



*free 9-day*  
**Eat to Live  
Nutritarian  
Challenge**

the watering mouth

**SECOND EDITION, PUBLISHED OCTOBER 2019**

**©2019 THE WATERING MOUTH, LLC  
ALL RIGHTS RESERVED**

for p.b., p.m. and a.s.

# The Watering Mouth

## 9-Day Eat to Live Challenge

The information contained in this PDF has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Before starting this or any diet or exercise program, please consult with your doctor.

Affiliate Disclosure: This document contains affiliate links and if you purchase any of the items from my links, I will get a tiny commission, but you will pay the same price. I have only included items in here that I wholeheartedly recommend, like seriously, and you don't pay anything extra for using my link.

Sign up for a **21-Day Eat to Live Challenge**  
(another one is starting really soon!!)

and participate with the community at:

[Fresh Start Challenge Excitement List](#)



# 9-Day Eat to Live Challenge

## Table of Contents

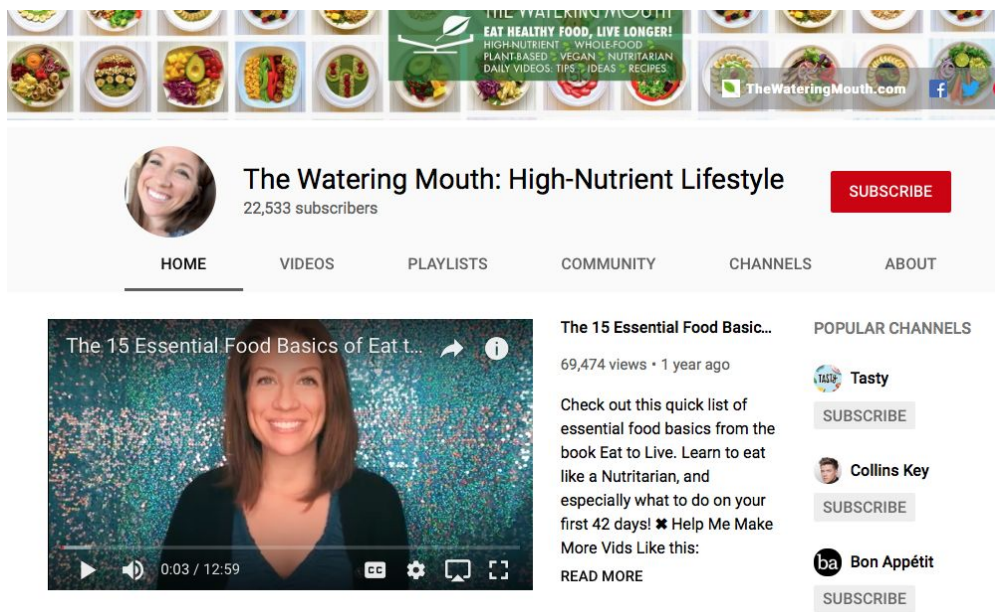
Intro	3
About the 21-Day Challenges	4
My Before and After	7
Challenge Info Signup	8
9-Day Challenge Introduction	9
9-Day Challenge Calendar	12
9-Day Challenge Recipes and Sets	13
BONUS Kitchen Tools	23
BONUS Pantry Staples	27
Secret Video + Congratulations	28



## 9 Eat to Live Nutritarian Challenge

Hi there! Cheri here. Thanks so much for downloading my FREE **9-Day Eat to Live Nutritarian Challenge**. Whether you're just starting out on your Eat to Live high-nutrient eating, or you've been doing it for a while and just want to step up your game: you've come to the right place!

I've been making healthy-eating content related to the Eat to Live lifestyle from the book by Dr. Joel Fuhrman for over 6 years now and it's truly my life passion. You can see more of that on my YouTube channel. I've got hundreds of videos waiting there for you!



In addition to my YouTube channel and online presence, I am also a private life coach and expert in weight-loss using the Eat to Live lifestyle and super powerful mindset skills to guide you to all of your life goals. If you want to know anything more about my powerful private Weight-Loss and Life Coaching plan, [you can find out more on this page](#).

## My 21-Day Challenges

Most recently, I've been having a super fun time creating healthy, 21-Day Challenges for my community.

