNER
- Breakfast Hash + Fresh Fruit of your Choice
- Full Color Salad + Peanut Sauce Dressing + Fruit
- Broccoli Lentil Soup + Nice Cream

FRI

- BREAKFAST
- LUNCH
- DINNER
- Green Dream Smoothie + Fresh Fruit of your Choice
- Full Color Salad + Hummus + Fruit
- Nutritarian Chinese Lettuce Wraps + Peanut Sauce

SAT

- BREAKFAST
- LUNCH
- DINNER
- Breakfast Hash + Fresh Fruit of your Choice
- Full Color Salad + Peanut Sauce Dressing + Fruit
- Broccoli Lentil Soup + Nice Cream

SUN

- BREAKFAST
- LUNCH
- DINNER
- Green Dream Smoothie + Fresh Fruit of your Choice
- Full Color Salad + Hummus + Fruit
- Nutritarian Chinese Lettuce Wraps + Peanut Sauce

SUMMER DETOX WEEK 4 - SHOPPING LIST

PRODUCE

<input type="checkbox"/>	Avocado	1.75 cup
<input type="checkbox"/>	Bananas	7
<input type="checkbox"/>	Broccoli	3 cup
<input type="checkbox"/>	Celery	12
<input type="checkbox"/>	Cilantro	1.50 cup
<input type="checkbox"/>	Cloves garlic	4
<input type="checkbox"/>	Cucumber	7 cup
<input type="checkbox"/>	Dates	4
<input type="checkbox"/>	Fresh Fruit of Your Choice	14 cup
<input type="checkbox"/>	Green onion	1.75 cup
<input type="checkbox"/>	Jalapeño	1.5
<input type="checkbox"/>	Lemons	2
<input type="checkbox"/>	Limes	1
<input type="checkbox"/>	Loose leaf spinach	22 cup
<input type="checkbox"/>	Mushrooms	1 cup
<input type="checkbox"/>	Shredded Carrots	8 cup
<input type="checkbox"/>	Shredded Purple cabbage	1.75 cup
<input type="checkbox"/>	Sweet potatoes	1.50 cup
<input type="checkbox"/>	Yellow onion	2

RICE/PASTA

<input type="checkbox"/>	Green lentils	1 cup
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NUTS/SEEDS

<input type="checkbox"/>	Chopped almonds	4 tablespoons
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CANNED GOODS

<input type="checkbox"/>	Black beans	1.50 cup
<input type="checkbox"/>	Cooked garbanzo beans	5.50 cans (15 oz)
<input type="checkbox"/>	Peanut butter	4 tablespoons
<input type="checkbox"/>	Vegetable Broth	6.37 cup

OTHER

<input type="checkbox"/>	Lettuce cups	16
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FREEZER

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

<input type="checkbox"/>	Tofu	4 cup
<input type="checkbox"/>	Unsweetened Almond Milk	2 tablespoons

SPICES AND CONDIMENTS

<input type="checkbox"/>	Cayenne pepper	1 pinch
<input type="checkbox"/>	Ground black pepper	0.50 teaspoons
<input type="checkbox"/>	Ground cumin	1 teaspoon
<input type="checkbox"/>	Nutmeg	0.50 teaspoons
<input type="checkbox"/>	Smoked Paprika	0.50 teaspoons
<input type="checkbox"/>	Tahini	4 tablespoons
<input type="checkbox"/>	Tamari sauce	0.37 cup
<input type="checkbox"/>	Vanilla	4.75 teaspoons
<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.

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

Nutritarian Chinese Lettuce Wraps

Start by making the Stir Fry Sauce:

1/2 cup water
2 Dates
1 tablespoon Tahini
4 tablespoons tamari sauce

Instructions:

1. Pour 1/2 cup water over dates in a microwave safe bowl. (remove pits from dates)
2. Microwave on high for 1 minute
3. into a blender cup, pour date/water mixture and remaining ingredients and blend on high until smooth
4. Pour mixture into a mason jar and store in the fridge. Use in stir fry recipes, or Chinese Lettuce Wraps. DELISH.
5. This sauce can be made at the beginning of the week and incorporated each time you make the recipe.

Wrap Filling Ingredients:

1 cup tofu Cubed
1/2 cup celery chopped
1/4 cup green onion chopped
1/4 cup Shredded Carrots
1/4 cup mushrooms chopped small
3 tablespoons vegan stir fry sauce (do not purchase, see recipe)

Toppings

3 tablespoons Peanut Sauce/Dressing (Do not purchase, see recipe)
3 tablespoons green onion
4-5 lettuce cups
3 tablespoons Cilantro
1 tablespoon chopped almonds (Almonds or peanuts)

Instructions:

1. Prepare stir fry sauce. Set aside.
 2. Prep Tofu: Press the tofu with a few paper towels to remove excess moisture. Cut into small pieces.
 3. Into a heated frying pan, place celery, carrots, green onion, and mushrooms. Add a few tablespoons of water to water saute for 1-2 minutes (just until mushrooms are cooked through)
 4. Lower heat and add tofu and 3 tablespoons stir fry sauce. Watch for burning, this process will be very fast - cook until tofu is just barely heated through.
 5. Serve tofu mixture in lettuce wraps and top with fresh cilantro, green onion, and peanut sauce (plus any other little goodies you like to include!)
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Broccoli Lentil Soup

Ingredients

3 cups Broccoli (fresh is preferable, frozen works too)
1 yellow onion
3 celery stalks chopped
6 cups Vegetable Broth
½ teaspoon nutmeg
1 pinch cayenne pepper
½ teaspoon ground black pepper
1 cup green lentils

Instructions

1. Water Sauté chopped onion and celery until fragrant.
2. Add broccoli, lentils, and vegetable broth and bring to a boil
3. Cover and reduce heat to a simmer. Cook for 25 minutes or until broccoli is very tender.
4. Use an immersion blender to blend soup mixture or transfer to a blender carefully. Pulse blender a few times until broccoli is well assimilated into mixture (doesn't need to be perfectly smooth)
5. Add seasonings and adjust to your liking!
6. Serve hot and if you desire salt, add it once it's in your bowl.

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

Instructions

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

Breakfast

Green Dream Smoothie

Ingredients

2-3 cups Loose Leaf Spinach
1 bananas frozen (cut into slices)
1-2 cup water
1 tsp vanilla

Instructions

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

Breakfast hash

Ingredients

½ cup sweet potatoes
½ cup Black beans
¼ cup Cilantro
¼ cup yellow onion
1/2 Jalapeño
¼ cup Nutritarian hummus (Nutritarian hummus recipe is recommended)
2 tablespoons Vegetable Broth

Instructions

1. Cook beans on the stove or warm in microwave
2. Bake a sweet potato or microwave
3. While beans cook, dice onion, jalapeño and cilantro
4. Put small amount of veggie broth in a skillet, not enough to cover whole pan
5. Water sauté veggies in vegetable stock
6. Dice up cooked potato and add to skillet
7. Cook on medium until desired texture is achieved.
8. Plate veggies and potato, add black beans on top
9. Add 1/4 cup of spicy hummus and enjoy!

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 4

Summer Detox

Broccoli Lentil Soup	45 minutes
Peanut Sauce/Dressing	15 min
Stir Fry Sauce - This recipe will be used for the Chinese Lettuce Wraps. Make ahead of time and store in the fridge until you need it.	5 minutes
Hummus	10 minutes
Chop and Freeze Bananas for Nice Cream and Green Dream Smoothie (at least 7)	5 minutes