

# JUMPSTART

week 3

PINAPPLE BANANA  
Smoothie

THAI BUDDHA  
Bowl

POTATO BREAKFAST  
Scramble



# SCHEDULE

## JUMPSTART WEEK 3

**MON**

- BREAKFAST
- LUNCH
- DINNER
- Fresh Fruit of Your Choice
- Thai Salad + Peanut Dressing + Fresh Fruit of your Choice
- Thai Buddha Bowl + Creamy Thai Sauce + Nice Cream

**TUE**

- BREAKFAST
- LUNCH
- DINNER
- Potato Scramble + Fresh Fruit of your Choice
- Indian Lentil Soup + Raw Chopped Veggies + Hummus
- Cuban Black Bean Soup + Fresh Fruit + Vanilla Freeze

**WED**

- BREAKFAST
- LUNCH
- DINNER
- Pineapple Banana Smoothie
- Thai Salad + Peanut Dressing + Fresh Fruit of your Choice
- Thai Buddha Bowl + Creamy Thai Sauce + Nice Cream

**THU**

- BREAKFAST
- LUNCH
- DINNER
- Fresh Fruit of your Choice
- Indian Lentil Soup + Raw Chopped Veggies + Hummus
- Cuban Black Bean Soup + Fresh Fruit + Vanilla Freeze

**FRI**

- BREAKFAST
- LUNCH
- DINNER
- Potato Scramble + Fresh Fruit of your Choice
- Thai Salad + Peanut Dressing + Fresh Fruit of your Choice
- Thai Buddha Bowl + Creamy Thai Sauce + Nice Cream

**SAT**

- BREAKFAST
- LUNCH
- DINNER
- Pineapple Banana Smoothie
- Indian Lentil Soup + Raw Chopped Veggies + Hummus
- Cuban Black Bean Soup + Fresh Fruit + Vanilla Freeze

**SUN**

- BREAKFAST
- LUNCH
- DINNER
- Fresh Fruit of Your Choice
- Thai Salad + Peanut Dressing + Fresh Fruit of your Choice
- Thai Buddha Bowl + Creamy Thai Sauce + Nice Cream

# JUMPSTART WEEK 3 - SHOPPING LIST

## PRODUCE

<input type="checkbox"/>	Bananas	6
<input type="checkbox"/>	Broccoli	20 spears
<input type="checkbox"/>	Carrots	10
<input type="checkbox"/>	Celery stalks	15
<input type="checkbox"/>	Cilantro	2 cup
<input type="checkbox"/>	Cloves garlic	17
<input type="checkbox"/>	Cucumber	7
<input type="checkbox"/>	Dates	8
<input type="checkbox"/>	Fresh Cilantro	4 tablespoons
<input type="checkbox"/>	Fresh Fruit of Your Choice	14 cups
<input type="checkbox"/>	Fresh ginger root	2 tablespoons
<input type="checkbox"/>	Green Bell Pepper	1 cup
<input type="checkbox"/>	Green onion	2 cup
<input type="checkbox"/>	Kale	1 cup
<input type="checkbox"/>	Lemons	2
<input type="checkbox"/>	Limes	4
<input type="checkbox"/>	Loose leaf spinach	8 cup
<input type="checkbox"/>	Mushrooms	1 cup
<input type="checkbox"/>	Red potatoes	2
<input type="checkbox"/>	Shredded Carrots	4 cup
<input type="checkbox"/>	Shredded Purple cabbage	4 cup
<input type="checkbox"/>	Yellow onion	4

## RICE/PASTA

<input type="checkbox"/>	Brown rice	4 cup
<input type="checkbox"/>	Red Lentils	1 cup

## NUTS/SEEDS

<input type="checkbox"/>	Oatmeal	0.50 cup
<input type="checkbox"/>	Peanuts	4 tablespoons

## CANNED GOODS

<input type="checkbox"/>	Almond butter	0.50 cup
<input type="checkbox"/>	Black beans	4 cans
<input type="checkbox"/>	Cooked garbanzo beans	6 cans (15 oz)
<input type="checkbox"/>	Diced tomatoes	1 can
<input type="checkbox"/>	Peanut butter	1/2 cup
<input type="checkbox"/>	Vegetable Broth	10.25 cup

