

WEEK 5

HOLIDAY MEAL PLAN

**FEATURING:
OVERNIGHT PUMPKIN OATS**





SCHEDULE

HOLIDAY MEAL PLAN WEEK 5

MON

- BREAKFAST
 - LUNCH
 - DINNER
- Overnight Pumpkin Oatmeal
 - Veggie Wrap + Full Color Salad + Hummus + Balsamic Dress.
 - Marinara Pasta + Nice Cream

TUE

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice
 - Full Color Salad + Balsamic Dressing + Best Ever Lentil Soup
 - Brown Rice Stir Fry + Chocolate Freeze

WED

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice
 - Full Color Salad + Balsamic Dressing + Best Ever Lentil Soup
 - Marinara Pasta + Nice Cream

THU

- BREAKFAST
 - LUNCH
 - DINNER
- Overnight Pumpkin Oatmeal
 - Veggie Wrap + Full Color Salad + Hummus + Balsamic Dress.
 - Brown Rice Stir Fry + Chocolate Freeze

FRI

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice
 - Full Color Salad + Balsamic Dressing + Best Ever Lentil Soup
 - Marinara Pasta + Nice Cream

SAT

- BREAKFAST
 - LUNCH
 - DINNER
- Fresh Fruit of Your Choice
 - Full Color Salad + Balsamic Dressing + Best Ever Lentil Soup
 - Brown Rice Stir Fry + Chocolate Freeze

SUN

- BREAKFAST
 - LUNCH
 - DINNER
- Overnight Pumpkin Oatmeal
 - Veggie Wrap + Full Color Salad + Hummus + Balsamic Dress.
 - Marinara Pasta + Nice Cream

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Holiday Challenge WEEK 5 - SHOPPING LIST

PRODUCE

<input type="checkbox"/>	Avocado	3
<input type="checkbox"/>	Bananas	4
<input type="checkbox"/>	Broccoli	3 cup
<input type="checkbox"/>	Carrots	4
<input type="checkbox"/>	Celery stalks	11
<input type="checkbox"/>	Cilantro	0.50 cup
<input type="checkbox"/>	Cloves garlic	11
<input type="checkbox"/>	Cucumber	7 cup
<input type="checkbox"/>	Dates	12
<input type="checkbox"/>	Fresh basil	4 teaspoons
<input type="checkbox"/>	Fresh Fruit of Your Choice	9 cup
<input type="checkbox"/>	Fresh ginger root	0.37 cup
<input type="checkbox"/>	Green onion	2
<input type="checkbox"/>	Kale	2 cup
<input type="checkbox"/>	Lemons	2
<input type="checkbox"/>	Loose leaf spinach	15.50 cup
<input type="checkbox"/>	Mushrooms	1.50 cup
<input type="checkbox"/>	Red bell pepper	2 cup
<input type="checkbox"/>	Rosemary	3 teaspoons
<input type="checkbox"/>	Shredded Carrots	8.75 cup
<input type="checkbox"/>	Shredded Purple cabbage	2.50 cup
<input type="checkbox"/>	Sprouts	1.50 cup
<input type="checkbox"/>	Sweet potatoes	2
<input type="checkbox"/>	Tomato	1.5
<input type="checkbox"/>	Yellow onion	3
<input type="checkbox"/>	Zucchini	3

RICE/PASTA

<input type="checkbox"/>	Brown rice	3 cup
<input type="checkbox"/>	Red lentil pasta	4 oz
<input type="checkbox"/>	Red Lentils	2 cup

NUTS/SEEDS

<input type="checkbox"/>	Chia Seeds	3 tablespoons
<input type="checkbox"/>	Pecans	4 tablespoons
<input type="checkbox"/>	Steel cut oats	0.37 cup
<input type="checkbox"/>	Walnuts	3 tablespoons