My 21-day eating challenges are where I lay out exactly what you will eat for 21 days straight to remove all guesswork from eating and living the Eat to Live lifestyle so you can lose weight, get all the necessary dietary requirements in, learn to prep easily, as well as a lot of other things. My main goals for you to achieve with my 21-Day Challenges are these:

- Weight-loss
- Not being hungry/plenty of food
- Get all G-BOMBS (required healthy plan foods) in each day
- Save money
- Not have to think or plan
- Grocery lists done for you
- Super easy prep instructions for how to break down meals so they're easy to prepare/not overwhelming
- Save money on grocery bill/minimal leftover produce
- Learn 21 new recipes each time
- Meals are in proprietary format of 3-day "sets" so you only make new set of meals every 4th day (more on this below)
- Learn what to eat to truly live the Eat to Live lifestyle
- Light on the more addictive foods, like grains and starches
- Amazing, inventive, tasty yet simple recipes

- Learn how to properly make an Eat to Live salad (even if you think you already know how:)
- Batch cook certain recipes and soups so you have extra portions for after the Challenge
- Learn to batch prep some other things, very simply, with no guesswork
- Keep meals and ingredients simple for cooking and tracking down ingredients
- All new salad dressings (and recipes!) on each Challenge

I also add in lots of other bonuses on top of this, like an FAQ document, a kitchen produce storage guide, mini-lessons on environment and mindset, a pantry guide, a kitchen product guide, as well as a private Facebook group so you can commune with your fellow Challengers!

The 21-Day Challenges are really an all-in-one type of program to take beginners and experienced Eat to Live followers to the next level.

If you really want to know how to do the Eat to Live lifestyle in just 21-Days, those Challenges have got you covered.

I run these Challenges several times per year, so that we can all do them together at the same time and talk about it together in the included Facebook group.

When Challenge time rolls around, the energy is frenetic, excited and positive! Everyone uplifts everyone else and some amazing results are created community-wide!

Check out some of these amazing results:


8 hrs

So I stepped on the scale this morning and I am 7.4 pounds lighter than this time last week. I'm so excited because I've been stuck going back and forth with the same 3 pounds for weeks.

You all kept me motivated. Thank you!! Love this challenge and this group. ❤️

Happy dancing my way to the kitchen to make my smoothie. Have a marvelous Monday everyone!!! 🥦🥕🍅🍅🍌🍇



 55 19 Comments

---

 Love  Comment 




10 hrs

I HAVE REACHED MY GOAL WEIGHT!! [Cheri Alberts-Salcedo](#) is a genius! With a whole lotta love, deliciousness, and greens she's managed to make this lifestyle rewarding and easy. Thank you!!!



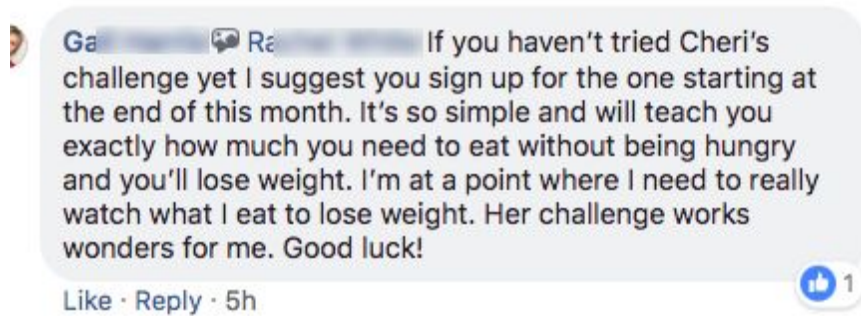
 51 17 Comments

---

 Love  Comment 

[View 14 more comments](#)





Even I myself have had amazing results from this exact type of eating. In fact, putting myself on Challenges JUST LIKE THIS, with meals that are exactly the same is what has allowed me to lose all my pregnancy weight, within a year, back in 2018!

I lost 62 pounds the year after I gave birth to my daughter...all from doing Challenges like the ones I create for you.

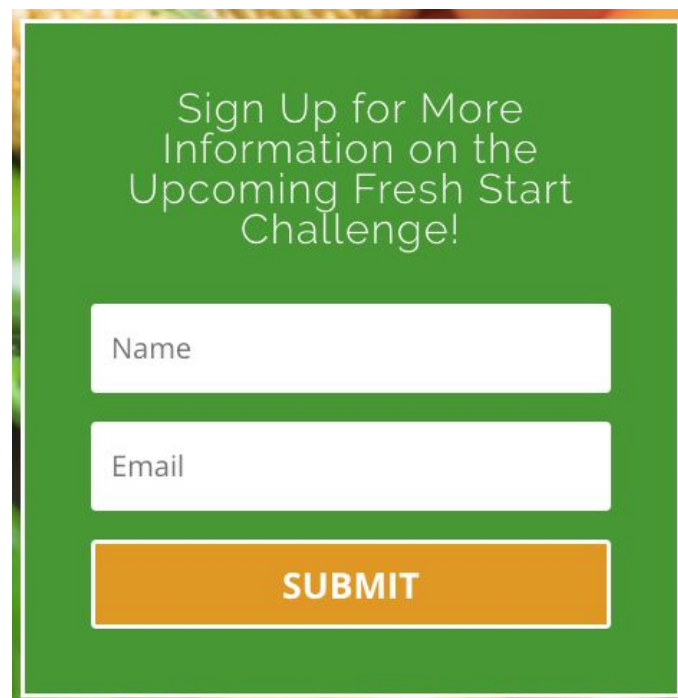




I run these 21-Day Challenges every two months-ish, so there is one coming up right around the corner. Are you ready to learn to become a Nutritarian for life in an easy way, that you don't even have to think about? I'll teach you! And you'll have so much group support from your fellow Challengers, it will be a blast!

