



**5-DAY**  
*Eat to Live*  
**Challenge**

*January 2022*

by Cheri Alberts and Nancy Dawdy

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## About Cheri Alberts

Cheri Alberts is the world's most renowned expert private and group Eat to Live coach in the world. She's a breast cancer survivor, a very happily married wife, a mom of 3 beautiful daughters, and a passionate champion of the Nutritarian lifestyle for more than 8 years.

She specializes in helping folks learn to lose the weight, eat healthy and do so consistently for life. And love the whole process!

Her goal is to demystify Eat to Live for you, so that you can use this powerful eating style to reach your wildest wellness and fit body goals, and feel super-confident doing it.



## About Nancy Dawdy

Coach Nancy Dawdy is the heart, soul and compassionate connector behind The Watering Mouth.

A certified life and weight coach, she is the private coach for the Eat to Live Family and The Watering Mouth audience.

And if that weren't enough -- she's also the Recipe Creator behind almost every single recipe you eat from our Challenges!

Her recipes are always delicious and she gets rave reviews. She truly gets how to make following the Eat to Live Lifestyle delicious, do-able and simple.



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**WELCOME!**

# Things to know before getting started...

## Join the Free Group + Share

Before you begin, join the free and private [ETL High Nutrient Lifestyle Group on Facebook](#) for some amazing, free support and brand-new healthy-eating friends on this journey!

Make sure to post about your experience on the 5-Day Eat to Live Challenge so your friends and family can see and cheer you on! Use the hashtag [#etl5daychallenge](#) and tag [@thewateringmouth](#) in the text whenever you post something, so we can easily search back through our past posts on every network!

## Join the Live Workshop!

Each time I put on a free 5-Day Challenge, I come on live for each of the first 4 days to present a live workshop on brand new topics to motivate and inspire you. I promise you'll never look at these issues the same way again. :-)

I do each workshop video **Monday-Thursday at 12:30 pm Pacific time**. You can join via [Facebook](#) or [YouTube](#).

- Monday @ 12:30 pm PT: **Why We Overeat (and How to Stop!)**
- Tuesday @ 12:30 pm PT: **How to Get Over Stalls and Plateaus**
- Wednesday @12:30 pm PT: **How to End All-or-Nothing Thinking**
- Thursday @12:30 pm PT: **Future You (and Your Next Steps)**



WELCOME!

## Things to know before getting started...

### What Are "Sets" and "Rolling Prep"?

*The reason I created Eat to Live challenges in the first place is because it has been the easiest way to show my audience exactly what to eat to get started on the Eat to Live Lifestyle. Especially without being hungry, missing out on G-BOMBS, or getting confused about how to lose weight. It's been the method I always used in the beginning of my journey and it works like gangbusters.*

*I also found throughout my beginner years, that all the other "Challenges" out there were just too challenging! Ha! There's no way I was going to make 3 full new recipes a day; that was not realistic or doable for how I lived my life. It was just too much work. So I created a proprietary challenge rhythm that I call "Sets". In this challenge, you'll experience both a 2-day set and a 3-day set so you can see which fits with your life the best.*

*Another super helpful tip that has turned into my natural ETL "rhythm" is using what I call "Rolling Prep". I'll teach this to you during this 5 days as well. Basically, it's where you prep one or more parts of your meals each day or every other day, so you never have to spend your entire Sunday making food!*

*We should enjoy our lives, not be a slave to our lifestyle choices. With Rolling Prep and Sets, you'll finally learn an easy way to Eat to Live...so you can really LIVE...somewhere other than the kitchen! :-)*



WELCOME!

## Things to know before getting started...

### What If I Get Hungry/Have Too Much Food?

*Every body is different. We usually go very light on grains and starches in these plans so that hopefully anyone can lose weight, even if they are sedentary. (We also almost never include gluten in our recipes.) If you are trying to lose weight but need more food, non-starchy vegetables are unlimited at mealtimes, so feel free to bulk up your meals if need be.*

*On the other hand, if you exercise intensely, don't want to lose weight or lose weight too quickly for your comfort, consider adding in some extra heavier foods to make up for calorie loss, such as more beans, some grains, or some added nuts/seeds.*

### Eat for Hunger and Satiety

*Even though this is a challenge that lays out everything for you, first and foremost, you must honor your own hunger and satiety signals. Overeating is never useful. If you feel full, do not force yourself to finish a meal.*

*Begin to learn the needs of your own body, and you'll lose weight or maintain your physique and health much easier as the years go by. Feel free to adjust meal size as needed and feel free to skip meals if you don't feel the need to eat more.*



WELCOME!