BREAD

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

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

<input type="checkbox"/>	Black beans	1 cup
<input type="checkbox"/>	Cooked garbanzo beans	5.50 cans (15 oz)
<input type="checkbox"/>	Marinara sauce	1 cup
<input type="checkbox"/>	Pumpkin puree	0.37 cup
<input type="checkbox"/>	Vegetable Broth	6.37 cup

FREEZER

<input type="checkbox"/>	Frozen pineapple	1.50 cup
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BAKING

<input type="checkbox"/>	Nutritional yeast	2.50 teaspoons
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DAIRY/JUICE

<input type="checkbox"/>	Tofu	1 cup
<input type="checkbox"/>	Unsweetened Almond Milk	4.67 cup

SPICES AND CONDIMENTS

<input type="checkbox"/>	Balsamic vinegar	4 tablespoons
<input type="checkbox"/>	Black pepper	2 dash
<input type="checkbox"/>	Chili powder	2 teaspoons
<input type="checkbox"/>	Cinnamon	0.75 teaspoons
<input type="checkbox"/>	Cocoa powder	3 tablespoons
<input type="checkbox"/>	Cumin	2 teaspoons
<input type="checkbox"/>	Dijon Mustard	1 teaspoon
<input type="checkbox"/>	Dried thyme	0.25 teaspoons
<input type="checkbox"/>	Garlic Powder	0.50 teaspoons
<input type="checkbox"/>	Ground cumin	1 teaspoon
<input type="checkbox"/>	Liquid aminos	3 tablespoons
<input type="checkbox"/>	Pumpkin pie spice mix	3 teaspoons
<input type="checkbox"/>	Smoked Paprika	0.50 teaspoons
<input type="checkbox"/>	Tahini	3 tablespoons
<input type="checkbox"/>	Vanilla	1.75 teaspoons



Full Color Salad

(Recipe yields one serving)

(This recipe is scheduled for Monday, Tuesday, Thursday, Friday & Saturday)

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)

Instructions:

1. Chop vegetables and toss with *Cucumber Tahini Dressing* (see “Toppers” section for recipe) or your favorite Nutritarian dressing.
 2. Top with garbanzo beans and avocado (or nuts).
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Veggie Wrap

(Recipe yields one serving)

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

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:

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1. Warm tortilla in the microwave to soften.
2. Spread *Nutritarian Hummus* onto tortilla and fill with desired veggies.
3. Wrap and eat!

Cooked

Best Ever Lentil Soup

(Recipe yields five to six servings but since this dish is made of only vegetables and lentils, (it's technically in the unlimited category) you can divide it between your 4 meals. Freeze any leftovers for weeks ahead)

Ingredients:

2 celery stalks
2 large carrots
1 large garlic clove
1 large yellow onion
2 teaspoons basil/thyme/rosemary (or herbs of your choice)
2 cups chopped kale
2 cups red lentils
6 cups vegetable broth

Instructions:

1. Heat a pan to medium high heat.
2. Chop all vegetables.
3. Water sauté celery, carrots, garlic and onion for 2-3 minutes.
4. Add herbs and chopped kale.
5. And simmer for 2-3 more minutes.
6. Pour in lentils, vegetable broth and simmer for 25 minutes or until lentils are tender.

Serve hot. Refrigerate the remaining soup for later in the week.

Brown Rice Stir Fry (1 serving)

(Recipe yields one serving and you'll make it three times this week. If you want to prep this dish, cook three cups rice and refrigerate at the beginning of the week. Also optional: cut the veggies ahead of time to have ready to throw into your stir fry. You'll need to triple the veggies in this recipe since this is on the menu three different nights)

Ingredients:

2 tablespoons vegetable broth
2 tablespoons grated ginger
1 large garlic clove
½ yellow onion
1 whole carrot
1 celery stalk
½ cup frozen pineapple
1 cup kale
½ cup mushrooms
1 cup cooked brown rice
1 tablespoon liquid aminos

Instructions:

