

JUMPSTART

week 1

BEST EVER LENTIL
Soup

NICE
Cream

VEGGIE
Wrap



SCHEDULE

JUMPSTART WEEK 1

MON

- BREAKFAST
 - LUNCH
 - DINNER
- Black Smoothie
 - Veggie Wrap + Full Color Salad + Hummus + Balsamic Dress.
 - Marinara Pasta + Nice Cream

TUE

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice
 - Full Color Salad + Balsamic Dressing + Best Ever Lentil Soup
 - Brown Rice Stir Fry + Chocolate Freeze

WED

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice
 - Full Color Salad + Balsamic Dressing + Best Ever Lentil Soup
 - Marinara Pasta + Nice Cream

THU

- BREAKFAST
 - LUNCH
 - DINNER
- Black Smoothie
 - Veggie Wrap + Full Color Salad + Hummus + Balsamic Dress.
 - Brown Rice Stir Fry + Chocolate Freeze

FRI

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice
 - Full Color Salad + Balsamic Dressing + Best Ever Lentil Soup
 - Marinara Pasta + Nice Cream

SAT

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice
 - Full Color Salad + Balsamic Dressing + Best Ever Lentil Soup
 - Brown Rice Stir Fry + Chocolate Freeze

SUN

- BREAKFAST
 - LUNCH
 - DINNER
- Black Smoothie
 - Veggie Wrap + Full Color Salad + Hummus + Balsamic Dress.
 - Marinara Pasta + Nice Cream

JUMPSTART WEEK 1 - SHOPPING LIST

PRODUCE

| | | |
|--------------------------|----------------------------|------------------|
| <input type="checkbox"/> | Avocado | 2 |
| <input type="checkbox"/> | Bananas | 4 |
| <input type="checkbox"/> | Broccoli | 3 cup |
| <input type="checkbox"/> | Carrots | 5 |
| <input type="checkbox"/> | Celery stalks | 11 |
| <input type="checkbox"/> | Cloves garlic | 11 |
| <input type="checkbox"/> | Cucumber | 7 cup |
| <input type="checkbox"/> | Dates | 9 |
| <input type="checkbox"/> | Fresh basil | 2.67 tablespoons |
| <input type="checkbox"/> | Fresh Fruit of Your Choice | 7 cup |
| <input type="checkbox"/> | Fresh ginger root | 0.37 cup |
| <input type="checkbox"/> | Kale | 2 cup |
| <input type="checkbox"/> | Lemons | 2 |
| <input type="checkbox"/> | Loose leaf spinach | 18.50 cup |
| <input type="checkbox"/> | Mushrooms | 2 cup |
| <input type="checkbox"/> | Red bell pepper | 1.50 cup |
| <input type="checkbox"/> | Rosemary | 3 teaspoons |
| <input type="checkbox"/> | Shredded Carrots | 9.75 cup |
| <input type="checkbox"/> | Shredded Purple cabbage | 2.50 cup |
| <input type="checkbox"/> | Sprouts | 1.50 cup |
| <input type="checkbox"/> | Tomato | 1.5 |
| <input type="checkbox"/> | Yellow onion | 3 |
| <input type="checkbox"/> | Zucchini | 4 |

RICE/PASTA

| | | |
|--------------------------|------------------|-------|
| <input type="checkbox"/> | Brown rice | 3 cup |
| <input type="checkbox"/> | Red lentil pasta | 8 oz |
| <input type="checkbox"/> | Red Lentils | 2 cup |

NUTS/SEEDS

| | | |
|--------------------------|--------|---------------|
| <input type="checkbox"/> | Pecans | 4 tablespoons |
|--------------------------|--------|---------------|

BREAD

| | | |
|--------------------------|-------------------------|---|
| <input type="checkbox"/> | Sprouted grain tortilla | 3 |
|--------------------------|-------------------------|---|

CANNED GOODS

| | | |
|--------------------------|-----------------------|-------------------|
| <input type="checkbox"/> | Cooked garbanzo beans | 5.50 cans (15 oz) |
| <input type="checkbox"/> | Marinara sauce | 2 cup |
| <input type="checkbox"/> | Vegetable Broth | 6.37 cup |

