

WEEK 3 HOLIDAY MEAL PLAN

FEATURING:
HOLIDAY ROASTED VEGGIES





SCHEDULE

HOLIDAY MEAL PLAN WEEK 3

MON

- BREAKFAST
- LUNCH
- DINNER
- Fresh Fruit of Your Choice
- Vegan Tangy Mushrooms, Full Color Salad + Fresh Fruit
- Thai Butternut Soup + Creamy Green Smoothie

TUE

- BREAKFAST
- LUNCH
- DINNER
- Banana Berry Oatmeal
- Best Ever Lentil Soup + Super Green Salad + Fresh Fruit
- Butternut/Brussel Pan Roast + Vanilla Freeze

WED

- BREAKFAST
- LUNCH
- DINNER
- Tofu Veggie Scramble
- Ratatouille + Hummus + Chopped Veggies + Fresh Fruit
- Thai Butternut Soup + Creamy Green Smoothie

THU

- BREAKFAST
- LUNCH
- DINNER
- Fresh Fruit of Your Choice
- Best Ever Lentil Soup + Super Green Salad + Fresh Fruit
- Butternut/Brussel Pan Roast + Vanilla Freeze

FRI

- BREAKFAST
- LUNCH
- DINNER
- Tofu Veggie Scramble
- Ratatouille + Hummus + Chopped Veggies + Fresh Fruit
- Thai Butternut Soup + Creamy Green Smoothie

SAT

- BREAKFAST
- LUNCH
- DINNER
- Banana Berry Oatmeal
- Best Ever Lentil Soup + Super Green Salad + Fresh Fruit
- Butternut/Brussel Pan Roast + Vanilla Freeze

SUN

- BREAKFAST
- LUNCH
- DINNER
- Fresh Fruit of Your Choice
- Vegan Tangy Mushrooms, Full Color Salad + Fresh Fruit
- Thai Butternut Soup + Creamy Green Smoothie

Holiday Challenge WEEK 3 - SHOPPING LIST

PRODUCE

| | | | |
|--------------------------|----------------------------|---------------|---|
| <input type="checkbox"/> | Apples | 1 | |
| <input type="checkbox"/> | Avocado | 0.50 cup | |
| <input type="checkbox"/> | Banana | 6 | |
| <input type="checkbox"/> | Basil | 1 teaspoon | |
| <input type="checkbox"/> | Brussel sprouts | 16 oz | |
| <input type="checkbox"/> | Butternut squash | 5 | |
| <input type="checkbox"/> | Carrots | 5 | |
| <input type="checkbox"/> | Celery stalks | 11 | |
| <input type="checkbox"/> | Cilantro | 4 tablespoons | |
| <input type="checkbox"/> | Cloves garlic | 12 | |
| <input type="checkbox"/> | Cucumber | | 4 |
| <input type="checkbox"/> | Dates | 9 | |
| <input type="checkbox"/> | Eggplant | 1 cup | |
| <input type="checkbox"/> | Fresh Fruit of Your Choice | 10 cup | |
| <input type="checkbox"/> | Fresh ginger root | 2 tablespoons | |
| <input type="checkbox"/> | Fresh thyme | 1 teaspoon | |
| <input type="checkbox"/> | Kale | 8 cup | |
| <input type="checkbox"/> | Lemons | 2 | |
| <input type="checkbox"/> | Limes | 2 | |
| <input type="checkbox"/> | Loose leaf spinach | 7 cup | |
| <input type="checkbox"/> | Mushrooms | 5.50 cup | |
| <input type="checkbox"/> | Oregano | 1 teaspoon | |
| <input type="checkbox"/> | Red onion | 0.25 | |
| <input type="checkbox"/> | Red pepper | 0.50 cup | |
| <input type="checkbox"/> | Rosemary | 3 teaspoons | |
| <input type="checkbox"/> | Shredded Carrots | 2 cup | |
| <input type="checkbox"/> | Shredded Purple cabbage | 0.50 cup | |
| <input type="checkbox"/> | Spinach | 8 cup | |
| <input type="checkbox"/> | Tomato | 2 | |
| <input type="checkbox"/> | Yellow onion | 3 | |
| <input type="checkbox"/> | Zucchini | 3 | |

RICE/PASTA

| | | |
|--------------------------|-------------|-------|
| <input type="checkbox"/> | Red Lentils | 2 cup |
|--------------------------|-------------|-------|

NUTS/SEEDS

| | | |
|--------------------------|-------------|---------------|
| <input type="checkbox"/> | Pecans | 4 tablespoons |
| <input type="checkbox"/> | Rolled oats | 0.50 cup |
| <input type="checkbox"/> | Walnuts | 0.75 cup |

CANNED GOODS

| | | |
|--------------------------|-----------------------|----------------|
| <input type="checkbox"/> | Cooked garbanzo beans | 4 cans (15 oz) |
| <input type="checkbox"/> | Marinara | 1 cup |
| <input type="checkbox"/> | Peanut butter | 4 tablespoons |
| <input type="checkbox"/> | Vegetable Broth | 9 cup |

