

WEEK 4

HOLIDAY MEAL PLAN

**FEATURING:
ROSEMARY GRAVY**





SCHEDULE

HOLIDAY MEAL PLAN WEEK 4

MON

- BREAKFAST
 - LUNCH
 - DINNER
- Warm Breakfast Pears
 - Andi Salad + Fresh Fruit
 - Adobo Black Bean Soup + Nice Cream

TUE

- BREAKFAST
 - LUNCH
 - DINNER
- Green Dream Smoothie
 - Full Color Salad + Pecan Balsamic Dressing + Fruit
 - Steamed Veggies, Nutritarian Thanksgiving Potatoes + Fruit

WED

- BREAKFAST
 - LUNCH
 - DINNER
- Banana Berry Smoothie
 - Andi Salad + Fresh Fruit
 - Adobo Black Bean Soup + Nice Cream

THU

- BREAKFAST
 - LUNCH
 - DINNER
- Warm Breakfast Pears
 - Full Color Salad + Pecan Balsamic Dressing + Fruit
 - Steamed Veggies, Nutritarian Thanksgiving Potatoes + Fruit

FRI

- BREAKFAST
 - LUNCH
 - DINNER
- Banana Berry Smoothie
 - Andi Salad + Fresh Fruit
 - Adobo Black Bean Soup + Nice Cream

SAT

- BREAKFAST
 - LUNCH
 - DINNER
- Green Dream Smoothie
 - Full Color Salad + Pecan Balsamic Dressing + Fruit
 - Steamed Veggies, Nutritarian Thanksgiving Potatoes + Fruit

SUN

- BREAKFAST
 - LUNCH
 - DINNER
- Warm Breakfast Pears
 - Andi Salad + Fresh Fruit
 - Adobo Black Bean Soup + Nice Cream

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Holiday Challenge WEEK 4 - SHOPPING LIST

PRODUCE

<input type="checkbox"/>	Avocado	2
<input type="checkbox"/>	Bananas	8
<input type="checkbox"/>	Bell peppers	2
<input type="checkbox"/>	Berries for salad	4 cups
<input type="checkbox"/>	Broccoli	3 cup
<input type="checkbox"/>	Cabbage	3 cup
<input type="checkbox"/>	Carrots	7
<input type="checkbox"/>	Celery stalks	5
<input type="checkbox"/>	Cilantro	0.50 cup
<input type="checkbox"/>	Head of garlic	2
<input type="checkbox"/>	Cucumber	3 cup
<input type="checkbox"/>	Dates	15
<input type="checkbox"/>	Fresh Dill	2 tablespoons
<input type="checkbox"/>	Fresh Fruit of Your Choice	10 cup
<input type="checkbox"/>	Green onion	1 cup
<input type="checkbox"/>	Kale	12 cup
<input type="checkbox"/>	Lemon	0.75 teaspoons
<input type="checkbox"/>	Lime	1
<input type="checkbox"/>	Loose leaf spinach	10 cup
<input type="checkbox"/>	Minced chives	4 tablespoons
<input type="checkbox"/>	Mushrooms	8 oz
<input type="checkbox"/>	Pears	6
<input type="checkbox"/>	Purple onion	2 cup
<input type="checkbox"/>	Rosemary	3 teaspoons
<input type="checkbox"/>	Shredded Carrots	3 cup
<input type="checkbox"/>	Shredded Purple cabbage	0.75 cup
<input type="checkbox"/>	Snap peas	3 cup
<input type="checkbox"/>	Yellow onions	2
<input type="checkbox"/>	Yukon gold potatoes	12

NUTS/SEEDS

<input type="checkbox"/>	Pecans	4 tablespoons
<input type="checkbox"/>	Rolled oats	0.50 cup
<input type="checkbox"/>	Sunflower seeds	4 tablespoons

BAKING

<input type="checkbox"/>	Arrowroot powder	2 teaspoons
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CANNED GOODS

<input type="checkbox"/>	Black beans	1 can
<input type="checkbox"/>	Chipotle chilis in abodo sauce	2
<input type="checkbox"/>	Cooked garbanzo beans	4 cans (15 oz)
<input type="checkbox"/>	Vegetable Broth	12 cup

FREEZER

<input type="checkbox"/>	Frozen berries	1 cup
<input type="checkbox"/>	Frozen corn	2 cup

BAKING

<input type="checkbox"/>	Nutritional yeast	1.50 teaspoons
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DAIRY/JUICE

<input type="checkbox"/>	Lite coconut milk	0.50 cup
<input type="checkbox"/>	Unsweetened Almond Milk	1.17 cup

SPICES AND CONDIMENTS

<input type="checkbox"/>	Balsamic vinegar	4 tablespoons
<input type="checkbox"/>	Bay leaf	1
<input type="checkbox"/>	Black pepper	1 teaspoon
<input type="checkbox"/>	Cayenne pepper	1 teaspoon
<input type="checkbox"/>	Cinnamon	0.75 teaspoons
<input type="checkbox"/>	Dijon Mustard	1 teaspoon
<input type="checkbox"/>	Dried thyme	0.25 teaspoons
<input type="checkbox"/>	Ground coriander	2 teaspoons
<input type="checkbox"/>	Ground cumin	2 teaspoons
<input type="checkbox"/>	Liquid aminos	2 teaspoons
<input type="checkbox"/>	Nutmeg	0.75 teaspoons
<input type="checkbox"/>	Vanilla	3.75 teaspoons



Full Color Salad (1 Serving)

(Recipe yields one serving)

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)

Chop all veggies and serve with your favorite Nutritarian dressing

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!