[If you want to know more about these Challenges, just click here to get on the waiting list.](#) Once you've subscribed, I will let you know ASAP once details for the next Challenge are available.

[thewateringmouth.com/challenge](http://thewateringmouth.com/challenge)



Sign Up for More  
Information on the  
Upcoming Fresh Start  
Challenge!

Name

Email

**SUBMIT**

But TODAY! What I have for you is a totally FREE 9 Day Challenge that is just a mini-version of what I offer in my 21-Day Challenges.

This way you can get a great feel for what you can expect in a fully live community-wide challenge, and you can be ready to jump right in when the next one begins. In this Challenge, I am giving you:

- Full detailed 9 Day Meal Plan, Calendar and Recipe Guide, in proprietary “Set” format (more on this below) with recipes and layout
- A starter lesson on Mindset
- BONUS list of Helpful Kitchen Tools to start your Nutritarian journey
- BONUS Nutritarian Pantry Starter List
- And much more!

So let's get started!

## Your 9-Day Eat to Live Challenge

Below you will find 3 recipe Sets. A “Set” is a proprietary meal plan layout I've been offering my audience in each Challenge: in each Set, you learn a new recipe for breakfast, lunch, dinner and then you repeat the same meals for 3 days in a row.

This is such a powerful, innovative and groundbreaking way of looking at meal planning for several reasons:

- You don't get that usual fatigue of other meal plans by having to make 3 new meals EVERY day
- You save money by using up produce when you buy it, rather than having to save it for a meal in a couple days, risking it going bad
- You save so much time because you get better and faster at making meals
- You get to become familiar with creating the specific recipes, so you're more comfortable with your skills and can then recall how to make things when needed
- If you love a meal plan Set, you get to repeat it for a couple of days to get really good at it, so those meals become second-nature
- If you ever get sick of a meal plan Set, you only have to do it for 3 days (or less if you want) AND you can swap out meals amongst

categories like breakfast for breakfast, lunch for lunch, dinner for dinner, so you truly never have to get bored

- This is a phenomenal way of proceeding with your healthy eating journey after your meal plan is over: you just insert new recipes you like into a Set and keep going on the same pattern
- Once you know how to do this, you'll have a super easy time of stepping into the flow of my 21-Day Challenges so that you can do them alongside all the other Challengers, real-time, without any learning curve

So keep an open mind, and give this a try. Many Challengers have said that it's completely changed the way they thought of the Eat to Live Nutritarian lifestyle...and it just might be the thing that gets you and keeps you on track for good.

Here's what another previous Challenger said:

here, too. Feeling a lot more energy in the afternoons and I've been happy with the scale as well. I'm definitely down a solid 8 pounds and as much as 9.5 on the lowest weight day.

A couple of my favorite things:

- 1) Having all the meals planned out for me was awesome! This made it somewhat simple to focus my energy on cooking for the rest of the family.
- 2) Eating the same meals 3 days in a row - I could seriously get used to this. Before this challenge it seemed like every time I finished a meal, I was already planning what the next one would be. I always thought I needed variety in my meals, but it turns out I DON'T. 😊

## A Few More Notes About This 9-Day Challenge

I go very light on grains and starches in this plan so that hopefully anyone doing this can lose weight, even if they are sedentary.

If you exercise intensely, don't want to lose weight or lose weight too quickly for your comfort, consider adding in heavier foods to make up for calorie loss. Everyone's body will be different.

Keep in mind that mindset is everything (see what I did there?:) Mindset is the bulk of my private coaching for a reason...we can know until we're blue in the face WHAT to eat. But if we don't know how to battle the thoughts in our minds (cravings, urges, habits, etc), then we won't get more than a few weeks on any new plan.

Here is one of my favorite easy tips that you can start with. Throughout your day, I'd like for you to remind yourself at regular intervals of your meal timing.

So for instance, before breakfast, give yourself a little mini-pep-talk:

*"I am going to have breakfast according to this plan. It is going to be delicious, and a super healthy choice for me and my body is going to love it. I know I am eating this way for important reasons. After I am done with this meal, I just have about 4 hours to get through until my next meal, and it will be ok if I get a little hungry before. I will eat again at \_\_\_\_\_ [time] and that meal will also be as amazing as this first meal."*

And then remind yourself of these things during and after that meal as well.

I promise you, this type of mental exercise can really go a long way on your journey towards making this way of eating your lifestyle.

Alright! Without further ado, here is your Challenge Calendar as well as your Sets and Recipes for the next 9 days of this Eat to Live Challenge.

Make sure to cross-reference the Calendar with the Sets and Recipes so you can get more advice on the prep instructions to make this easier.