FREEZER

| | | |
|--------------------------|----------------|-------|
| <input type="checkbox"/> | Frozen berries | 1 cup |
|--------------------------|----------------|-------|

OTHER

| | | |
|--------------------------|-------------------|-------------|
| <input type="checkbox"/> | Nutritional yeast | 2 teaspoons |
|--------------------------|-------------------|-------------|

DAIRY/JUICE

| | | |
|--------------------------|-------------------------|----------|
| <input type="checkbox"/> | Lite coconut milk | 1 can |
| <input type="checkbox"/> | Tofu | 1 cup |
| <input type="checkbox"/> | Unsweetened Almond Milk | 5.75 cup |

SPICES AND CONDIMENTS

| | | |
|--------------------------|------------------|----------------|
| <input type="checkbox"/> | | |
| <input type="checkbox"/> | Balsamic vinegar | 4 tablespoons |
| <input type="checkbox"/> | Black pepper | 1 teaspoon |
| <input type="checkbox"/> | Cayenne pepper | 2 teaspoons |
| <input type="checkbox"/> | Chili powder | 2 teaspoons |
| <input type="checkbox"/> | Cumin | 2 teaspoons |
| <input type="checkbox"/> | Curry powder | 3 teaspoons |
| <input type="checkbox"/> | Garlic Powder | 0.50 teaspoons |
| <input type="checkbox"/> | Ground allspice | 0.50 teaspoons |
| <input type="checkbox"/> | Ground cumin | 1 teaspoon |
| <input type="checkbox"/> | Liquid aminos | 2 teaspoons |
| <input type="checkbox"/> | Liquid stevia | 0.13 teaspoons |
| <input type="checkbox"/> | Sea salt | 2 teaspoons |
| <input type="checkbox"/> | Smoked Paprika | 0.50 teaspoons |
| <input type="checkbox"/> | Tahini | 3 tablespoons |
| <input type="checkbox"/> | Vanilla | 0.25 teaspoons |



Full Color Salad (1 Serving)

(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!

Fresh Chopped Veggies + Hummus (1 Serving)

Ingredients

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

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Instructions

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

Super Green Salad (1 Serving)

Ingredients

2 cups kale chopped
1/4 cup walnuts
1 cup loose leaf spinach

Instructions

Toss chopped kale, spinach, and walnuts in a large salad bowl. Serve with hummus or your favorite Nutritarian dressing.

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Cooked

Best Ever Lentil Soup (4-6 servings)

Ingredients

1 cups yellow onion chopped
1 cups celery stalks chopped
1 cups carrots chopped
2 cups kale chopped
1 tablespoon rosemary chopped fresh herbs: thyme, basil... (whatever you like)
1 Cloves garlic
2 cups Red Lentils
6 cups Vegetable Broth
3 tablespoons water to water sauté

Instructions

Water sauté chopped veggies on medium high heat for 3-5 minutes
Add chopped garlic, herbs, and kale and simmer for 3-5 more minutes
pour in lentils and vegetable stock
simmer for 25 minutes or until lentils are tender

Butternut/Brussel Roast (4-6 Servings)

Ingredients

Roasted veggies
1 apples red
1 lbs. Brussel sprouts
1/4 cup pecans or walnuts
1 cloves garlic
1 butternut squash medium

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1/4 red onion
tablespoons balsamic vinegar
1/8 teaspoon liquid stevia 5-6 drops
1/2 teaspoon ground allspice
2 tablespoons water
sea salt (optional dash of sea salt once the dish is prepared)
Quick date syrup
5 dates pitted
1/2 cup water

Instructions

Heat oven to 400f.
In a large bowl whisk together the vinegar, 2 tablespoons water, and allspice.
As you prep each of the following items place into the large bowl.
Peel the butternut and cube into 1 inch pieces.
Trim and cut the sprouts in half.
Crush and peel the garlic clove.
Finely slice the onion into half moons.
Core the apple and cut into slices.
Add the nuts to the bowl and toss everything together coating it in the spiced vinegar.
Place onto a greased or lined baking tray and roast for 25-30 minutes.
The squash should be fork tender.

Quick date syrup

While veggies are roasting, cover pitted dates with 1/2 cup water in a microwave safe dish

Microwave on high for 1 minute

Place heated dates and water mixture in a high speed blender until a smooth syrup is formed

Remove vegetables from oven when tender and pour date syrup over veggies, stirring to coat evenly.

Return vegetables to oven and cook for 5 minutes longer
Enjoy

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Thai Butternut Soup (4-6 Servings)

Ingredients

- 1 yellow onions chopped
- 4 cups butternut squash chopped
- 1 can lite coconut milk
- 2 tablespoons fresh ginger root grated or sliced fine
- 1/4 cup Cilantro fresh
- 1/4 cup peanut butter
- 2 limes juiced
- cayenne pepper dash
- 1 tablespoon Curry powder
- 2 cups Vegetable Broth
- 1 can Cooked garbanzo beans
- 2 tablespoons Garlic I prefer using one large clove of elephant garlic (it's huge!)
- 2 Dates

Instructions

In a large stock pot, water sauté yellow onion, butternut squash, ginger, cilantro, and chopped garlic, turning often.

