

2018/19

# WINTER MEAL PLAN

**FEATURED CHEF:  
FARMACY REVOLUTION**





## SCHEDULE

MON

- BREAKFAST
  - LUNCH
  - DINNER
- Banana Berry Oatmeal
  - Asian Winter Salad (Farmacy Revolution) + Fresh Fruit
  - Black Bean Fajitas + Nutritarian Hummus + Nice Cream

TUE

- BREAKFAST
  - LUNCH
  - DINNER
- Green Dream Smoothie
  - Full Color Salad + Peanut Dressing + Fresh Fruit
  - Chai Spiced Carrot Soup + Oatmeal Cookie Dough

WED

- BREAKFAST
  - LUNCH
  - DINNER
- Black Smoothie
  - Asian Winter Salad (Farmacy Revolution) + Fresh Fruit
  - Tiffany's Sweet & Spicy Potato + Hummus + Nice Cream

THU

- BREAKFAST
  - LUNCH
  - DINNER
- Green Dream Smoothie
  - Full Color Salad + Peanut Dressing + Fresh Fruit
  - Chai Spiced Carrot Soup + Oatmeal Cookie Dough

FRI

- BREAKFAST
  - LUNCH
  - DINNER
- Banana Berry Oatmeal
  - Asian Winter Salad (Farmacy Revolution) + Fresh Fruit
  - Tiffany's Sweet & Spicy Potato + Hummus + Nice Cream

SAT

- BREAKFAST
  - LUNCH
  - DINNER
- Black Smoothie
  - Full Color Salad + Peanut Dressing + Fresh Fruit
  - Chai Spiced Carrot Soup + Oatmeal Cookie Dough

SUN

- BREAKFAST
  - LUNCH
  - DINNER
- Banana Berry Oatmeal
  - Asian Winter Salad (Farmacy Revolution) + Fresh Fruit
  - Black Bean Fajitas + Nutritarian Hummus + Nice Cream

# Winter Meal Plan - SHOPPING LIST

## PRODUCE

<input type="checkbox"/>	Avocado	2
<input type="checkbox"/>	Bananas	10
<input type="checkbox"/>	Baby bok choy or Shanghai	32 oz
<input type="checkbox"/>	Blood Orange	2
<input type="checkbox"/>	Carrots	1 pound
<input type="checkbox"/>	Celery stalks	3
<input type="checkbox"/>	Celeriac	1/2 pound
<input type="checkbox"/>	Cilantro	1 cup
<input type="checkbox"/>	Cloves garlic	7
<input type="checkbox"/>	Cucumber	3 cup
<input type="checkbox"/>	Date	9
<input type="checkbox"/>	Fresh Fruit of Your Choice	7 cup
<input type="checkbox"/>	Fresh Ginger Root	2 tablespoons
<input type="checkbox"/>	Green onion	2
<input type="checkbox"/>	Green Tart Apple	1
<input type="checkbox"/>	Large parsnips	4
<input type="checkbox"/>	Lemons	4
<input type="checkbox"/>	Limes	3
<input type="checkbox"/>	Loose leaf spinach	12 cups
<input type="checkbox"/>	Medium Yellow Onions	4
<input type="checkbox"/>	Ripe Bosc pears	5
<input type="checkbox"/>	Shredded Carrots	3 cup
<input type="checkbox"/>	Shredded Purple cabbage	0.75 cup
<input type="checkbox"/>	Sweet potatoes	2

## NUTS/SEEDS

<input type="checkbox"/>	Raw walnuts	3 tablespoons
<input type="checkbox"/>	Rolled oats	1.75 cup
<input type="checkbox"/>	Whole brown sesame seeds	1 cup

## BREAD

<input type="checkbox"/>	Whole or Sprouted grain tortilla	2
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## BAKING

<input type="checkbox"/>	Ground flaxseed	3 tablespoons
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## CANNED GOODS