FREEZER

| | | |
|--------------------------|------------------|-------|
| <input type="checkbox"/> | Frozen berries | 3 cup |
| <input type="checkbox"/> | Frozen pineapple | 3 cup |

DAIRY/JUICE

| | | |
|--------------------------|-------------------------|----------|
| <input type="checkbox"/> | Unsweetened Almond Milk | 3.17 cup |
|--------------------------|-------------------------|----------|

SPICES AND CONDIMENTS

| | | |
|--------------------------|------------------|----------------|
| <input type="checkbox"/> | Balsamic vinegar | 4 tablespoons |
| <input type="checkbox"/> | Cocoa powder | 3 tablespoons |
| <input type="checkbox"/> | Dijon Mustard | 1 teaspoon |
| <input type="checkbox"/> | Dried thyme | 0.25 teaspoons |
| <input type="checkbox"/> | Ground cumin | 1 teaspoon |
| <input type="checkbox"/> | Liquid aminos | 3 tablespoons |
| <input type="checkbox"/> | Smoked Paprika | 0.50 teaspoons |
| <input type="checkbox"/> | Tahini | 3 tablespoons |
| <input type="checkbox"/> | Vanilla | 1.75 teaspoons |

Raw

Full Color Salad

(Recipe yields one serving)

(This recipe is scheduled for each day this week)

Ingredients:

2 cups fresh spinach
1 cup shredded carrots
¼ cup shredded Purple cabbage
1 celery stalk
1 cup cucumber
½ cup garbanzo beans
¼ avocado (or optional, ¼ c. nuts)

Instructions:

1. Chop vegetables and toss with *Pecan Balsamic Dressing* (see "Toppers" section for recipe) or your favorite Nutritarian dressing.
 2. Top with garbanzo beans and avocado (or nuts).
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Veggie Wrap

(Recipe yields one serving)

(This recipe is scheduled for Monday, Thursday and Sunday)

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
1/2 tomato, sliced

Instructions:

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

Cooked

Best Ever Lentil Soup

(Recipe yields five to six servings - you'll have leftovers so which you can either use as a buffer, or freeze for later!)

Ingredients:

2 celery stalks
2 large carrots
1 large garlic clove
1 large yellow onion
2 teaspoons basil/thyme/rosemary (or herbs of your choice)
2 cups chopped kale
2 cups red lentils
6 cups vegetable broth

Instructions:

1. Heat a pan to medium high heat.
2. Chop all vegetables.
3. Water sauté celery, carrots, garlic and onion for 2-3 minutes.
4. Add herbs and chopped kale.
5. And simmer for 2-3 more minutes.
6. Pour in lentils, vegetable broth and simmer for 25 minutes or until lentils are tender.

Serve hot. Refrigerate the remaining soup for later in the week.

Brown Rice Stir Fry (Recipe yields one serving)

Ingredients:

1 cup broccoli
1/2 cup red bell pepper
2 tablespoons vegetable broth
2 tablespoons grated ginger

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1 large garlic clove
½ yellow onion
1 whole carrot
1 celery stalk
½ cup frozen pineapple
1 cup kale
½ cup mushrooms
1 cup cooked brown rice
1 tablespoon liquid aminos

Instructions:

1. Heat a pan to medium high heat.
2. Grate the ginger and chop all the vegetables.
3. In heated pan, sauté the ginger, garlic, carrots, celery, and onion in the vegetable broth. After 2-3 minutes, add pineapple.
4. Add 1-2 tablespoons more water as necessary (you don't want your ingredients to stick to the pan).
5. After 1-2 minutes, add additional vegetables
6. Stir ingredients together and continue cooking until veggies have become tender (not soggy).
7. Stir in cooked rice and liquid aminos.

Marinara Pasta

(Recipe yields 1 serving) I don't recommend making this all at once because reheating your veggies throughout the week is not ideal and the garbanzo bean pasta does not reheat well.