Once onion is fragrant, stir in curry powder, stirring to ensure that all pieces are coated.

Cover ingredients with 2 cups vegetable broth

Simmer over medium heat until squash is tender and can be mashed with a fork. Add remaining ingredients: coconut milk, lime juice, garbanzo beans, peanut butter, and red pepper to taste

In a microwave safe bowl, heat pitted dates in 1/4 cup water for one minute in the microwave

Add date/water mixture to the soup.

Remove pot from heat and use an immersion blender to blend soup to desired consistency. I like to save a 1/2 cup of garbanzo beans to add after blending. Just a personal preference. It's great when it's smooth and creamy!

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Ratatouille (1 Serving)

Ingredients

1/4 cup Vegetable Broth
1/2 yellow onion chopped
1 tomato chopped
1 zucchini chopped
1/2 cup eggplant chopped
1/2 cup portobello mushroom chopped
1/2 teaspoon oregano
1/2 teaspoon basil
1/2 cup marinara
1 Cloves garlic chopped

Instructions

chop all vegetables and water sauté over medium/high heat in 2 tablespoons vegetable broth. Turn frequently until lightly browned on all sides. Once veggies are cooked, add chopped basil and oregano. Stir in marinara until vegetables are well coated.
Serve hot!

Vegan Tangy Mushrooms (1 serving)

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 (if pan-cooking)
1 teaspoon liquid aminos

Instructions

In a heated pan, add vegetable broth and mushrooms. Sauté 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 (4-6 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 Berry Oatmeal (1 Serving)

Ingredients

1/2 cup frozen berries
1 Bananas
1/4 cup rolled oats
1 date
1/2 cup Unsweetened Almond Milk

Instructions

In a high speed blender, blend almond milk and date until date is well assimilated.

In a microwave-safe bowl, layer berries, banana, and top with rolled oats and almond milk.

Microwave for 90 seconds and serve hot!

Fresh Fruit of Your Choice

Choose a few of your favorite seasonal fruit. Optional: serve with ground flax seed sprinkled on top

Veggie Tofu Scramble (1 Serving)

Ingredients

Spice Mix

1 teaspoon Nutritional yeast
1 teaspoon chili powder
1 teaspoon Cumin
1/4 teaspoon Garlic Powder

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Veggie /Tofu Mix:

1/4 cup zucchini chopped
1/4 cup yellow onion
1/4 cup red pepper chopped
1/2 cup tofu
1/4 cup mushrooms
1 Cloves garlic

Instructions

Add all of the spice mix ingredients into a bowl and stir to combine.
In a heated pan, water sauté the mushrooms, peppers, onion, and garlic and sauté for about 5 minutes until everything begins to brown.
Add tofu blocks and break it apart with your spoon until you get a nice scramble texture with lots of chunks.
Add the spice mix and stir everything up, heating for another 5 minutes.

Vanilla Freeze (4 Servings)

Ingredients:

3 cup Unsweetened Almond Milk
4 pitted medjool dates
1 teaspoon vanilla

Instructions

Pour 1 cup of water over pitted dates and heat in the microwave on high for 2 minutes. Then DRAIN HOT WATER.

Into a blender cup, put dates and remaining ingredients and blend on high until mixture is smooth

Pour blended mixture into ice cube trays and freeze mixture.

Once milk mixture is frozen, run cubes through a food processor, scraping sides every few minutes until well-blended. Add a few tablespoons of almond milk if necessary to reach desired consistency.

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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Desserts

Creamy Green Smoothie

Ingredients

1 cup frozen banana
1 cup Almond Milk
2 cups spinach (or Kale)

Instructions

Blend all ingredients in a high-speed blender until smooth

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Oatmeal Cookie Dough

Ingredients

1/2 Banana
1 cup rolled oats
3 tablespoon ground flaxseed
2 tablespoons peanut butter (or other nut butter)
1 tablespoon raw walnuts
4 Dates (pitted)
1/8 teaspoon cinnamon

Instructions

1. Add all ingredients into a food processor or blender. Pulse a few times until ingredients are well mixed. (If blender or food processor are not available, a mixer may be used.
2. Form into one-inch balls and refrigerate.
3. 2 "bites" per serving.

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Meal Prep Week 3

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

| Recipe | Prep Time |
|--|------------|
| Best Ever Lentil Soup | 30 minutes |
| Thai Butternut Soup | 30 minutes |
| Nutritarian Hummus | 5 minutes |
| Seasoning for Tofu Scramble: <ul style="list-style-type: none">• 2 teaspoon Nutritional yeast• 2 teaspoon chili powder• 2 teaspoon Cumin• 2 teaspoon Garlic Powder | 5 minutes |
| Vanilla Freeze Mixture: Prepare mixture and freeze for preparing 3 times this weeks | 10 minutes |
| Chop 4-5 bananas and freeze for creamy green smoothies | 5 minutes |
| Butternut Brussel Pan Roast | |

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!

Full Color Salad

Raw Chopped Veggies

Ratatouille

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