# 9-Day Nutritarian Meal Plan Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PREP INSTRUCTIONS</b> -- Get Groceries Fri or Sat or earlier so you have ripe ingredients for tomorrow (Monday start) like pears and bananas -- Place Amazon order for certain ingredients if necessary -- Make Water Saute -- Make Sunflower Cream Sauce		-- Make Chunky Tomato Sauce	-- Roast Spaghetti Squash		-- Make Lentil Soup	-- Make Water Saute -- Make Hummus? -- More Groceries?
	<b>RECIPE SET 1 of 3</b>			<b>RECIPE SET 2 of 3</b>		
	▶ Apple Cinnamon Smoothie ▶ Blueberry Pear Salad ▶ 2 cups Water Saute + 1 T Sunflower Cream Sauce + 1 Fruit or Leftover Smoothie	▶ Apple Cinnamon Smoothie ▶ Blueberry Pear Salad ▶ 2 cups Water Saute + 1 T Sunflower Cream Sauce + 1 Fruit or Leftover Smoothie	▶ Apple Cinnamon Smoothie ▶ Blueberry Pear Salad ▶ 2 cups Water Saute + 1 T Sunflower Cream Sauce + 1 Fruit or Leftover Smoothie	▶ Cheri's Favorite Smoothie ▶ Super Huge Basic Salad + 1 Fruit ▶ Roasted Spaghetti Squash + 1 cup Chunky Tomato Sauce + Leftover Smoothie	▶ Cheri's Favorite Smoothie ▶ Super Huge Basic Salad + 1 Fruit ▶ Roasted Spaghetti Squash + 1 cup Chunky Tomato Sauce + Leftover Smoothie	▶ Cheri's Favorite Smoothie ▶ Super Huge Basic Salad + 1 Fruit ▶ Roasted Spaghetti Squash + 1 cup Chunky Tomato Sauce + Leftover Smoothie
	<b>RECIPE SET 3 of 3</b>					
	▶ Nutritarian Green Açai Bowl ▶ Hot and Cold Salad + 1 Fruit ▶ Quick and Creamy Lentil Tomato Soup + 1 Fruit	▶ Nutritarian Green Açai Bowl ▶ Hot and Cold Salad + 1 Fruit ▶ Quick and Creamy Lentil Tomato Soup + 1 Fruit	▶ Nutritarian Green Açai Bowl ▶ Hot and Cold Salad + 1 Fruit ▶ Quick and Creamy Lentil Tomato Soup + 1 Fruit			

# RECIPE SET #1

You will make and eat these meals on Day 1, Day 2 and Day 3.

---

**Set #1 Inside Scoop:** *My strategy for smoothies is a little different than most: I make HUGE smoothies, so we can get tons of fiber, bulk and satiety for many hours after. And we also get a TON of greens, so we're starting off our detox and micronutrient intake with a bang. This helps to reduce cravings over time, so don't take this idea lightly; it just might make a huge difference in your journey. This recipe can also be used as a "Warm Smoothie". Strange concept maybe at first, but it works! This is useful (and yummy) in case you are currently living in a colder season and still want to get your smoothies in each day without getting too cold after you drink it. This is best prepared in a high-speed blender like a Vitamix, because you just blend it for a few minutes longer until it's just above room temperature. Or if you have a regular blender, you can warm it over the stove or zap it in the microwave for a minute to remove the chill. But no worries: this smoothie is also fantastic cold! The salad speaks for itself; it's currently my favorite salad in the world. And the dinner recipe was RAVED about in the Challenge it appeared in. Yum!!*

## Apple Cinnamon Smoothie

*This recipe makes a large, 30-ish ounce smoothie. It is an excellent way to take in a lot of greens, bulk, fiber, nutrients and calories in the morning. If you simply cannot eat it all at one meal, save some for a sweet tooth buster for directly after lunch or dinner.*

Serves 1

### INGREDIENTS

- 1 cups unsweetened, plain non-dairy milk
- 4 ounces romaine lettuce (1 blender-full, very loosely packed)
- 2 stalks of kale, stems removed
- 1 apple, chopped (cold from fridge if desired)
- 1 ripe banana (frozen if desired)
- 2 tablespoons raw, unsalted walnuts
- 1 tablespoon ground flaxseed
- ½ teaspoon cinnamon
- ½ teaspoon vanilla (optional)

### DIRECTIONS

Place all ingredients into a high-powered blender and blend until smooth.

## **Blueberry Pear Salad**

Serves 1

### **INGREDIENTS**

#### *For the Salad*

6 cups chopped green leaf, romaine or red leaf lettuce (or a mix)

1 cup chopped arugula

1 small container fresh blueberries

1 small ripe pear, chopped

1 stalk green onion, chopped

½ cup no- or low-sodium cooked chickpeas

½ lemon, juiced

#### *For the Dressing*

1 cup unsalted cashews (soaked for an hour or two if you have a standard blender)

¼ cup unsweetened, non-dairy milk

1 small lemon, peeled and seeded

2 cloves garlic

1 tablespoon white balsamic vinegar

### **DIRECTIONS**

For the dressing, add all ingredients to a high-powered blender and blend until creamy.

