

**WEEK 6**

# **HOLIDAY MEAL PLAN**

**FEATURING:  
HOLIDAY PECAN BALLS**





# SCHEDULE

## HOLIDAY MEAL PLAN WEEK 6

MON

- BREAKFAST
  - LUNCH
  - DINNER
- Green Dream Smoothie
  - Full Color Salad + Citrus Dressing + Fresh Fruit
  - Butternut Squash Soup + Nice Cream

TUE

- BREAKFAST
  - LUNCH
  - DINNER
- Cold Morning Oats
  - Black Bean Fajitas + Chopped Veggies + Hummus
  - Tuscan White Bean Soup + Fresh Fruit of Your Choice
  - Apple Pecan Bites

WED

- BREAKFAST
  - LUNCH
  - DINNER
- Sesame Chocolate Smoothie
  - Full Color Salad + Citrus Dressing + Fresh Fruit
  - Butternut Squash Soup + Nice Cream

THU

- BREAKFAST
  - LUNCH
  - DINNER
- Cold Morning Oats
  - Black Bean Fajitas + Chopped Veggies + Hummus
  - Tuscan White Bean Soup + Fresh Fruit of Your Choice
  - Apple Pecan Bites

FRI

- BREAKFAST
  - LUNCH
  - DINNER
- Sesame Chocolate Smoothie
  - Full Color Salad + Citrus Dressing + Fresh Fruit
  - Butternut Squash Soup + Nice Cream

SAT

- BREAKFAST
  - LUNCH
  - DINNER
- Cold Morning Oats
  - Black Bean Fajitas + Chopped Veggies + Hummus
  - Tuscan White Bean Soup + Fresh Fruit of Your Choice

SUN

- BREAKFAST
  - LUNCH
  - DINNER
- Green Dream Smoothie
  - Full Color Salad + Citrus Dressing + Fresh Fruit
  - Butternut Squash Soup + Nice Cream

# Holiday Challenge WEEK 6 - SHOPPING LIST

## PRODUCE

<input type="checkbox"/>	Avocado	2 cup	
<input type="checkbox"/>	Bananas	11	
<input type="checkbox"/>	Butternut squash	4 cup	
<input type="checkbox"/>	Carrots	8	
<input type="checkbox"/>	Celery stalks	18	
<input type="checkbox"/>	Cilantro	0.75 cup	
<input type="checkbox"/>	Cloves garlic	9	
<input type="checkbox"/>	Cucumber	7	
<input type="checkbox"/>	Dates	12	
<input type="checkbox"/>	Fresh basil	3 tablespoons	
<input type="checkbox"/>	Fresh Fruit of Your Choice	7 cup	
<input type="checkbox"/>	Fresh Oregano	3 teaspoons	
<input type="checkbox"/>	Fresh thyme	0.50 teaspoons	
<input type="checkbox"/>	Green apple	1	
<input type="checkbox"/>	Green bell pepper	1	
<input type="checkbox"/>	Large handfuls kale	2	
<input type="checkbox"/>	Lemons	5	
<input type="checkbox"/>	Loose leaf spinach	12 cup	
<input type="checkbox"/>	Medjool dates		6
<input type="checkbox"/>	Orange		1
<input type="checkbox"/>	Onion		1
<input type="checkbox"/>	Red bell pepper		1
<input type="checkbox"/>	Shredded Carrots	4 cup	
<input type="checkbox"/>	Shredded Purple cabbage	1 cup	
<input type="checkbox"/>	Spinach	2 cup	

## RICE/PASTA

<input type="checkbox"/>	Red Lentils	1 cup
<input type="checkbox"/>	Wild rice	2.67 cup

## NUTS/SEEDS

<input type="checkbox"/>	Cashews	0.50 cup
<input type="checkbox"/>	Roasted pecan halves	1 cup
<input type="checkbox"/>	Rolled oats	1 cup

## BREAD

<input type="checkbox"/>	Whole grain tortilla	3
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## BAKING

<input type="checkbox"/>	Ground flaxseed	5 tablespoons
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## CANNED GOODS

<input type="checkbox"/>	Almond butter	0.50 cup
<input type="checkbox"/>	Black beans	3 cup
<input type="checkbox"/>	Cannellini beans	3 cup
<input type="checkbox"/>	Chopped tomato	1 cup
<input type="checkbox"/>	Cooked garbanzo beans	4 cans (15 oz)
<input type="checkbox"/>	Vegetable Broth	9 cup

## FREEZER

<input type="checkbox"/>	Frozen berries	1.50 cup
<input type="checkbox"/>	Frozen Fajita Veggies	4.50 cup
<input type="checkbox"/>	Frozen Mushrooms	1.50 cup

## BAKING

<input type="checkbox"/>	Nutritional yeast	.75 teaspoons
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## DAIRY/JUICE

<input type="checkbox"/>	Light coconut milk	2 cup
<input type="checkbox"/>	Orange juice	0.50 cup
<input type="checkbox"/>	Unsweetened Almond Milk	6 cup