# Things to know before getting started...

## Love Our Challenges?

*I truly hope you love everything about your experience on our FREE 5-Day Eat to Live Challenges. This is just the tip of the iceberg, my friend. More details on what to do after your challenge are included at the end.*

*You may or may not know that we used to run paid **21-Day Challenges** each quarter! And we still run these to this day, but they aren't for the public anymore; they are included in my monthly group coaching membership called the **Eat to Live Family**.*

*BUT! You can still pick up those [21-Day Challenges on the Shop on my website!](#) And they ALL have brand-new recipes in them, so you will literally NEVER run out of ETL recipes for as long as you live! :-)*



*Ok, what are we waiting for? Let's get onto the Challenge!!*



# SETS + CALENDAR + PREP INSTRUCTIONS BY DAY

Your food plan for this next 5 days is organized into 2- and 3-day "Sets". Sets are the magic sauce in all of our Eat to Live Challenges. They automatically reduce overwhelm, food waste, time in the kitchen and grocery cost. Learn to incorporate the concept of Sets in your own life, and you will fall into a sustainable rhythm with Eat to Live in no time.

## 2 DAYS BEFORE START SATURDAY

### GROCERY SHOP!

### PREP INSTRUCTIONS:

If you choose to have cold smoothie, slice and freeze 3 overripe bananas for Set #1. Freeze bananas in individual bags OR in a gallon bag, laid flat.

Make SPLIT PEA SOUP for Dinner Set #2

Make DIJON DRESSING for Lunch Set #1

## 1 DAY BEFORE START SUNDAY

### PREP INSTRUCTIONS:

Make CREAMY TOMATO SOUP for Dinner Set #1

Prep BIG QUINOA SALAD

## SET #1 (3-DAY SET)

## DAY 1 MONDAY

### BREAKFAST

Warm Apple Smoothie

### LUNCH

Big Quinoa Salad

### DINNER

Creamy Tomato Soup + Leftover Smoothie OR 1 piece of fruit

Live Workshop @ 12:30p PT  
Why We Overeat (and How to Stop!)

## DAY 2 TUESDAY

### BREAKFAST

Warm Apple Smoothie

### LUNCH

Big Quinoa Salad

### DINNER

Creamy Tomato Soup + Leftover Smoothie OR 1 piece of fruit

Live Workshop @ 12:30p PT  
How to Get Over Stalls and Plateaus

## DAY 3 WEDNESDAY

### BREAKFAST

Warm Apple Smoothie

### LUNCH

Big Quinoa Salad

### DINNER

Creamy Tomato Soup + Leftover Smoothie OR 1 piece of fruit

### PREP INSTRUCTIONS:

Make PB & J OATS for Breakfast Set #2

Make ALMOND-GINGER DRESSING for Lunch Set #2

Prep SPINACH SALAD for Lunch Set #2

Live Workshop @ 12:30p PT  
How to End All-or-Nothing Thinking

# SETS + CALENDAR + PREP INSTRUCTIONS BY DAY

Your food plan for this next 5 days is organized into 2- and 3-day "Sets". Sets are the magic sauce in all of our Eat to Live Challenges. They automatically reduce overwhelm, food waste, time in the kitchen and grocery cost. Learn to incorporate the concept of Sets in your own life, and you will fall into a sustainable rhythm with Eat to Live in no time.