For the salad, add all salad ingredients to a large bowl, with 1-2 heaping tablespoons of dressing and mix well to combine.

## **Veggie Water Saute**

Serves 3+ (leftovers can be eaten with any meal if you're still hungry)

### **INGREDIENTS**

1 bunch asparagus, woody ends broken off and discarded, chopped

10 Brussels sprouts, halved or quartered

1 small red onion, small dice



1 red bell pepper, chopped  
1 small zucchini, chopped  
8 ounces mushrooms, chopped  
1 cup organic frozen sweet corn  
1 can no- or low-sodium diced tomatoes

## DIRECTIONS

In a large saute pan or wok over medium to medium-high heat, add all ingredients and saute, adding 1-2 tablespoons of water at a time to prevent sticking, if needed, until veggies are softened. Separate into 2 cup portions and store in fridge (extra, if any, may be frozen).

For dinner, have 2 cups Veggie Water Saute with 1 tablespoon Sunflower Cream Sauce on top.

After Meal: 1 piece of fruit or leftover smoothie

## Sunflower Cream Sauce

*If using a standard blender, you may want to soak the seeds and nuts in water for a few hours ahead of time. Drain soaking water before blending.*

Serves 3

### INGREDIENTS

¼ cup cashews  
¼ cup sunflower seeds  
½ cup water  
Squeeze of fresh lemon juice  
½ teaspoon garlic powder  
½ teaspoon onion powder

### DIRECTIONS

Add all ingredients to standard blender or Vitamix and process until smooth.

## RECIPE SET #2

You will make and eat these meals on Day 4, Day 5 and Day 6.

---

**Set #2 Inside Scoop:** *The breakfast smoothie in this Set is my favorite. Save part of the smoothie for a sweet-tooth buster/dessert after dinner. Trust me, you'll thank me then. Lunch gives you a great salad to use any time. And dinner is super delicious and just the right amount of food to end the day. And that tomato sauce! :P*

### Cheri's Favorite Smoothie

*This recipe makes a 30-ounce smoothie, which is enough for a full 24 ounces at breakfast, and leftover can be saved for dessert after dinner. If you use a regular blender, the dates won't get blended smooth. Try soaking them in the almond milk for an hour or so before blending with a regular blender. Alternatively, you can microwave them for 15 seconds in a tablespoon of water to soften for blending.*

Serves 1.5

#### INGREDIENTS

- 1 medjool date, pitted
- 1 cup unsweetened, plain non-dairy milk
- 4 ounces romaine lettuce (4 leaves/½ blender-full, loosely packed)
- 2 stalks of kale, stems removed
- 1 cup fresh or frozen berries
- 1 cup frozen cherries
- 1 ripe frozen banana
- 1-2 cups water (as needed/desired)
- 1 tablespoon ground flaxseed
- ¼ cup raw, unsalted walnuts
- ½ tablespoon roasted carob powder
- ½ tablespoon raw cacao powder
- 3 ice cubes, if desired

#### DIRECTIONS

Place all ingredients into a high-powered blender and blend until smooth.

Have a 24-ounce serving of this for breakfast, and save the leftovers for dessert after dinner.

## **Super Huge Basic Salad**

Serves 1

### **INGREDIENTS**

5 cups romaine lettuce, chopped (measure after chopping)  
1 cup red cabbage, thinly sliced  
1 red bell pepper, chopped  
½ cup corn  
½ cup carrots, shredded or chopped  
2 tablespoons red onion, finely chopped  
2 tablespoons pumpkin seeds  
½ cup no- or low-sodium beans, drained, any variety  
½ ripe avocado, chopped  
½ lemon, juiced (to taste)  
2 tablespoons unfortified nutritional yeast, to taste

### **DIRECTIONS**

To a large mixing bowl, add all ingredients and toss well to combine.

Have this salad for lunch and have 1 piece of fruit for dessert.

## **Chunky Tomato Sauce**

### **INGREDIENTS**

1 yellow onion, chopped  
1 8-ounce package mushrooms, any kind, chopped  
1 green bell pepper, chopped  
1 cup kale (any variety) or leftover arugula, chopped  
1 24-ounce jar no- or low-sodium tomato sauce  
¼ cup unsalted, raw walnuts, chopped

### **DIRECTIONS**

In a medium skillet over medium high heat, add onions, mushrooms, bell pepper and kale and saute until vegetables are softened. If the vegetables

begin to stick too in the pan too much, add 1-2 tablespoons of water until the mushrooms start to give off their own liquid.

Add the tomato sauce and walnuts, and stir to combine. Store in fridge. When portions are used in the next few days, the rest (if any) can be frozen.

