

JUMPSTART

week 5

TIFFANY'S SWEET
& Spicy Potato

CREAMY GREEN
Smoothie

ADOBO BLACK BEAN
Soup



SCHEDULE

JUMPSTART WEEK 5

MON

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice
 - Veggie Wrap + Full Color Salad + Sweet & Smokey + Fruit
 - Adobo Black Bean Soup + Creamy Green Smoothie

TUE

- BREAKFAST
 - LUNCH
 - DINNER
- Cold Morning Oats
 - Tiffany's Sweet Potato + Hummus + Chopped Veggies + Fruit
 - Ratatouille + Nice Cream

WED

- BREAKFAST
 - LUNCH
 - DINNER
- Blueberry Banana Smoothie
 - Veggie Wrap + Full Color Salad + Sweet & Smokey + Fruit
 - Adobo Black Bean Soup + Creamy Green Smoothie

THU

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of your Choice
 - Tiffany's Sweet Potato + Hummus + Chopped Veggies + Fruit
 - Ratatouille + Nice Cream

FRI

- BREAKFAST
 - LUNCH
 - DINNER
- Cold Morning Oats
 - Veggie Wrap + Full Color Salad + Sweet & Smokey + Fruit
 - Adobo Black Bean Soup + Creamy Green Smoothie

SAT

- BREAKFAST
 - LUNCH
 - DINNER
- Blueberry Banana Smoothie
 - Tiffany's Sweet Potato + Hummus + Chopped Veggies + Fruit
 - Ratatouille + Nice Cream

SUN

- BREAKFAST
 - LUNCH
 - DINNER
- Blueberry Banana Smoothie
 - Veggie Wrap + Full Color Salad + Sweet & Smokey + Fruit
 - Adobo Black Bean Soup + Creamy Green Smoothie

JUMPSTART WEEK 5 - SHOPPING LIST

PRODUCE

- Avocado 3
- Banana 10 cup
- Basil 1.50 teaspoons
- Bell peppers 2
- Carrots 10
- Celery stalks 18
- Cilantro 1.25 cup
- Cloves garlic 6
- Cucumber 7
- Dates 8
- Eggplant 1.50 cup
- Fresh Fruit of Your Choice 10 cup
- Green onion 3
- Lemons 1
- Lime 1
- Loose leaf spinach 20 cups
- Oregano 1.50 teaspoons
- Portobello mushroom 1.50 cup
- Shredded Carrots 5 cup
- Shredded Purple cabbage 2 cup
- Sprouts 2 cup
- Sweet potatoes 3
- Tomato 5
- Yellow onion 3
- Zucchini 3

RICE/PASTA

- Large spring roll wrappers 8
- Red Lentils 1.33 cup

NUTS/SEEDS

- Rolled oats 0.67 cup

BREAD

- Sprouted grain tortilla 3

BAKING

- Ground flaxseed 4

CANNED GOODS

- Apple Sauce 0.50 cup
- Black beans 3 can
- Chipotle chilis in abodo sauce 2
- Cooked garbanzo beans 3 cans (15 oz)
- Marinara 1.50 cup
- Vegetable Broth 6.75 cup

OTHER

- Nutritional yeast 0.75 cup

FREEZER

- Frozen berries 1 cup
- Frozen blueberries 2 cup
- Frozen corn 2 cup

DAIRY/JUICE

- Unsweetened Almond Milk 9 cups

SPICES AND CONDIMENTS

- Apple Cider Vinegar 4 tablespoons
- Balsamic vinegar 2 tablespoons
- Black pepper 3 dash
- Cayenne pepper 1 teaspoon
- Cinnamon 0.25 teaspoons
- Cumin 3 teaspoons
- Dijon Mustard 2 teaspoons
- Ground coriander 2 teaspoons
- Smoked Paprika 0.25 teaspoons
- Tahini 4.50 teaspoons
- Vanilla 0.75 teaspoons

Meal Prep Weeks

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

Recipe	Prep Time
Adobo Black Bean Soup	30 minutes
Sweet & Smokey Dressing	30 minutes
Nutritarian Hummus	5 minutes
Chop and freeze all bananas for smoothie and nice cream (7-9 bananas)	5 minutes

Raw

Full Color Salad

(Recipe yields one serving and you'll make it 4 times this week. Pre-chopping veggies for the week to make this a quick go-to is optional. I find that making my salads doesn't take much time at all, as long as the dressings are prepped.)

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)

Veggies + Hummus

(Recipe yields one serving and you'll make it 3 times this week. Pre-chopping veggies for the week to make this a quick go-to is optional.)

Ingredients

4 stalks celery
1 cucumber, sliced
2 whole carrots
3- 4 tablespoons Nutritarian Hummus

Instructions

1. Serve chopped vegetables with 3-4 tablespoons hummus
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Veggie Wrap

(Recipe yields one serving and is on the menu 4 times this week)

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!

