

WEEK 1

HOLIDAY MEAL PLAN

**FEATURING:
NUTRITARIAN PUMPKIN SOUP**



SCHEDULE

HOLIDAY MEAL PLAN WEEK 1

MON

- BREAKFAST
 - LUNCH
 - DINNER
- Blueberry Banana Smoothie
 - Super Green Salad + Tangy Mushrooms + Fresh Fruit
 - Pumpkin Soup + Chopped Veggies + Nice Cream

TUE

- BREAKFAST
 - LUNCH
 - DINNER
- Overnight Pumpkin Oatmeal
 - Full Color Salad + Hummus + Fruit
 - Brown Rice Stir Fry + Apple Pecan Bites

WED

- BREAKFAST
 - LUNCH
 - DINNER
- Cold Morning Oats
 - Super Green Salad + Tangy Mushrooms + Fresh Fruit
 - Pumpkin Soup + Chopped Veggies + Green Dream Smoothie

THU

- BREAKFAST
 - LUNCH
 - DINNER
- Chia Seed Pudding
 - Full Color Salad + Hummus + Fruit
 - Brown Rice Stir Fry + Apple Pecan Bites

FRI

- BREAKFAST
 - LUNCH
 - DINNER
- Overnight Pumpkin Oatmeal
 - Super Green Salad + Tangy Mushrooms + Fresh Fruit
 - Pumpkin Soup + Chopped Veggies + Green Dream Smoothie

SAT

- BREAKFAST
 - LUNCH
 - DINNER
- Cold Morning Oats
 - Full Color Salad + Hummus + Fruit
 - Brown Rice Stir Fry + Apple Pecan Bites

SUN

- BREAKFAST
 - LUNCH
 - DINNER
- Blueberry Banana Smoothie
 - Super Green Salad + Tangy Mushrooms + Fresh Fruit
 - Pumpkin Soup + Chopped Veggies + Nice Cream

Holiday Challenge WEEK 1 - SHOPPING LIST

PRODUCE

- Avocado 2 cup
- Bananas 8
- Broccoli 3 cup
- Carrots 11
- Celery stalks 22
- Cloves garlic 11
- Cucumber 7
- Dates 14
- Fresh Fruit of Your Choice at least 14
- Fresh ginger root 1/3 cups
- Kale 8 cups
- Lemons 2
- Loose leaf spinach 18 cups
- Mushrooms 8 cups
- Orange 1
- Red Bell Pepper 2
- Shredded Carrots 3 cups
- Shredded Purple cabbage 1 cup
- Yellow onion 2

RICE/PASTA

- Brown rice 3 cup
- Rolled Oats 3/4 cups
- Steel Cut Oats 4 tablespoons
(note* or choose between rolled oats & steel cut)

NUTS/SEEDS

- Ground Flax Seed 2 tablespoons
- Chia Seeds 3/4 cups
- Pecan Halves 1 cup
- Walnuts 1 cup

CANNED GOODS

- Cooked garbanzo beans 4 cups
- Light Coconut Milk 4 tablespoons
- Vegetable Broth 4 cups
- Pumpkin Puree 125 cups

FREEZER

- Frozen berries 1 cup
- Frozen Blueberries 1 cups
- Frozen Pineapple 15 cups

DAIRY/JUICE

- Unsweetened Almond Milk 8 cups

SPICES AND CONDIMENTS

- Almond Butter 1/2 cups
- Balsamic Vinegar 1/2 cups
- Black Pepper 2 teaspoons
- Ground Allspice 1/2 teaspoon
- Cinnamon 1 teaspoon
- Ground Nutmeg 1/2 teaspoon
- Pumpkin Spice Mix 2 teaspoons
- Ground cumin 1 teaspoon
- Liquid aminos 4 tablespoons
- Smoked Paprika 0.50 teaspoons
- Tahini 3 tablespoons
- Vanilla 2.5 teaspoons
- Whole Black Peppercorns 1/2 teaspoons

Raw

Full Color Salad

(Recipe yields one serving)

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

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)

Fresh Fruit of your Choice

Choose fresh fruit and berries that are in season. Aim for 4-5 each day. Add them to your meals as you wish!

Super Greens Salad + Tangy Mushrooms

(Recipe yields one serving)

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

Ingredients:

2 cups chopped Kale
¼ cup walnuts
1 cup loose leaf spinach

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Instructions:

Toss together grilled Mushrooms (in Cooked section)

Veggies + Hummus

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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Cooked

Brown Rice Stir Fry

Ingredients

2 tablespoons fresh ginger root grated
1 Cloves garlic chopped/minced
1 cups brown rice cooked
1 celery stalks chopped
1/2 cups frozen pineapple
1 cups Broccoli chopped
1/4 yellow onion chopped
1/2 cups red bell pepper chopped
1 carrots chopped or shredded
2 tablespoons Vegetable Broth
1 tablespoons liquid aminos

Instructions

In a heated pan, water sauté chopped garlic, carrots, celery, bell peppers, broccoli, and onion.

After 2-3 minutes, add pineapple.

Add 1-2 tablespoons more water as necessary (you don't want your ingredients to stick to the pan).

Stir ingredients together and continue cooking until veggies have become tender (not soggy).

Stir in cooked rice and liquid aminos.

Serve and refrigerate or freeze leftovers.