Ingredients:

Red lentil pasta (or garbanzo bean pasta)
1 large garlic clove
½ yellow onion
½ cup mushrooms (frozen or fresh)
½ cup shredded carrots
1 zucchini
1/2 tomato, chopped
2 teaspoons chopped basil
½ cup marinara sauce

Instructions:

1. Cook lentil pasta according to package directions. If you are cooking for one person, just cook one serving of pasta.
2. Chop all vegetables that aren't already pre-cut. Water sauté vegetables over medium high heat. Once veggies are tender, but not overcooked, add Basil and marinara sauce and bring to a simmer.

Stir in desired amount of sauce with pasta and refrigerate or freeze the remainder of the sauce for next week or a lunch substitute later this week.

Toppers

Nutritarian Hummus

(Recipe yields three to four servings)

(This recipe is scheduled for Monday, Thursday and Sunday)

Ingredients:

2 cans of garbanzo beans (1 can drained)
3 tablespoons tahini
2 large garlic cloves
1 teaspoon cumin
3 lemons, juiced
½ teaspoon smoked paprika

Instructions:

1. Drain one can of beans and then blend all ingredients in a high speed blender.
2. Add water, if necessary, to reach desired consistency.
3. Taste and adjust seasonings to your liking.
4. Serve with chopped vegetables, salads, or as a topper for any nutritarian dish.

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, ½ teaspoon may be added to this recipe.

Pecan Balsamic Dressing

(6-8 servings)

Ingredients:

1 cup water
1/2 cup balsamic vinegar
1/2 cup pecans
5 Dates
2 Cloves garlic

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2 tsp Dijon Mustard
1/2 tsp Dried thyme

INSTRUCTIONS

Combine all ingredients in a blender until smooth.

Breakfast

Black Smoothie

(Recipe yields one serving)

(This recipe is scheduled for Monday, Thursday and Sunday)

Ingredients:

1 ½ cup unsweetened almond milk

1 cup frozen berries

½ cup frozen pineapple

¼ cup orange juice (optional)

½ cup spinach (optional)

Instructions:

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

Fresh Fruit of Your Choice

Enjoy 1 to 2 cups of chopped fruit of your choice daily!

Desserts

Chocolate Freeze

(This recipe is scheduled for 3 days this week. Prep and freeze entire liquid mixture and blend into freeze at mealtime, using just 1/3 of the frozen mixture each time.

Ingredients:

3 cup almond milk
4 pitted dates
2 tablespoon cocoa powder
1/2 teaspoon vanilla extract or powder

Instructions:

1. Blend almond milk, vanilla, cocoa powder and dates in a high speed blender until smooth.
 2. Freeze milk mixture in an ice cube tray or plastic bag, laid flat in the freezer.
 3. Once milk mixture is frozen, run cubes (or broken pieces) through a food processor, scraping sides every few minutes until well-blended.
 4. Add a few tablespoons of almond milk if necessary to reach desired consistency.
 5. Serve immediately as soft-serve ice cream or (for firmer texture) pour mixture into a small baking dish and return to freezer for 2 hours before serving.
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Nice Cream

(Recipe yields one serving)

(This recipe is scheduled for Monday, Wednesday and Sunday)

Ingredients:

1 frozen banana
2 teaspoons almond milk
¼ teaspoon vanilla extract

Instructions:

1. In a food processor or high speed blender, blend all ingredients, adding additional almond milk if necessary. If consistency is too runny, return mixture to freezer for 40 minutes and then serve.
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Meal Prep Week 1

Prep the following at the beginning of the week in the order shown below.

| Recipe | Prep Time |
|----------------------------|------------|
| *Best Ever Lentil Soup | 30 minutes |
| Nutritarian Hummus | 5 minutes |
| Pecan Balsamic Dressing | 5 minutes |
| Freeze Mixture - Chocolate | 5 minutes |
| Chop Frozen Bananas | 5 minutes |

*Best Ever Lentil Soup (notes)

You will use this soup several times throughout the week. It takes roughly 10 minutes to prep and 25 minutes to cook. The soup will be reheated throughout the week. Feel free to get creative with your leftovers... It's a great "blank slate" recipe so you can add marinara or curry to give it a different flavor eat time. Or eat it AS IS. We don't call it BEST EVER for nothing.

Vegetable Prep:

Some people prefer to chop their veggies ahead of time and keep them stored in the fridge, ready for salads! If this is you, then work this into your meal prep at the beginning of the week! Mason jars make a great storage container!

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