## **Roasted Spaghetti Squash**

### **INGREDIENTS**

1 spaghetti squash, cut in half lengthwise, seeds and center removed and discarded

### **DIRECTIONS**

Preheat oven to 375 degrees F. On a lined baking sheet, place the squash cut down down. Roast the squash for about 45-60 minutes total, or until the flesh pulls out easily from the whole squash into strands. Remove from oven and let cool before removing the flesh from the skin and discarding the skin.

Store the squash in the fridge for meals.

For dinner, serve  $\frac{1}{3}$  of the squash with 1 cup of the chunky tomato sauce warmed up and then have your leftover smoothie for dessert.

# RECIPE SET #3

You will make and eat these meals on Day 7, Day 8 and Day 9.

---

**Set #3 Inside Scoop:** *This breakfast recipe is a fun twist on a smoothie: it's a smoothie in a bowl, with toppings that you can mix in and eat like a delicious morning breakfast nice cream with toppings. This way you can chew your meal, be satiated until the next meal and get in tons of greens first thing in the morning. The Hot and Cold Salad is another way to get a warm salad for colder temps, or feel free to serve it all cold. I still find the mix of warm and cold to be super satisfying even in the dead of summer sometimes. Great versatile recipe and the dressing is so easy, fun and tasty. Use the hummus recipe if you can't find storebought, no-oil, low-sodium hummus...and the soup is so quick and delish.*

## Nutritarian Green Açaí Bowl

*If using a regular blender, you may have to soak the dates in the almond milk overnight to soften, or microwave in 1 tablespoon of water for 15-20 seconds. You may also have to add more almond milk or water to get it to desired consistency.*

Serves: 1

### INGREDIENTS

*For the Smoothie Base:*

- 2 Medjool dates, pitted
- 3 cups spinach (or other mild tasting greens)
- 1 cup unsweetened non-dairy milk
- 1 packet frozen açaí (or add 1 more cup frozen berries)
- 1 cup frozen mixed berries
- 1 cup frozen cherries
- 1 tablespoon ground flaxseed
- Water for desired consistency

*For the Toppings:*

- 2 tablespoons unsweetened coconut flakes
- 2 tablespoons rolled oats
- 1 teaspoon chia seeds
- 1 heaping tablespoon cacao nibs
- 1 tablespoon goji berries (or raisins, dried currants or dried cranberries)

## DIRECTIONS

In a high-speed blender, combine all base ingredients and blend until smooth and creamy, adding water when desired for consistency. Separate 8 ounces of this smoothie base and refrigerate for dinner. Pour remaining smoothie base into a bowl and cover with toppings. Mix to combine, let sit for a minute or so to start soaking into oats and chia seeds. Eat like nice cream with toppings for breakfast!

## Hot and Cold Salad

Serves 1

### INGREDIENTS SALAD

5 cups lettuce (green leaf, red leaf, romaine, etc, about 8-10 leaves), chopped small

1 cup kale, chopped small (about 1 stalk, stem removed and discarded)

2 cups pre-prepared, pre-warmed steamed veggies

¼ raw red onion, chopped

5-6 sugar snap peas chopped

½ cup black beans

½ lime, juiced

### INGREDIENTS CHERI'S DRESSING

¼ cup no-oil, low-sodium store-bought hummus (or see directions below for homemade)

1 tablespoon almond butter

¼-½ cup no- or low-sodium tomato sauce

## DIRECTIONS

In a small bowl, add the dressing ingredients and mix with a fork to combine.

In a large mixing bowl, add the salad ingredients and top with dressing. Mix to combine and serve. Triple the dressing ingredients and make it for 3 days in a row.

After Meal: 1 piece of fruit

## **Basic Nutritarian Hummus Recipe**

*Feel free to use this recipe instead of store-bought hummus, if you prefer. If you're just starting out, might I suggest just going the oil-free store-bought route this time, and making your own next time if you like. Less overwhelm and less cooking. And if you can't find a store-bought that is oil-free/low-sodium, just use less.*

Serving size: ½ cup

### **INGREDIENTS**

3 cups cooked chickpeas (2 15-ounce cans)

½ cup no- or low-sodium vegetable broth (more or less depending on consistency preference)

½ cup no-salt raw tahini

⅓ cup freshly squeezed lemon juice

3 small cloves garlic, minced

½ teaspoon ground cumin

2 tablespoons unfortified nutritional yeast

### **DIRECTIONS**

To a blender or food processor, add all ingredients and blend until creamy, scraping down the sides when needed and adding additional vegetable broth 1 tablespoon at a time as needed to get the mixture moving. I prefer using a food processor because I like my hummus with some texture.

Alternatively, you could mash everything with a fork or potato masher if you like a lot of texture (actually my preference, but much more physical labor:).

