

The Watering Mouth 5-Day Eat to Live Challenge Calendar // NOVEMBER 2021

Prep Instructions SATURDAY-GROCERY SHOP (2 days before Challenge starts) *Slice and freeze 3 overripe bananas for Set # 1. Freeze bananas in individual bags OR in a gallon bag, laid flat to keep pieces separated and make note of the average number of slices per banana. *Cook 3 button mushrooms (for use in smoothie, Set # 1) SUNDAY(1 day prior to starting) Make Chickpea "Tuna" Salad	RECIPE SET 1 of 2			RECIPE SET 2 of 2	
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
	GET-AHEAD PREP INSTRUCTIONS			PREP IS DONE!	
Daily "Set" Menu			Daily "Set" Menu		
<ul style="list-style-type: none"> ▶ Tropical Smoothie ▶ Chickpea No-Tuna Wraps + 1 cup Berries ▶ Broccoli w/ Simple Almond Sauce 			<ul style="list-style-type: none"> ▶ Tropical Smoothie ▶ Chickpea No-Tuna Wraps + 1 cup Berries ▶ Broccoli w/ Simple Almond Sauce 		
			<ul style="list-style-type: none"> ▶ Tropical Smoothie ▶ Chickpea No-Tuna Wraps + 1 cup Berries ▶ Broccoli w/ Simple Almond Sauce 		
			<ul style="list-style-type: none"> ▶ Zucchini Bread Overnight Oats + 1 cup Berries ▶ Hot & Cold Salad + fruit ▶ 8 ounces raw veggies + Corn-Red Pepper Soup 		
			<ul style="list-style-type: none"> ▶ Zucchini Bread Overnight Oats + 1 cup Berries ▶ Hot & Cold Salad + fruit ▶ 8 ounces raw veggies + Corn-Red Pepper Soup 		

*Make Zucchini Bread Overnight Oats
*Water saute veggies for Salad, Set # 2
*Prep veggies for Dinner, Set # 2