Cooked

Adobo Black Bean Soup

(Recipe yields 4 servings. Prep at the beginning of the week and store in the refrigerator. Reheat at meal time)

Ingredients

- 1 onion, diced
- 2 Cloves garlic minced
- 4 carrots diced
- 2 stalks Celery diced
- 2 Bell peppers diced
- 6 cups Vegetable Broth
- 1 can Black beans
- 2 cups frozen corn
- 2 teaspoons Ground cumin
- 2 teaspoons Ground coriander
- 1 teaspoon cayenne pepper
- 1/2 cups Cilantro chopped
- 1 Avocado chopped
- 1 Lime (Juice)
- 2 chipotle chilis in abodo sauce

Instructions

Water saute all veggies and chilis in a pan until slightly tender, but not soggy.
Add Vegetable Broth & seasonings.
Simmer for about 25 minutes
Serve with lime juice, cilantro & avocado.

Tiffany's Sweet and Spicy Potato

Ingredients

- 1 Sweet Potato

½ cup Black beans seasoned
1 Chopped green onion
Spicy hummus
¼ cup Cilantro
1 dash Cumin
¼ teaspoon Nutritional yeast
1 dash black pepper

Instructions

1. Bake your sweet Potato- if in a hurry the microwave works as well! 450 degrees for 45-55 Minutes
2. Make sure to check on potatoes as cooking times vary on size etc.
3. In the meantime season those beans! Cumin, lime, black pepper and a little nutritional yeast to taste.
4. I like to cook beans on the stove over medium heat, add spices and simmer.
5. After potatoes are done, let them cool and then plate them.
6. Cut open lengthwise creating a "boat".
7. Side note: I use store bought hummus, if making your own, add peppers or jalapeño for some zest!
8. Add beans, pour over Potato.
9. Next add hummus, chopped green onions and sprinkle with cilantro.
10. Then eat that toasty, amazing Potato :)

Ratatouille

(Recipe yields one serving and you'll make it 3 times this week. Pre-chopping veggies for the week to make this a quick go-to is optional.)

Ingredients

½ cup Vegetable Broth
½ yellow onion chopped
1 tomato chopped
1 zucchini chopped
½ cup eggplant chopped
½ cup Portobello mushrooms chopped
½ teaspoon oregano
½ teaspoon basil
½ cup marinara

Instructions

1. Chop all vegetables and water sauté over medium/high heat in 2 tablespoons vegetable broth. Turn frequently until lightly browned on all

sides.

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2. Once veggies are cooked, add chopped basil and oregano. Stir in marinara until vegetables are well coated.

3. Serve hot!

Toppers

Sweet & Smokey Dressing

(Recipe yields 4-6 servings)

Ingredients

1/2 cup apple sauce
4 tablespoons apple cider vinegar
2 tablespoons balsamic vinegar
2 teaspoons dijon mustard
1/4 teaspoon cinnamon
1/2 teaspoon cumin
4 dates pitted and softened in water
1/4 cup water

Instructions

In a microwave-safe dish, heat pitted dates in 1/4 cup water on high for one minute. Into a blender cup, pour all ingredients (including dates and water) blend until smooth and refrigerate in an air-tight container

Nutritarian Hummus (3-4 servings)

Ingredients

3 cups garbanzo beans
3 tablespoons tahini
2 large cloves garlic
1 teaspoon cumin
3 lemons, juiced
1/2 teaspoons smoked paprika

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

Fresh Fruit of your Choice

Choose your favorite in-season fruits. The goal is at least 4 per day.

Banana-Blueberry Smoothie

(Recipe yields one serving)

Ingredients

1 cup unsweetened almond milk (or water)
1 cup frozen blueberries
1 cup banana
½ cup spinach (optional)

Ingredients

Blend all ingredients in a high speed blender until smooth.

Cold Morning Oats

(Recipe yields one serving)

Ingredients

1/3 cup rolled oats
1/2 cup frozen berries
1/2 banana
1 tablespoons ground flaxseed

Sweetened Date Milk (optional – you can use unsweetened almond milk instead)

1 cup almond milk
2 Medjool dates (pitted)

Instructions

Pour almond milk and dates into a high-speed blender and blend until smooth
Into a bowl, pour rolled oats, frozen berries, and bananas.

Pour almond milk mixture over oats, and sprinkle with flax

Stir gently and let oats soak for 3 minutes before eating . Oats will get soft and berries will defrost. So good!

Desserts

Creamy Green Smoothie

(Recipe yields one serving)

Ingredients

1 banana frozen
1 cup unsweetened almond milk
2 cups spinach
1/2 cup ice

Instructions

Blend all ingredients in a high speed blender until smooth

Nice Cream

(Recipe yields one serving)

Ingredients

1 frozen bananas
2 teaspoons almond milk
¼ teaspoons vanilla extract

Instructions

Chop and freeze banana slices in a large zip-lock bag. In a food processor or high speed blender, blend ingredients, adding additional almond milk if necessary. If consistency is too runny, return mixture to freezer for 40 minutes and then serve.