## SET #2 (2-DAY SET)

**DAY 4**  
**THURSDAY**

**BREAKFAST**

*Overnight PB&J Oats*

**LUNCH**

*Spinach Salad w/  
Almond-Ginger Dressing*

**DINNER**

*Split Pea Soup +  
1 piece of fruit*

**PREP INSTRUCTIONS:**  
*Prep is Done!*

Live Workshop @ 12:30p PT  
Future You  
(and Your Next Steps)

**DAY 5**  
**FRIDAY**

**BREAKFAST**

*Overnight PB&J Oats*

**LUNCH**

*Spinach Salad w/  
Almond-Ginger Dressing*

**DINNER**

*Split Pea Soup +  
1 piece of fruit*

## ENJOY WEEKEND!

**SATURDAY**



**SUNDAY**



**NEXT WEEK**  
**MONDAY**

**THE EAT TO LIVE**  
**FAMILY OPENS FOR**  
**REGISTRATION!**

**THEWATERINGMOUTH.COM/  
FAMILY**



## REQUIRED PANTRY STAPLES

*If you don't have these ingredients already, you will need to buy these before you begin. This might be a little costly for your first trip, but this is common to starting any new lifestyle. And it's a good thing, because then you will be set up to continue this lifestyle once the challenge is over!*

- Unfortified nutritional yeast
- White balsamic vinegar (or Dr Fuhrman's Riesling Vinegar)
- Old-fashioned rolled oats OR steel-cut oats
- Raw, unsalted walnuts
- Raw pecans
- Whole flaxseed
- Raw, unsalted pumpkin seeds
- Ground Ceylon cinnamon
- Ground ginger
- Ground turmeric
- Ground cumin
- Unsweetened, raw cacao/cocoa/carob powder
- Low sodium Dijon mustard
- Black peppercorns to grind
- Almond butter, no salt, preferably raw
- 1-ingredient cashew butter
- 1-ingredient peanut butter
- Unroasted, unsalted cashews
- Hemp hearts
- Medjool dates
- Raisins OR currants
- ⅓ cup quinoa (your choice of color)
- 1 cup dried split green OR yellow peas

# GROCERY LIST

*Sets 1 and 2 combined*

- 6 medium heads (12 ounces each) Romaine lettuce
- 2 large bunches kale (curly OR flat-leaf)
- 8 ounces baby kale
- 26 ounces baby spinach
- 1 small bunch parsley
- 1 small handful (½ cup) basil leaves
- 16 ounces sliced mushrooms
- 1 pound cherry OR grape tomatoes
- 2 yellow sweet bell peppers +
- 1 sweet bell pepper (color- your choice)
- 1 bunch of celery
- 3 medium sweet red apples
- 1½ cup shredded carrots OR 2 large carrots to shred +
- 3 medium carrots
- 1 medium sweet onion
- 2 medium red onions
- 9 green onions
- 2 medium heads garlic
- Small amount fresh ginger root (if not using ground ginger)
- Small amount fresh turmeric (if not using ground turmeric)
- 3 small beets, raw OR cooked
- 3 fresh chili peppers OR 4-5 Shishito peppers
- 3 overripe bananas
- 6 pieces fruit (combination of oranges, apples, etc)
- 4 medium lemons + 1 medium organic lemon
- 1 large pomegranate OR ¾ cup pomegranate arils
- 1½ cups frozen raspberries
- 1½ cups frozen strawberries
- 2 cups fresh OR frozen strawberries
- 3 cups chopped, riced or grated raw cauliflower (frozen is great) OR 1 small head of cauliflower to chop/grate
- 64 ounces low/no-sodium vegetable broth
- 38 ounces unsweetened plain plant milk
- 15-ounce can cannellini beans (OR other white creamy beans like Great Northerns), low- no sodium OR ½ cup dried to cook
- 2 28-ounce cans of diced tomatoes in tomato juice (low/no-sodium)
- 3 ounces chopped OR sliced sun-dried OR dehydrated tomatoes

# RECIPES

## WARM APPLE SMOOTHIE

*Warm Apple Smoothie is a The Watering Mouth classic- albeit unconventional way to start your day! A big GREEN smoothie that you will buzz in the blender for an extended time to create some warmth. (Only works with a high-powered blender. Otherwise, can be warmed gently on stove or in microwave.) This is a great Nutritarian trick to get your greens in your body on a chilly day! BUT, if you prefer it cold, use a frozen banana and add some ice. Either way is DELISH! This recipe makes a large, 30+ ounce smoothie. If you want, you can have 24-ish ounces for breakfast, and save the rest in the fridge for a light dinner.*

**SERVES: 1**

### INGREDIENTS

1 cups unsweetened, plain non-dairy milk  
4 ounces romaine lettuce (about 1 heart or 7-8 cups, loosely packed)  
2 stalks of kale, stems removed and discarded  
1 apple sweet red apple, chopped  
1 ripe banana  
2 tablespoons raw, unsalted walnuts  
1 tablespoon ground flaxseed  
½ teaspoon cinnamon

### DIRECTIONS

Place all ingredients into a high-powered blender and blend for 3-4 minutes until the smoothie is just warm.