## **Quick and Creamy Lentil Tomato Soup**

*This recipe makes a lot of soup, because I hate making recipes where you only use half the can of something. Haha. So make the soup, let it cool, and then portion it into 2 cup portions for dinners, and freeze the remaining portions individually for quick meals later.*

Serves 8-10 (2 cup portions)

### **INGREDIENTS**

¼ small cabbage, chopped (about 2-3 cups)

1 medium red onion, chopped

2 cups dry green lentils, rinsed



1 8-ounce package mushrooms, any variety, chopped  
4 cups low- or no-sodium vegetable broth  
3 cups water (or use more broth)  
1 can (28.2 ounces) whole peeled tomatoes  
1 can (14.5 ounces) diced tomatoes  
1 can (14.5 ounces) lite coconut milk  
Nutritional yeast to taste (optional)

## DIRECTIONS

To a large soup pot over medium high heat, add the cabbage, onion, mushrooms, veggie broth, lentils and water and bring to a boil. Reduce heat to medium and simmer for 20 minutes.

Add tomatoes and coconut milk and simmer for another 10 minutes. Serve with 1-2 tablespoons nutritional yeast mixed in for extra flavor, if desired.

Have 1-2 cups of this soup for dinner. Feel free to have a piece of fruit for dessert after dinner.

# Kitchen Tools That I Love

Here is a list of kitchen tools\* that I use almost every single day. You don't necessarily need these to do the challenge, but I believe it is super important to have your kitchen stocked with items that will make the cooking process so much easier. Over time, this leads to much better adherence to your healthy eating goals and a confidence that you are prepared whenever you need to eat.

Consider getting any or all of these products when you can, if you feel they might be helpful to you as well.



[Vitamix 5200 Model](#): I think a Vitamix is the first tool a Nutritarian needs. I use mine at least once per day and I love the 5200 model, price-wise, compared to the other ones. I find the features this one has are plenty and I've never had any issues with mine. If you've got money to spend, then maybe get a higher-end model, but I'm not sure it's even worth it. Try to refrain from getting the "low-profile" version of the blender because the base of the cup is wider, and you'll have trouble making smaller amounts of salad dressings, etc. Trust me on this one. And don't get the personal one because you need a larger blender to make the size meals I suggest, which I believe are important whether you're doing a challenge or

not. If you're gonna invest, at least invest in the 5200 model.



[Instant Pot](#): Having an electric pressure cooker nowadays has completely changed my journey - seriously. I only wish I'd started using it earlier. Just from being able to make soups and beans from scratch without having to soak beans, is worth the cost alone to me. I use this at least once per week. It's intimidating at first, but worth every ounce of worry and/or learning curve.



[Cutting Boards](#): I love these cutting boards and have had them for years. They don't absorb onion smell and they don't get too scratched up. Plus they're super thin and easy to move around.



[Ceramic Knife](#): I love ceramic knives for cutting through things with tougher skins like tomatoes and peppers. I use these knives almost exclusively. I just don't find a use for metal knives anymore. The only thing to be careful with is not to bang it around too much and don't smash garlic with it, but other than

that, I find it superior to other knives.



[Mandolin Slicer](#): I always use this to slice onions and other things first before putting in soup and salads. It drastically cuts down the chopping time, and I'm all for that.



[2 Qt Corelle Serving Bowls](#): These are the salad bowls that I use most often in my home. 2 quarts seems to be the sweet spot for salad size, as long as the greens are chopped pretty small. If you fill this bowl up comfortably, it's the perfect size for a Nutritarian salad meal.



[Melon Baller](#): Since I core a lot of apples all the time to put in my smoothies, I found the best way to core apples is to cut them in half and core with a melon baller. Saves me so much time from fiddling with a knife and I can just cut out the stem parts also with this.



[Avocado Savers](#): I absolutely love these avocado savers and I use them all the time.



[Avocado Tool](#): I use this tool not only for safely opening the skin of avocados, but also for opening oranges! So handy. The reason I like it so much is because it feels safer to me than using a knife to cut an avocado or orange. I actually rarely use the avocado slicer part because it's a little annoying to clean, but I love the dull scoring blade.



[Plastic Kitchen Tub](#): I found that I was having a hard time making salads daily because I'd look at unwashed greens and get lazy. So I started washing 2-3 heads at a time and keeping them in this tub and it works WONDERS, and it's a great shape for the fridge. I remove the full leaves from the stem part of the head and discard, wash the leaves, dry them with a big bathroom towel, and put the greens in the tub with some paper towels: they keep for a long time...like a week!

