

RECIPE SET # 1

DAY 1, 2, 3

Set # 1 Inside Scoop: *Welcome to the November ETL 5 Day Challenge! This is a simple way to ease into the Nutritarian lifestyle, as we have done all the planning for you! No decisions need to be made other than whether or not the prep flow as laid out will work for your schedule. If you ever find yourself really hungry for more food, please add some steamed non-starchy vegetables to your meal. Do your best not to eat between meals.*

This Set is composed of some of our most popular Challenge recipes, that will likely become some favorites.

This Breakfast will transport you to the tropics! If you aren't used to stronger-flavored greens in your drink, feel free to use spinach to replace some or all of the kale and cabbage in the smoothie recipe. You will be amazed at your Lunch! All the creaminess of the popular salad made from fish is included in your Lunch wrap! Dinner is super simple: steamed broccoli with a simple Almond Sauce.

******NOTE:** To help identify Dr Fuhrman's G-BOMBS (Greens, Beans, Onions [raw], Mushrooms [cooked], Berries, Seeds (Include 1 Tablespoon ground) & Nuts, we have underlined them in the recipes.

(Full Prep Instructions separated out day-by-day at the bottom of this document.)

Prep Instructions

- **GROCERY SHOP Saturday (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. Refrigerate.

Sunday (1 day prior to starting)

- Make Chickpea "Tuna" Salad

Wednesday

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

Recipe Set # 1 Days 1,2,3

Daily Meals

Breakfast Tropical Smoothie

Lunch Chickpea No-Tuna Wraps + 1 cup Berries

Dinner Broccoli w/ Simple Almond Sauce

BREAKFAST

TROPICAL SMOOTHIE

Makes 1 serving

INGREDIENTS

- 1 small head Romaine lettuce
- 2 large leaves kale
- 1 cup shredded cabbage
- 1 cooked button mushroom
- 1 cup mango, chopped, frozen
- 1 cup pineapple chunks, frozen
- 1 overripe banana, frozen
- 1 tablespoon shredded coconut
- 1 tablespoon flax seed, ground
- 2 tablespoons oats
- 1 ½ cups water

DIRECTIONS

In a high-powered blender, combine all ingredients and whirl until smooth. Add extra water if needed.

Lunch

Chickpea “Tuna Salad” Wraps

Feel free to substitute out the collard green leaves for kale, romaine leaves or any type of cabbage leaves (Napa, Savoy, green, etc) that are easy to wrap ingredients up in or make “lettuce boats”. Just make sure to shave down the inner stem so it’s not too thick to roll easily and is pleasant to chew.

Makes 3 servings

INGREDIENTS

For the Tuna Salad

- 1 15-ounce can no- or low-sodium garbanzo beans (chickpeas), drained and rinsed
- 1 cup frozen peas and carrots
- ½-1 small onion, finely minced
- 1 ½ tablespoons raw, no-sodium tahini
- Juice of ½ lemon, or to taste
- 1 teaspoon Dijon mustard

1-2 tablespoons unfortified nutritional yeast

For the Wraps (2 wraps per meal)

6 large collard green leaves, stems shaved thin and tough thick end removed completely OR Romaine Lettuce leaves

1 red sweet bell pepper, thinly-sliced

$\frac{2}{3}$ cup shredded carrots

DIRECTIONS

In a medium bowl, add all the chickpeas, peas, carrots, onion and tahini and mix well to distribute. Add the lemon juice and mustard and mix again. (We do this in steps because if you add tahini directly to lemon, it clumps). Then add the nutritional yeast and mix completely.

To assemble wraps, take 1 collard leaf, put several tablespoons of the tuna salad mixture on the leaf, add a few strips of red pepper, and a couple tablespoons of carrots and roll the mixture up like a burrito.

2 wraps like this makes up a meal + 1 cup **BERRIES** (your choice)

If you want a visual on all of this, including shaving down the collard green stems (at around the 5:40 mark), check out my video on [Chickpea Tuna Salad on YouTube](#).

DINNER

BROCCOLI with SIMPLE ALMOND SAUCE

Makes 1 serving

INGREDIENTS

1 head (1 pound) fresh broccoli, cut into bite-size pieces (use stem, peel the woody coating off and chop) OR use 10 ounces frozen broccoli, chopped

SAUCE

2 Tablespoons no-salt, almond butter (raw, if possible)

2 Tablespoons lemon juice (from $\frac{1}{2}$ medium lemon)

2 Tablespoons water

DIRECTIONS

In medium saucepan, place broccoli and $\frac{1}{2}$ cup water. Over medium heat, steam until just done, 7 minutes or so. Meanwhile, in small bowl, whisk SAUCE ingredients. Drain broccoli and drizzle with dressing.