## FREEZER

<input type="checkbox"/>	Frozen pineapple	2 cup
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## DAIRY/JUICE

<input type="checkbox"/>	Light coconut milk	4 tablespoons
<input type="checkbox"/>	Unsweetened Almond Milk	6.17 cup

## SPICES AND CONDIMENTS

<input type="checkbox"/>	Black pepper	1 teaspoon
<input type="checkbox"/>	Curry powder	1 teaspoon
<input type="checkbox"/>	Dried thyme	0.50 teaspoons
<input type="checkbox"/>	Ground cumin	2.33 tablespoons
<input type="checkbox"/>	Hot sauce	1 teaspoon
<input type="checkbox"/>	Liquid aminos	3 tablespoons
<input type="checkbox"/>	Red Pepper / Cayenne Pepper	1 tsp
<input type="checkbox"/>	Smoked Paprika	0.50 teaspoons
<input type="checkbox"/>	Tahini	3 tablespoons
<input type="checkbox"/>	Tamari sauce	2 tablespoons
<input type="checkbox"/>	Vanilla	1.75 teaspoons
<input type="checkbox"/>	Vinegar	5 tablespoons

# Meal Prep Week 3

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

Recipe	Prep Time
Indian Lentil Soup	30 minutes
Peanut sauce/Dressing	30 minutes
Nutritarian Hummus	5 minutes
Chop Frozen Bananas for smoothie and nice cream (7-9 bananas)	5 minutes
Vanilla Freeze Mixture - Makes 3 servings. Blend and freeze mixture for deserts this week.	10 minutes

creamy thai sauce

5 minutes

Brown rice: 4 cups for Thai Buddha Bowl

20 minutes

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!

Here are the recipes that call for fresh cut veggies:

Raw Chopped Veggies: 4 times this week

Thai Buddha Bowl

Thai Salad

# Raw

## Thai Buddha Bowl

(Recipe yields 1 serving - eaten 4 times this week. Recommended: Make 4 servings of rice ahead of time and keep in the fridge to make this dish quickly)

### Ingredients:

1 cup brown rice

4-5 spears steamed broccoli

1 cucumber

½ cup garbanzo beans

½ cup purple cabbage

½ cup shredded carrots

Top with 1 tablespoon *Peanut Sauce/Dressing* (see "Toppers" section for recipe)

### Instructions:

1. Place 1 cup of cooked brown rice in a bowl and garnish with toppings.
  2. Drizzle with your choice of dressing or sauce and enjoy.
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## Thai Salad

(Recipe yields one serving and is eaten 4 times this week)

### Ingredients:

2 cups loose leaf spinach

½ cup shredded carrots

½ cup purple cabbage

½ cup green onion

½ cup cilantro

½ cup garbanzo beans

1-2 tablespoons peanuts

*Peanut Sauce/Dressing* (See "Toppers" section for recipe)

### Instructions:

1. Chop and toss all vegetables together and serve with *Peanut Sauce/Dressing*.
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## Chopped Raw Veggies + Hummus

(Recipe yields one serving and is eaten 3 times this week. )

### Ingredients:

4 celery stalks

1 cucumber

2 whole carrots

*Nutritarian Hummus* (See "Toppers" section for recipe)

### Instructions:

1. Serve chopped vegetables with 3-4 tablespoons of *Nutritarian Hummus*.

# Cooked

## Cuban Black Bean Soup

(Recipe yields 3-4 servings. Make once and refrigerate for use 3 times this week)

### Ingredients:

2 medium yellow onions

3 celery stalks

2 large carrots

6 garlic cloves

4 teaspoons ground cumin

4 (15-ounce) cans of black beans, rinsed and drained

4 cups low-sodium vegetable broth

¼ cup chopped cilantro

2 tablespoons lime juice

### Instructions:

1. In a large pot, water sauté onion, finely chopped celery, carrots, and minced garlic for 10-12 minutes, or until onion is translucent.
2. Add remaining ingredients and simmer for 20 minutes.

Optional garnishes: diced avocado, extra cilantro, onion.