Andi Salad (1 serving)

Ingredients

3 cups kale coarsely chopped
1 cup berries
1 tablespoons sunflower seeds
½ cup purple onion sliced thin
½ cup garbanzo beans
¼ cup green onion

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Instruction

1. Chop all veggies and fruit to your liking and mix together in a large salad bowl
 2. Top with your favorite nutritarian dressing
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Cooked

Adobo Black Bean Soup (4 Servings – You will use the soup 4 times this week)

Ingredients

- 2 chipotle chilis in adobo sauce
- 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

Soup Toppers:

- 1/2 cups Cilantro chopped
- 1 Avocado chopped
- 1 Lime (Juice)

Instructions

Water saute all veggies and chilis in water until slightly tender, but not soggy.

Add Vegetable Broth & seasonings.

Simmer for about 25 minutes

Serve with lime juice, cilantro & avocado.

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Nutritarian Thanksgiving Potatoes (3 servings)

Ingredients

6 Yukon gold potatoes unpeeled, chopped
1/2 cup Vegetable Broth
1/4 cup lite coconut milk optional
2 tablespoons minced chives
1 Tablespoon Fresh Dill chopped
1 head of garlic

Instructions

Preheat the oven to 350 degrees F. Place the garlic on a piece of foil, wrap and roast until tender, about 10 minutes.

Meanwhile, boil potatoes in 1 inch water. Reduce the heat to a simmer and cook until the potatoes are tender, about 20 minutes.

Strain and return the potatoes to the saucepan.

Add the roasted garlic (include any juice that has collected) and vegetable stock to the potatoes.

Mash with a potato masher until smooth or to the desired consistency, adding additional vegetable stock if necessary.

Coconut milk may be added here.

Stir in the chives and fresh dill

Salt is not recommended, but if you desire salt, it's best to add it to the dish once it's read to serve.

Steamed Veggies (1 serving)

Ingredients

(Your choice of veggies to steam):

1cup Broccoli
1 cup carrots

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1 cup cabbage
1 cup snap peas

INSTRUCTIONS

Easy Peasy. Steam all of your veggies until they're slightly tender. (I really mean "slightly," you don't want to over-cook these babies)

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Toppers

Spiced Date Syrup for Breakfast Pears (3 servings)

(You'll eat the breakfast pears 3 times this week. Prep the spiced date syrup before hand so you can add it to your heated pears each time your prepare them.)

Ingredients

3 Dates
1 cup water
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon lemon juice
1/4 teaspoon vanilla

Instructions

Heat dates in 1 cup water in the microwave for 2 minutes. DO NOT DRAIN.

Into a blender cup, add heated dates WITH heated water along with remaining ingredients.

Blend on high until syrup is smooth

Store in an air-tight container in the fridge and use each time you make your breakfast pears.

Mushroom and Rosemary Smooth Gravy (4-6 Servings)

Ingredients

1 cup yellow onions minced
1 bay leaf
1 Cloves garlic crushed
8 ounces mushrooms Any type will do... a mixed assortment will yield the best flavor (if using dried steep in the stock for an hour before)

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2 teaspoons arrowroot powder (corn starch works too)
2 teaspoon liquid aminos
1 Dates pitted
5 cups Vegetable Broth (low-sodium)
1 teaspoon black pepper
1 tablespoon rosemary chopped

Instructions

Roughly chop the mushrooms.
Mince the date.
Mix together the arrowroot/cornstarch, liquid aminos and set aside.
In a heavy bottomed pot place the stock, date, mushrooms, onion, garlic, and shallot and bring to a boil.
Lower the heat and simmer.
Add the rosemary and bay leaf, and reduce the liquid by half.
Add the amino and cornstarch mixture and whisk into the pot.
Simmer for 3 minutes and remove from the heat.
Remove the rosemary and bay from the pot.
Pour the ingredients into a blender and add a pinch of pepper.
Blend until very smooth.
Salt is not recommended ordinarily, but if you wish to incorporate salt, add a pinch here.

Pecan Balsamic Vinaigrette (4 servings)

Ingredients

0.5 cup water
0.25 cup balsamic vinegar
0.25 cup pecans
3 Dates
1 Cloves garlic
1 tsp Dijon Mustard
0.25 tsp Dried thyme

Instructions

Combine all ingredients in a blender until smooth.

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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

Green Dream Smoothie (1 serving)

Ingredients

2-3 cups loose leaf spinach
1 Bananas frozen (cut into slices)
1½ cup water
1 tsp vanilla

Instructions

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Place ingredients in high speed blender and blend on high until smooth.
Add more or less water as necessary

Warm Breakfast Pears (1 serving)

Ingredients

2 pears sliced thick (apples may be used instead)
Date Syrup (Find in TOPPERS section)

Instructions

Slice pears

In a heated pan, add 2-3 tablespoons water and water saute sliced pears until tender,

When pears are tender, stir in 1/3 **spiced date syrup** mixture, and simmer on low until pears are tender and mixture is bubbly.
Serve hot

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Desserts

Creamy Green Smoothie (1 Serving)

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

Nice Cream (1 serving)

Ingredients

1 -2 Bananas sliced and frozen
2 teaspoons Unsweetened Almond Milk
¼ teaspoons vanilla

Ingredients

Blend all ingredients in a blender until smooth.

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Meal Prep Week 4

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

Recipe	Prep Time
Adobo Black Bean Soup	30 minutes
Rosemary Gravy (to be eaten with Thanksgiving Potatoes and steamed veggies)	30 minutes
Pecan Balsamic Dressing	10 minutes
Freeze bananas for nice cream and Smoothie: 6-7	5 minutes
Date Syrup for Warm Breakfast Pears	5-10 minutes

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