Garnish with green onion and optional sesame seeds

Pumpkin Soup

Ingredients

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1/2 cup yellow onion chopped
1/2 teaspoon fresh thyme
1/2 teaspoon ground nutmeg
1 Cloves garlic minced
2 cups Vegetable Broth
1 cups pumpkin puree
1/2 teaspoon whole black peppercorns
1/4 cup light coconut milk

Instructions

2. In a stock pot, water sauté chopped onion and garlic for 5 minutes or until onion is lightly browned or translucent
 3. Add remaining ingredients (except the coconut milk) stir well so that pumpkin puree and vegetable stock come together.
 4. Simmer for 30 minutes
 5. For the easiest blending option, use an immersion blender and immerse directly into the soup (turning stove heat off before you start). A regular blender or food processor may be used. In that case, blend 2 cups at a time and be careful not to burn yourself when transferring from pot to blender and back again.
 6. Once soup is blended together, simmer for another 30 minutes
 7. Finally, stir in 1 cup of coconut milk and serve. Garnish with fresh thyme if you wish.
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Vegan Tangy Mushrooms

Ingredients

2 cups mushrooms
2 tablespoons balsamic vinegar
2-3 Cloves garlic chopped
1/2 teaspoon fresh thyme
1/2 teaspoon black pepper
1/4 cup Vegetable Broth
1 teaspoon liquid aminos

Instructions

Stove-top Instructions

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In a heated pan, add vegetable broth and mushrooms. Sautee mushrooms for 10 minutes on medium heat until they've started to brown all over. Add a splash of vegetable broth if necessary (you don't want them to stick) add chopped garlic, thyme, and liquid aminos. Cook for 1-2 more minutes Just before serving, stir in balsamic vinegar.

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Toppers

Nutritarian Hummus (3-4 servings)

Ingredients

3 cups garbanzo beans
3 tablespoons tahini
2 large cloves garlic
1 teaspoon cumin
3 lemons, juiced
½ 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

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Breakfast

Banana-Blueberry Smoothie

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

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

- 1 Pour almond milk and dates into a high-speed blender and blend until smooth
- 2 Into a bowl, pour rolled oats, frozen berries, and bananas.
- 3 Pour almond milk mixture over oats, and sprinkle with flax
- 4 Stir gently and let oats soak for 3 minutes before eating . Oats will get soft and berries will defrost. So good!

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Overnight Pumpkin Oatmeal

Ingredients

2 tbsp steel cut oats (or old fashioned but steel cut has better texture)
2 tbsp pumpkin puree adjust according to taste
1 tsp pumpkin pie spice mix
1/4 tsp cinnamon
1/2 cup Unsweetened Almond Milk depending on how thick you want it. Blend with date first for more sweetness.

Add ins:

1 tbsp walnuts chopped
1 tbsp Chia Seeds

Instructions

1. If you're adding the date to your almond milk, start there... blending ½ cups almond milk with one date and set aside.
2. Combine everything except add ins into a mason jar or Tupperware and shake/stir really well. Put in fridge overnight. If you remember, give it a couple more stirs or shakes before bed to break up the chia seeds. Once ready to eat after at least several hours (overnight best), top with desired add ins and eat cold or heat up.
3. Quick version: stir everything and let it sit for long as you can (10 min or so) and heat to eat immediately. Add in desired toppings.

Chia Seed Pudding (Start the night before)

Ingredients

1 cup Unsweetened Almond Milk
1 Dates pitted
1 tablespoon Chia Seeds
1 Bananas

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Instructions

1. Blend almond milk and date in a high speed blender until you reach an even consistency
2. Stir chia seeds and milk mixture into a mason jar or container with a lid
3. Shake milk/chia seed mixture vigorously for a minute
4. Refrigerate mixture for one hour
5. Remove mixture from fridge and shake again for 1 minute (to prevent chia seeds from clumping)
6. Refrigerate overnight

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Desserts

Green Dream Smoothie

Ingredients

1 cup frozen banana
1 cup water
2 cups spinach
1/2 cup ice (if desired)

Instructions

Blend all ingredients in a high-speed blender until smooth

Nice Cream

Ingredients

1 frozen bananas
2 teaspoons almond milk
1/4 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.

Apple Pecan Bites

Ingredients

5 Dates pitted

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1/2 cup Almond butter
1 cup roasted pecan halves
1 green apple diced
1/2 teaspoon ground cinnamon
1/4 teaspoon ground allspice
1 teaspoon orange zest (orange zest)
1 tablespoons Cooked garbanzo beans

Instructions

- 1 Place all the ingredients into a food processor or blender.
- 2 Pulse until the mixture comes together somewhat smoothly.
- 3 Scoop about 2 tablespoons worth of mix and roll into balls.
- 4 Chill for at least 1 hour and enjoy.
- 5 Keep chilled for up to 1 week

SIDE NOTE: I've also prepared this dish by pressing the entire mixture into a baking pan over parchment paper and then chilling. Then cut into squares to serve. This is my new preferred preparation!

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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
Pumpkin Soup	30 minutes
Rice for Brown Rice Stir Fry: Cook 3 cups total	30 minutes
Nutritarian Hummus	5 -10 minutes
Chop Frozen Bananas for smoothie and nice cream (6-8 bananas)	5 minutes
Apple Pecan Bites	10 minutes
Optional: Overnight Pumpkin Oatmeal for Tuesday and Friday. I wouldn't prep this more than a couple of days in advanced.	10 minutes

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