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## Indian Lentil Soup

(Recipe yields 3-4 servings. Make once and refrigerate for use 3 times this week)

### Ingredients:

1 medium yellow or white onion

2 carrots

4 garlic cloves

[eattolivedaily.com](http://eattolivedaily.com)

2 teaspoons ground cumin  
1 teaspoon curry powder  
½ teaspoon dried thyme  
1 large can (28 ounces) diced tomatoes, drained  
1 cup brown or red lentils  
6 cups vegetable broth  
1 cup water  
Pinch red pepper  
Pinch black pepper  
1 cup chopped kale

**Instructions:**

1. Water sauté chopped onion and carrot until the onion has softened and is translucent, about 5 minutes.
2. Add the garlic, cumin, curry powder and thyme.
3. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often.
4. Pour in the lentils, broth and the water. Add pepper.
5. Raise heat and bring the mixture to a boil, then simmer. Cook for 30 minutes, or until the lentils are tender.
6. Blend 2 cups of soup. Pour the puréed soup back into the pot and add the chopped greens (tough ribs removed). Cook for 5 more minutes.



# Toppers

## Nutritarian Hummus

(Recipe yields \*#, 'servings'vcY`'hj hZY`b j á`eā`i`b Zhij`'h' ZZ` Ž

### Ingredients

2 cans (15 oz) Cooked garbanzo beans  
2-4 Cloves garlic peeled  
2 Lemons juiced (.25 cup)  
3 tbsp Tahini  
0.5 tsp Smoked Paprika  
1 tsp Ground cumin

### Instructions

Open both cans of garbanzo beans. Drain one can and leave the liquid in the second can.

Pour both cans (one drained, one full) into the blender.

Add remaining ingredients and blend in a high speed blender. Add water to thin to desired consistency.

Store in a sealed container in the refrigerator.

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## Peanut Sauce/Dressing

(Recipe yields 4-6 servings)

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

### Ingredients:

2 garlic cloves  
2 tablespoons tamari sauce or coconut aminos  
2 tablespoons vinegar  
2 medjool dates  
1 tablespoon lime juice  
¼ cup peanut butter  
¼ cup water

**Instructions:**

1. Blend ingredients in a high speed blender until smooth.
2. Serve with *Thai salad* or the *Thai Buddha Bowl*. Or really, anything...

## Creamy Thai Sauce

(Recipe yields 4-6 servings)

**Ingredients:**

1/2 cup Almond butter  
1/4 cup light coconut milk  
1/4 cup limes juiced  
2 tablespoons fresh ginger root  
1 Cloves garlic  
3 tablespoons liquid aminos  
1 teaspoon hot sauce optional

**Instructions:**

Blend all ingredients on high until well blended.

# Breakfast

## Fresh Fruit of your Choice

Choose any of your favorite FRESH seasonal fruits! You're aiming for at least 4 per day

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## Pineapple Banana Smoothie

(Recipe yields one serving)

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

### Ingredients:

1 cup pineapple, frozen  
1 banana  
1 ½ cups almond milk  
1 cup spinach

### Instructions:

1. Place ingredients in high speed blender and blend on high until smooth.  
Optional: 2-3 drops of stevia.
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## Potato Scramble

(Recipe yields one serving)

(This recipe is scheduled for Tuesday and Saturday)

### Ingredients:

1 medium red potato  
½ yellow onion  
½ cup green onion  
½ cup mushrooms  
2-3 tablespoons vegetable broth.

## Instructions:

1. In a heated pan, start by water sautéing potato over medium heat, turning until potato pieces are browned on each side.
  2. You may add a few tablespoons of vegetable broth to keep the potato from sticking to the pan.
  3. Once potatoes are cooked through, add remaining chopped veggies and heat for 5 minutes, adding more veggie broth if necessary.
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# Desserts

## Nice Cream

(Recipe yields one serving)

(This recipe is scheduled for Friday 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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## Vanilla Freeze

(Recipe yields 3 servings and is used 3 times this week . Mixture should be made ahead of time, frozen in three parts, and blended each time the recipe is used)

### Ingredients:

3 cups unsweetened almond milk  
6 pitted dates  
1 teaspoon vanilla extract

### Instructions:

1. Blend all ingredients in a high-speed blender
2. Pour mixture into an ice cube tray or into a large Ziploc bag and freeze. (Separating into 3 equal parts is ideal as to prep for your three separate servings)
3. Once milk mixture is frozen and you're ready to prep the recipe, run frozen cubes through a food processor, scraping sides every few minutes until well-blended. Only use one portion size (there are 3 total)
4. For blending: 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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