<input type="checkbox"/>	Almond butter	2 Tablespoons
<input type="checkbox"/>	Black beans	3 cup
<input type="checkbox"/>	Cooked garbanzo beans	3.50 cans (15 oz)
<input type="checkbox"/>	Peanut butter	0.37 cup
<input type="checkbox"/>	Vegetable Broth	6 oz

## OTHER

<input type="checkbox"/>	Nutritional yeast	1 teaspoon
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## FREEZER

<input type="checkbox"/>	Frozen Berries	3.50 cup
<input type="checkbox"/>	Frozen Edamame	2 10 oz bag
<input type="checkbox"/>	Frozen Fajita Veggies	3 cup
<input type="checkbox"/>	Frozen Mushrooms	1 cup
<input type="checkbox"/>	Frozen Pineapple	1 cup

## DAIRY/JUICE

<input type="checkbox"/>	Unsweetened Almond Milk	5 cups
<input type="checkbox"/>	Orange Juice (Optional)	1/2 cup

## SPICES AND CONDIMENTS

<input type="checkbox"/>	Apple Cider Vinegar	4 tablespoons
<input type="checkbox"/>	Black pepper	1/8 teaspoon
<input type="checkbox"/>	Cayenne powder	dash
<input type="checkbox"/>	Chili powder	0.50 teaspoons
<input type="checkbox"/>	Cinnamon	1/8 teaspoons
<input type="checkbox"/>	Cumin	0.50 teaspoons
<input type="checkbox"/>	Garlic Powder	0.50 teaspoons
<input type="checkbox"/>	Ground cardamom	1/2 teaspoon
<input type="checkbox"/>	Ground clove	1/8 teaspoon
<input type="checkbox"/>	Ground cinnamon	1/2 teaspoon
<input type="checkbox"/>	Ground cumin	1 teaspoon
<input type="checkbox"/>	Loose black leaf tea	1 teaspoon
<input type="checkbox"/>	Ground ginger	1/2 teaspoon
<input type="checkbox"/>	Onion powder	0.50 teaspoons
<input type="checkbox"/>	Salsa	0.37 cup
<input type="checkbox"/>	Smoked Paprika	0.50 teaspoons
<input type="checkbox"/>	Tahini	3 tablespoons
<input type="checkbox"/>	Tamari sauce	2 tablespoons
<input type="checkbox"/>	Unseasoned rice vinegar	.33 cups
<input type="checkbox"/>	Vanilla	3 teaspoons
<input type="checkbox"/>	Whole cloves	8
<input type="checkbox"/>	Whole black peppercorns	10

**\*\*** Loose black tea leaf is for Farmacy Revolution's soup



# Meal Prep

Recipe	Prep Time
<b>Chai Spiced Carrot Soup:</b>  <i>Prep ahead to use 3 times this week. As your soup is cooking, prep the recipes below:</i>	30 minutes
<b>Peanut Sauce/Dressing:</b>  <i>Prep ahead to use 3 times. You'll have leftovers that you can freeze or share ☺</i>	30 minutes
<b>Winter Asian Dressing (Farmacy Revolution)</b>  <i>This dressing makes 4 servings and you'll use it with Farmacy Revolution's accompanying salad 4 times this week.</i>	5 minutes
<b>Nutritarian Hummus</b>  <i>This recipe will be used 4 times this week with the Black Bean Fajitas and Tiffany's Sweet &amp; Spicy Potato. Any leftovers can be frozen.</i>	5 minutes
<b>Oatmeal Cookie Dough</b>  <i>This dessert is used three times this week. Prep ahead and keep in the fridge. 2 bites = 1 serving.</i>	10 minutes
Chop <b>Frozen Bananas</b> for smoothie and nice cream (7-9 bananas)  <i>For the nice cream, you can use up to two bananas.</i>  <i>The Green Dream Smoothie uses just one banana. It doesn't have to be frozen... but it will taste AMAZING if it is!!!</i>	5 minutes