RECIPE SET 2 of 2

DAY 4, 5

Set # 2 Insider Notes: *On to the next Set! Breakfast is a recreation of the flavors included in a bread which may be familiar with you, but in a simple form. Eat these oats cold (oat flakes are actually a steamed product, so they are cooked) or gently warmed. Enjoy your choice of berries along with your oats- topping the oats or separately- you decide!*

Your Lunch salad is a great one to give your tummy some warmth on a wintry day! The steamed veggies are all prepped and cooked ahead, so gently heat them up to top your salad. The simple Dressing can be made even simpler by using purchased hummus. Be sure you utilize the Hummus recipe in the future and you will learn how easy it is to make!

Dinner begins with one of Dr Fuhrman's tricks: start your meal with 8 ounces of raw veggies. This is a great way to learn to appreciate the simple flavors of veggies. Try something you haven't, if possible. Follow up those veggies with a warm bowl of Corn-Red Pepper Soup. You will put the Soup together easily in a blender. There is no need to even heat it until you are serving the soup. Remember to stay curious and compassionate with yourself as you continue with this Challenge- and of course, beyond!

Prep Instructions (these recipes found below daily meals):

- All done!

Recipe Set # 2 Days 4, 5

Daily Meals

Breakfast Zucchini Bread Overnight Oats + 1 cup Berries

Lunch Hot & Cold Salad + fruit

Dinner 8 ounces raw veggies + Corn-Red Pepper Soup

BREAKFAST

ZUCCHINI BREAD OVERNIGHT OATS

Makes 3 servings

INGREDIENTS

- ¾ cup uncooked old-fashioned rolled oats
- 1 medium zucchini, grated, minced OR ground in food processor or blender until chunky
- 2 medium sweet red apples, small dice
- 3 medjool dates, chopped small or blended with the non-dairy milk until smooth (blending will yield sweeter final product; that's what I did :P)
- 1 cup unsweetened non-dairy milk
- ½ cup water + extra if mixture seems dry
- 1 teaspoon vanilla extract (alcohol-free, preferably) OR vanilla powder
- 2 teaspoons ground cinnamon
- 3 tablespoons flaxseed, ground
- 3 tablespoons walnuts, chopped

DIRECTIONS

In large mixing bowl, combine all ingredients and stir to combine. Separate into thirds and store in covered containers in refrigerator until ready to eat. At meal time, enjoy 1 portion either cold or warmed, adding water as desired for consistency.

(No need to cook and this doesn't even have to be soaked overnight: just 5 or so minutes is plenty!)

Serve with 1 cup BERRIES

LUNCH

Steamed Veggies

Serves 2 servings

INGREDIENTS

- 4 cups non-starchy frozen or fresh vegetables, and make sure at least 1 cup is mushrooms

DIRECTIONS

Steam 4 cups of veggies in whatever method you usually steam at home, for about 7-8 minutes. Run the veggies under cold water afterwards to stop the cooking.

HOT & COLD SALAD

Makes 1 serving

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 (see note below if needed for prep instructions)
- ¼ raw red onion, chopped
- 6 sugar snap peas chopped

½ cup cooked low- no sodium black beans

½ lime, juiced

INGREDIENTS CHERI'S DRESSING

⅓ 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 OR make it for 3 days in a row.

Serve with **1 PIECE OF FRUIT**

Basic Nutritarian Hummus Recipe

Makes 4 cups (8 servings)

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 storebought route this time, and making your own next time if you like. Less overwhelm and less cooking. And if you can't find a storebought that is oil-free/low-sodium, just use less. Freeze leftovers

INGREDIENTS

3 cups cooked garbanzo beans (2 15-ounce cans) OR use ½ garbanzo beans and ½ Great Northern Beans or other creamy white bean

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

⅓ cup no-salt raw tahini

Juice from 2 medium lemons (¼ cup)

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 an additional liquid 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:).

DINNER

Enjoy 8 ounces of any combination of the following: tomatoes, red pepper, carrots, broccoli spears, celery, snow pea pods, and zucchini, and fruits including fresh berries, cantaloupe, kiwi, and apple slices.

Then, enjoy 2 cups of this soup, heated gently.

CORN-RED PEPPER SOUP

Makes 2 quarts (4 servings) Freeze 2-2 cup portions for later.

INGREDIENTS

12 ounces frozen corn kernels

2 red sweet peppers, cut in 1/4s, seeds removed

3 cups low-sodium vegetable broth

2 cups plain plant milk

½ teaspoon smoked paprika

1 teaspoon onion powder

1 teaspoon Mrs Dash, SouthWest Chipotle variety

1/2 leek, green leaves removed, thinly sliced

DIRECTIONS

In high-powered blender, combine all ingredients and blend until smooth. You may need to do this in 2 batches, according to the size of your blender.