1. Heat a pan to medium high heat.
 2. Grate the ginger and chop all the vegetables.
 3. In heated pan, sauté the ginger, garlic, carrots, celery, and onion in the vegetable broth. After 2-3 minutes, add pineapple.
 4. Add 1-2 tablespoons more water as necessary (you don't want your ingredients to stick to the pan).
 5. After 1-2 minutes, add additional vegetables (kale and mushrooms).
 6. Stir ingredients together and continue cooking until veggies have become tender (not soggy).
 7. Stir in cooked rice and liquid aminos.
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Marinara Pasta

(Recipe yields 1 serving - on the menu 2 times this week)

Ingredients:

Red lentil pasta (or garbanzo bean pasta)
1 large garlic clove
½ yellow onion
½ cup mushrooms (frozen or fresh)
½ cup shredded carrots

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1 zucchini
2 teaspoons chopped basil
½ cup marinara sauce

Instructions:

1. Cook lentil pasta according to package directions. If you are cooking for one person, just cook one serving of pasta.
2. Chop all vegetables that aren't already pre-cut. Water sauté vegetables over medium high heat. Once veggies are tender, but not overcooked, add Basil and marinara sauce and bring to a simmer.

Stir in desired amount of sauce with pasta and refrigerate or freeze the remainder of the sauce for next week or a lunch substitute later this week.

Tiffany's Sweet and Spicy Potato (Submitted by Tiffany Fuller)

This recipe yields one serving

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.

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10. Then eat that toasty, amazing Potato :)

Toppers

Nutritarian Hummus

(Recipe yields three to four servings)

(This recipe is scheduled for Wednesday and Sunday)

Ingredients:

2 cans of garbanzo beans (1 can drained)
3 tablespoons tahini
2 large garlic cloves
1 teaspoon cumin
3 lemons, juiced
½ teaspoon smoked paprika

Instructions:

1. Blend all ingredients in a high speed blender.
2. Add water to reach desired consistency.
3. Taste and adjust seasonings to your liking.
4. Serve with chopped vegetables.

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, ½ teaspoon may be added to this recipe.

Pecan Balsamic Dressing

Ingredients:

0.5 cup water
0.25 cup balsamic vinegar
0.25 cup pecans
3 Dates
1 Cloves garlic

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1 tsp Dijon Mustard
0.25 tsp Dried thyme

INSTRUCTIONS

Combine all ingredients in a blender until smooth.

Breakfast

Fresh Fruit of Your Choice

Enjoy 1 to 2 cups of chopped fruit of your choice daily!

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.

Veggie Tofu Scramble

(This recipe yields one serving and it is used 2 times this week)

Ingredients

Spice Mix

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

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.

Desserts

Chocolate Freeze (Hot Chocolate Variation Listed Below)

(Recipe yields one serving)

(This recipe is scheduled for Thursday)

Ingredients:

1 cup almond milk
2 pitted dates
1 tablespoon cocoa powder
¼ teaspoon vanilla extract

Instructions:

1. Blend 1 cup of almond milk, vanilla, cocoa powder and dates in a high speed blender until smooth.
2. Freeze milk mixture in an ice cube tray.
3. Once milk mixture is frozen, run cubes through a food processor, scraping sides every few minutes until well-blended.
4. Add a few tablespoons of almond milk if necessary to reach desired consistency.
5. 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.

For hot chocolate variation skip freezing and, instead, pour mixture into a pot and bring to a boil, stirring as it heats. Serve hot.

Nice Cream

(Recipe yields one serving)

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

Ingredients:

1 frozen banana
2 teaspoons almond milk
¼ teaspoon vanilla extract

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Instructions:

1. In a food processor or high speed blender, blend all 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 Holiday Weeks

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

Recipe	Prep Time
Best Ever Lentil Soup	30 minutes
Balsamic Dressing	30 minutes
Nutritarian Hummus	5 minutes
Chop and Freeze bananas for nice cream (4-6)	5 minutes
Chocolate Freeze Mixture – Makes 3 servings. Blend and freeze mixture for deserts this week.	10 minutes
Brown Rice for Stir Fry: 3 cups total (Refrigerate for use during the week)	10 minutes

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