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## Asian Winter Salad

**Baby Asian Greens and Edamame Salad with Roasted Parsnips, Pears and Onion Petals in a Blood Orange, Ginger, and Sesame Dressing.**  
***(Sara Speckels Farmacy Revolution)***

(Recipe yields one serving and you'll make it 4 times this week  
– Dressing is found in "Toppers" section. We recommend making the dressing ahead of time)

### Ingredients

1 large parsnips  
1 ripe Bosc pears  
1/2 medium yellow onion  
1/3 10oz bag of frozen edamame (or approximately 1 cups)  
¾ pound of baby bok choy or Shanghai  
black or brown sesame seeds for garnish

Preheat oven to 400°F.

Cut parsnips into thin 3-inch uniform pieces and parboil for approximately 10 minutes or until just beginning to become tender and drain.

Slice onion into 4 vertical wedges (from root end to shoot end) and separate the layers into "petals". Toss to coat drained parsnips and onion petals in a ¼ cup of dressing and place on parchment or silicone-lined baking sheet. Roast until slightly browned – approximately 20-25 minutes.

Thaw edamame and blanch in boiling water for 5 minutes. Then drain and submerge in ice water to stop the cooking process. Once chilled, drain and pat dry the edamame and set aside.

Core and slice pear into 8 vertical wedges and toss to coat with ¼ cup of dressing. Place on parchment-lined baking sheet and broil on high in the oven for 5 minutes or until lightly browned, checking frequently to avoid burning.

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Wash, dry and separate the baby greens into individual leaves and place in large salad bowl.

Toss edamame and greens to coat in remaining dressing and top with roasted parsnips, onion petals, and roasted pears. Garnish with additional black and/or brown sesame seeds and serve.

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## Fresh Fruit of Your Choice

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

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## Full Color Salad

(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)

# Cooked

## Black Bean Fajitas

(Recipe Yields one serving and you'll eat it 2 times this week)

### 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  
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:

Sauté 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, etc.

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## Chai Spiced Carrot and Celeriac Soup with Roasted Apples and Walnuts (*Sara Speckels - Farmacy Revolution*)

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(Recipe yields 3 serving and you'll eat it 3 times this week)

**Ingredients:**

1 pound of carrots  
½ pound of celeriac (also known as celery root)  
2 medium yellow onions  
4 cups of filtered water  
8 whole cardamom pods  
8 whole cloves  
1 whole cinnamon stick  
10 whole black peppercorns  
1 whole star anise

1 ½ Tbsp almond butter  
½ tsp ground ginger  
1 large garlic clove  
½ tsp ground cinnamon  
½ tsp ground cardamom  
1/8 tsp ground clove  
1/8 tsp black pepper  
2 Tbsp apple cider vinegar  
1 green tart apple  
1 tsp loose black leaf tea  
1 Tbsp freshly squeezed lemon juice  
2 Tbsp chopped walnuts

**Instructions**

Preheat oven to 400°F.

Peel and trim carrots, celeriac, and onions, and reserve the peels and trimmings. Place vegetable trimmings in a medium saucepan with 4 cups of filtered water and whole spices. Bring up to a boil over high heat and reduce heat to a gentle simmer on the stove for 30 minutes.

While the peels and spices are simmering, chop vegetables into uniform 1-inch pieces and place on parchment or silicone lined baking sheet. Create the roasting spice mixture by micro-planing the garlic clove into a paste and adding it to the ground spices, almond butter, and apple cider vinegar. Stir to thoroughly combine and reserve 1 Tbsp of the spice mixture for later.

Toss to coat chopped vegetables with remaining ground spice mixture and roast in the oven for 35-45 minutes or until easily pierced with a knife.

While the vegetables are roasting, core and cut the apple into 1/8 inch slices, toss to coat with reserved spice mixture and set aside.