When serving, gently heat 2 cups over medium heat until heated through.

Notes on Purchasing Produce

Here are some handy notes that will help you in grocery shopping. We have done our best to be consistent with amounts for the recipes, taking into account suggestions from the last Challenge. Remember that vegetables and fruits are not consistent in size and volume, as they come from the ground and depend on growing conditions. Be assured that as you keep going with this ETL lifestyle, you will become proficient in “eyeballing amounts” that you will need and exact quantities will become less and less important. Please let us know what you need that will be helpful in this regard. The Facebook group is the perfect place to do this. ;)

Lettuce and leafy greens- When is a bunch NOT a bunch? This is an inconsistent term, all around the world. And a “bunch” at the Farmer’s Market may be vastly different than one at the grocery store. One can include 20 leaves, and the other could be 5. Annoying, right? Then, when measuring, is that a cup? Or a cup *packed*? Or a cup **chopped**? We’ve tried to cover all the bases and answer your questions within each recipe...

But here are some extra guidelines you might want to keep handy for reference.

GREEN LEAFIES

- Butter Lettuce- about 3-4 cups of leaves=2-3 c when chopped
- Romaine Lettuce, Kale, collards: 10 largest outer leaves when chopped=3 cups chopped
- Baby Spinach, Arugula 1 ounce=approximately 1 cup loosely packed
- Mixed Spring Lettuce Mix: 4 ounces=2 ½ cups, packed
- Cabbage - another complex head issue! Smallish heads versus large heads makes a huge difference. I have given you approximate amounts needed if purchasing heads or partial heads.
- Additionally, this is helpful: shredded, 2 ounces=1 cup

HERBS (It’s fantastic if you can grow your own, of course.)

- .75 ounce plastic container = about 2 tablespoons, chopped
- If you want to substitute dried herbs for fresh, use half the amount.
- Rub the herbs through your fingers to stimulate the oils and create a more fragrant result.

ONIONS

- Red, Sweet, White, Yellow onions are interchangeable. Red are slightly more nutritious given the color!
- For a different taste, try shallots, leeks or green onion.

- If you cut an onion and realize it is too strong, prepare it and soak in cold water as long as possible to help remove some of the oniony-ness (technical term:). Just drain off the water and use as directed.
- 2½” diameter onion, considered “small” yields 1 cup chopped onion, or about 4 ounces
- Medium 3+” onion yields approximately 2 cups chopped
- If cutting boards get stinky after onion chopping, scrub them with half a lemon and salt (it’s the only reason I have salt in the house!) and rinse with cold water!

CARROTS

- Shredded, 1 cup = 3 ounces
- 1 large carrot = approximately 1 cup shredded

MUSHROOMS

- 1 pound, sliced = 2 cups cooked

Prep Instructions By Day

Prep Instructions

- **Saturday (2 days before Challenge starts) GROCERY SHOP**
- 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 (to be used in the Smoothie, Set #1)

Sunday (1 day prior to starting)

- Make Chickpea “Tuna” Salad

Recipe Set # 1 Days 1,2,3

Monday Day 1

Daily Meals

Breakfast Tropical Smoothie

Lunch Chickpea No-Tuna Wraps + 1 cup Berries

Dinner Broccoli w/ Simple Sauce

Tuesday Day 2

Breakfast Tropical Smoothie

Lunch Chickpea No-Tuna Wraps + 1 cup Berries

Dinner Broccoli w/ Simple Sauce

Wednesday Day 3

Breakfast Tropical Smoothie

Lunch Chickpea No-Tuna Wraps + 1 cup Berries

Dinner Broccoli w/ Simple Sauce

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

Recipe Set # 2 Days 4, 5

Thursday Day 4

Daily Meals

Breakfast Zucchini Bread Overnight Oats + 1 cup Berries

Lunch Hot & Cold Salad + fruit

Dinner 8 ounces raw veggies + Corn-Red Pepper Soup

- All prep is DONE for this Set!

Friday Day 5

Breakfast Zucchini Bread Overnight Oats + 1 cup Berries

Lunch Hot & Cold Salad + fruit

Dinner 8 ounces raw veggies + Corn-Red Pepper Soup

CONGRATULATIONS!!

Your **5-Day Eat to Live Challenge NOVEMBER 2021** is COMPLETE!!

No matter what you were able to do or not do, just be proud of yourself for registering for this Challenge -- now you're armed with tons of new recipes for your journey!

Make sure to take a moment to celebrate any effort you were able to put in. *Even deciding to make a change is a great step!*

Now, head over to the [Facebook group](#) and let us know what you learned and how you crushed it.

Look out for a survey in your email soon where you can share feedback. Thank you for joining the Challenge! :)

Love,
CHERI & NANCY