\*This document contains affiliate links and if you purchase any of the items from my links, I will get a tiny commission, but you will pay the same price. I have only included items in here that I wholeheartedly recommend, like seriously, and you don't pay anything extra for using my link. It helps my business grow in fact, so please consider using my links when purchasing ANYTHING on Amazon, because it all counts to help me out, no matter what you end up buying from that link. <3 THANKS A GAZILLION. :D

# Pantry Staples for Success

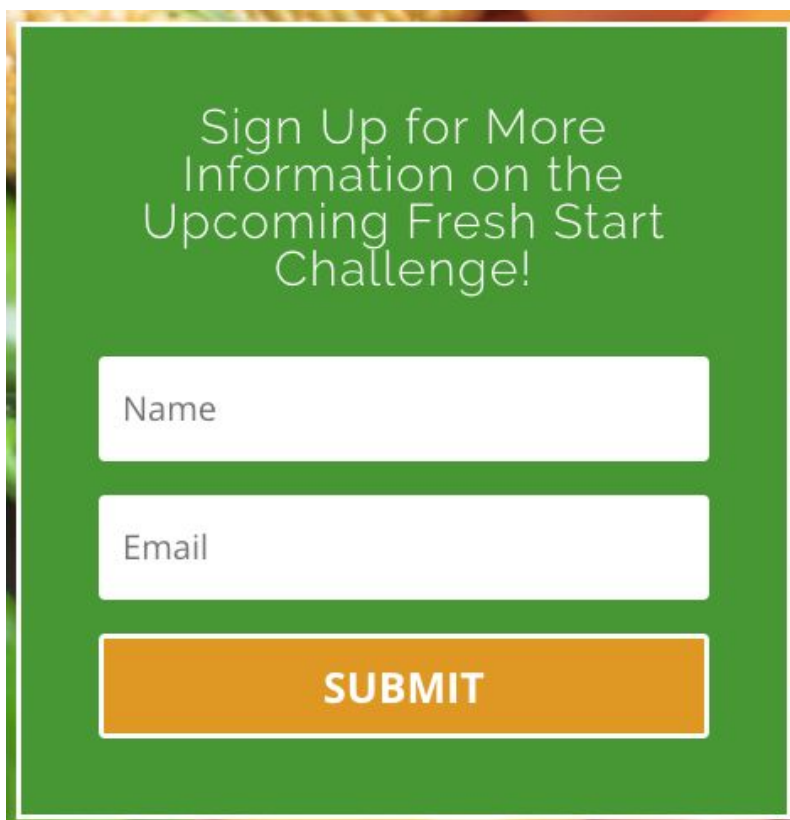
Here is a helpful list of some commonly used Nutritarian food staples that you can start stocking your pantry with. The more prepared you are with these types of foods, the easier it will be to adhere to your new lifestyle! Note that some of these are affiliate links.

- [Extracts](#) for flavoring smoothies, dressings
- [Matcha Tea powder](#) (I sell the best product on the market on my website!:) )
- [Vanilla powder](#)
- [Mrs. Dash](#) flavors of your choice
- [Chickpea Flour](#)
- [No-oil Raw Tahini](#)
- [Bragg's Liquid Aminos](#) (usually available at regular grocery stores, will use sparingly)
- [Unfortified Nutritional Yeast](#)
- [Unhulled Sesame Seeds](#)
- [Toasted Carob Powder](#) (I prefer carob) or [Raw Cacao Powder](#)
- Old fashioned raw rolled oats
- Steel-cut oats
- Quinoa
- Wild rice
- Dried currants or raisins
- Whole flaxseeds (to grind fresh at home)
- Cinnamon
- Chia seeds
- Unsweetened, dried coconut flakes or shreds
- Raw, unsalted almond butter
- Raw, unsalted cashew butter
- Unsalted peanut butter
- Hemp Seeds
- Unsalted cashews
- Unsalted raw hemp seeds
- Unsalted raw almonds
- Unsalted raw walnuts
- Unsalted raw pistachios
- Unsalted raw sunflower seeds
- Unsalted raw pumpkin seeds
- Apple cider vinegar
- White balsamic vinegar
- Balsamic vinegar
- Rice wine vinegar
- Dijon mustard
- Bay leaves
- Black pepper
- Medjool dates
- Dijon mustard
- Curry powder
- Chipotle chili powder
- Italian seasoning
- Ground cumin
- Garlic powder
- Onion powder
- Cayenne pepper
- Dried oregano
- Sweet or smoked paprika

Alright my friend! You did it! You've made it through my 9-Day Eat to Live Challenge. Click this sentence for a fun little behind-the-scenes thank you video.

And remember that if you want to sign up for an upcoming 21-Day Challenge, now is your chance! I will be running another one real soon, so don't miss out. It just might be the next push you've been looking for to help you stick with your healthy eating and weight-loss goals...for good.

[thewateringmouth.com/challenge](http://thewateringmouth.com/challenge)

A green rectangular sign with a gold border. The text "Sign Up for More Information on the Upcoming Fresh Start Challenge!" is centered at the top in white. Below the text are three white input fields: "Name", "Email", and a large orange "SUBMIT" button.

Sign Up for More  
Information on the  
Upcoming Fresh Start  
Challenge!

Name

Email

**SUBMIT**

***Just Keep Going!***  
*Cheri*