## SPICES AND CONDIMENTS

<input type="checkbox"/>	Black pepper	
<input type="checkbox"/>	Cayenne powder	dash
<input type="checkbox"/>	Chili powder	0.75 teaspoons
<input type="checkbox"/>	Cocoa powder	4 tablespoons
<input type="checkbox"/>	Cumin	0.75 teaspoons
<input type="checkbox"/>	Curry powder	3 teaspoons
<input type="checkbox"/>	Dijon Mustard	1 teaspoon
<input type="checkbox"/>	Garlic Powder	0.75 teaspoons
<input type="checkbox"/>	Ground allspice	0.25 teaspoons
<input type="checkbox"/>	Ground cinnamon	1.50 teaspoons
<input type="checkbox"/>	Ground cumin	1 teaspoon
<input type="checkbox"/>	Onion powder	0.75 teaspoons
<input type="checkbox"/>	Salsa	0.56 cup
<input type="checkbox"/>	Smoked Paprika	0.50 teaspoons
<input type="checkbox"/>	Tahini	5 tablespoons
<input type="checkbox"/>	Vanilla	3 teaspoons
<input type="checkbox"/>	White vinegar	1 teaspoon



## Full Color Salad (One 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)

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## 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!

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## Veggies + Hummus

### Ingredients

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

### Instructions

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

## Black Bean Fajitas (One Serving)

### Ingredients

3 oz Vegetable Broth  
1.5 cup Frozen Fajita Veggies  
(fresh works great too): peppers, onions, whatever you like)  
1/2 cup frozen Mushrooms (seriously if you freeze them they last longer. I just learned this)  
1 cup Black beans  
1 Whole grain tortilla (Ezekiel / Sprouted grain tortillas are best)  
1/4 Avocado  
1 Lemons fresh lemon or lime juice  
3 tablespoons salsa  
1/4 cup Cilantro

### Spice Mix:

1/4 teaspoon Nutritional yeast  
1/4 teaspoon Garlic Powder  
1/4 teaspoon onion powder  
1/4 teaspoon chili powder  
dash cayenne powder  
1/4 teaspoon Cumin

### Instructions

Saute fajita veggies and mushrooms in vegetable broth.  
Add seasonings and black beans and cook down for 5 minutes  
Fill warm tortillas with mixture and your favorite toppings: ex, avocado, lime salsa, ect.

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## Butternut Squash Soup (4 Servings – eaten 4 times this week)

### Ingredients

4 Cloves garlic minced  
4 cups butternut squash fresh and chopped or frozen  
1 tablespoon Curry powder  
1 tsp ground cinnamon  
2 cups light coconut milk  
2 cups Vegetable Broth  
4 Dates

### Instructions

In a microwave safe dish, heat dates in 1 cup water for 2 minutes. Drain water and then, in a high speed blender, blend coconut milk and dates until smooth

In a heated pan, water sauté garlic, butternut squash, curry powder, and ground cinnamon until squash is soft.

Pour in date-sweetened coconut milk and vegetable broth and simmer for 15 minutes

Turn off stove-top heat and blend soup using an immersion blender. If using a free-standing blender, transfer carefully and blend no more than 2 cups at a time.

Serve Hot.

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## Tuscan White Bean Soup (4 Servings – Eaten 3 times this week)

### Ingredients

1 onion  
2 medium carrots  
2 stalks Celery  
1 red bell pepper  
1 green bell pepper  
3 Cloves garlic  
2 large handfuls kale  
1 cup chopped tomato  
3 cups cannellini beans  
6 cups Vegetable Broth  
1 tablespoon Fresh Oregano  
1/2 tsp fresh thyme

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3 tablespoons fresh basil  
black pepper

### Instructions

Water Saute diced onion, carrot herbs, and celery.

Cook over a medium heat for a few minutes, stirring, then add chopped peppers, garlic, and chopped kale.

Add chopped tomatoes to the pot, along with the drained cannellini beans, and vegetable stock. Mix well to combine.

Cover the pan with a lid and simmer on low for one hour

Allow it to cook, stirring occasionally, for around an hour.

Season with pepper to taste.

If you desire salt, add a little to the soup once it's in your bowl!

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# Toppers

## Creamy Citrus Dressing ( 4-6 servings)

### Ingredients

1/2 cup Cashews soaked in water (1 hour minimum or heat for 1 minute in water in the microwave)  
1/2 cup orange juice  
1 teaspoon white vinegar  
1 teaspoon Dijon Mustard  
3 Dates pitted, softened

### Instructions

Heat dates in a microwave safe dish in 1/3 cup water for one minute in the microwave  
Drain dates and place in blender cup along with remaining ingredients and blend on high until smooth.

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## 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.

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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

## Green Dream Smoothie

### Ingredients

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

### Ingredients

Blend all ingredients in a high speed blender until smooth.

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## 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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# Sesame Chocolate Smoothie (One Servings)

## Ingredients

2 Bananas Frozen  
1 cup spinach  
1.5 cup Unsweetened Almond Milk  
1 tablespoon ground flaxseed  
1 tablespoon Tahini  
2 tablespoons cocoa powder Cacao works too

## Instructions

Blend all ingredients in a high speed blender until smooth. Add more almond milk or water as needed for desired consistency.

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# Desserts

## Apple Pecan Bites

### Ingredients

5 Dates pitted  
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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## Nice Cream

### Ingredients

1 frozen bananas  
2 teaspoons almond milk

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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.

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# Meal Prep Week 6

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

Recipe	Prep Time
Tuscan White Bean Soup	30 minutes
Butternut Squash Soup	30 minutes
Nutritarian Hummus	5 minutes
Creamy Citrus Dressing	10 minutes
Chop and Freeze bananas for nice cream (7-9)	5 minutes
Apple Pecan Bites	20 minutes

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