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Remove simmering vegetable trimmings from the heat and stir in loose leaf black tea. Cover pot and steep off the heat for 5 minutes. Then strain spices, tea leaves and vegetable trimmings from simmering liquid. Return the strained simmering liquid to the saucepan and cook to reduce its volume to approximately 2 cups.

Once roasted vegetables are tender, remove them from the oven and transfer them to a high-speed blender. Place the apple slices in an even layer on the baking sheet and broil on high for approximately 5 minutes, checking frequently to avoid burning.

Add 2 cups of the reduced simmering liquid to the blender with the roasted vegetables and blend on high until very smooth. Add the fresh lemon juice to the blender and pulse a few times to incorporate it.

Garnish soup with broiled apple slices and chopped walnuts. Serve warm.

(\*Note, this soup is even better when made a day or two ahead, refrigerated and reheated!)

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## Tiffany's Sweet and Spicy Potato

(Recipe Yields one serving and you'll make it 2 times this week)

### Ingredients

1 Sweet Potato  
½ cup Black beans\_seasoned  
1 Chopped green onion  
Nutritarian hummus  
¼ cup Cilantro  
Dash Cumin  
¼ teaspoon Nutritional yeast  
1 dash black pepper

### Instructions

Bake your sweet Potato- if in a hurry the microwave works as well! For baking: 450 degrees for 45-55 Minutes.

In the meantime season beans with cumin, lime, black pepper and nutritional yeast to taste.

Heat seasoned beans in the microwave or stove over medium heat.

After potato is done, cut it open lengthwise creating a "boat".

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Add beans, pour over Potato.

Next add hummus, chopped green onions and sprinkle with cilantro.

Enjoy!

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## Toppers

### Nutritarian Hummus

(Recipe Yields 6-7 servings and you'll eat it several times this week, on the Black Bean Fajitas and on Tiffany's Sweet & Spicy Potato)

#### Ingredients

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

#### Instructions

Blend all ingredients in a high speed blender. Add water (if necessary) to thin to desired consistency.

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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### Peanut Sauce/Dressing

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(Recipe Yields 4-6 serving and you'll eat it 4 times this week. Leftovers may be frozen )

### **Ingredients**

2 cloves garlic  
2 tablespoons tamari sauce or coconut aminos  
2 tablespoons vinegar  
2 medjool dates  
1 tablespoon fresh lime juice  
¼ cup peanut butter  
¼ cup water

Blend ingredients in a high speed blender until smooth.

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## **Asian Winter Salad Dressing – (Sara Speckels) Farmacy Revolution**

(Recipe Yields 4 serving and you'll eat it 4 times this week)

### **Ingredients:**

2 whole blood orange  
2 medium garlic clove  
The juice and zest of 2 lime  
6 TBSP apple cider vinegar  
6 TBSP unseasoned rice vinegar  
¾ cup whole brown sesame seeds  
2 TBSP grated fresh ginger root  
½ cup finely chopped ripe pear

### **Instructions:**

Zest the blood orange and add the zest to a high-speed blender. Peel and remove seeds from blood orange, ensuring to remove all of the outer bitter white pith.

Combine the orange and the remaining dressing ingredients in the blender and blend until smooth.

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# Breakfast

## Banana Berry Oatmeal

(Recipe Yields one 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!

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## Black Smoothie

(Recipe Yields one serving)

### Ingredients

1 1/2 cup unsweetened almond milk  
1 cup frozen berries  
1/2 cup frozen pineapple  
1/4 cup orange juice (optional)  
1/2 cup spinach (optional)

### Instructions

1. Place ingredients in high speed blender and blend on high until smooth.
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# 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

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# Dessert

## Nice Cream

(Recipe yields one serving)

### Ingredients:

1 frozen banana  
2 teaspoons almond milk  
1/4 teaspoon vanilla extract

### Instructions:

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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## Oatmeal Cookie Dough

One 2-inch "bite" is a single serving

### Ingredients

1/2 Banana

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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**

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.

Form into one-inch balls and refrigerate.

2 "bites" per serving.