## DIJON DRESSING

**SERVES: 3**

### INGREDIENTS

1 cup water  
⅓ cup cashew butter OR ⅓ cup pre-soaked cashews  
2-3 tablespoons white balsamic vinegar (Dr Fuhrman's Riesling Vinegar ok )  
1 tablespoon low-sodium Dijon mustard  
1 large clove garlic  
2 softened medjool dates (soften in ½ cup of the water called for, for 1+ hours, OR microwave for 20 seconds with 1 tablespoon water)

### DIRECTIONS

In high-powered blender, combine all ingredients. Whirl until perfectly smooth. Store in covered container in refrigerator. Keeps 3-4 days.

## BIG QUINOA SALAD

**SERVES: 1**

### INGREDIENTS

2½ ounces baby kale, chopped (about 2-3 cups after chopping)  
7-8 large Romaine lettuce leaves, chopped (about 5 cups after chopping)  
¼ cup finely chopped parsley  
3 green onions, minced  
⅓ cup cooked quinoa  
1 small cooked beet, small dice  
1 cup chopped, riced or grated raw cauliflower  
¼ cup pomegranate seeds  
½ cup fresh blueberries, fresh or frozen  
½ cup raspberries, fresh or frozen  
1 tablespoon raw unsalted pumpkin seeds

### DIRECTIONS

In a large serving bowl, add all ingredients, as well as ⅓ recipe of Dijon Dressing (about 1/2 cup) and mix well to combine.

# CREAMY TOMATO SOUP

**SERVES:** 4 2-CUP SERVINGS

## INGREDIENTS

1 whole medium head of garlic, peeled  
½ medium red onion, cut into chunks  
8 ounces sliced mushrooms  
1 pound cherry OR grape tomatoes  
2 28-ounce cans of diced tomatoes in tomato juice (low/ no sodium.)  
¼ cup raw cashews (halves OR pieces)  
⅓ cup hemp hearts  
1½ cups cannellini beans (OR other white creamy beans like Great Northern) {15 ounce can low sodium OR ½ cup dried to cook}  
3 fresh chili peppers (OR 4-5 Shishito peppers - a bit milder)  
32 ounces low-no- sodium vegetable broth  
1 small handful fresh basil

## DIRECTIONS

In a large stock pot, combine all ingredients (except basil) and cook over medium heat until all ingredients break down (20 minutes or so). Alternatively, use a 6-quart electric pressure cooker set on medium, 5 minutes, and use a quick release.

Allow the soup to cool for at least 30 minutes, throw in the basil, then use an immersion blender to blend, OR carefully pour ½ of the soup into a high-powered blender (blend with the little cap removed and the hole covered with a clean dishcloth so as not to blow the lid off with the built up steam).

Blend the remaining soup and season with no-salt seasoning and other seasoning, as desired. Enjoy with leftover smoothie OR 1 piece of fruit

# OVERNIGHT PB & J OATS

**SERVES:** 2

## INGREDIENTS

⅔ cup uncooked old fashioned OR steel cut oats  
1¾ cups plain plant milk  
2 ounces baby spinach, chopped finely  
2 tablespoons unsweetened, raw cacao/cocoa/carob powder  
2 tablespoons ground flaxseed  
2 tablespoons raisins, chopped (or use currants)  
2 cups strawberries, chopped (can use frozen)  
2 tablespoons 1-ingredient peanut butter (or any other nut butter)

## DIRECTIONS

In a medium mixing bowl, add all ingredients and stir to combine. Distribute into 2 containers and store in the refrigerator for up to 3 days. Serve cold OR gently heated in the microwave or in a pan on the stovetop.

## SPINACH SALAD

**SERVES:** 1

### INGREDIENTS

8 ounces baby spinach (4 packed cups) chopped if desired  
½ yellow sweet bell pepper, chopped  
½ cup shredded carrots  
¼ cup chopped sweet onion  
2 tablespoons unsulfured raisins  
2 tablespoons pecan pieces

### DIRECTIONS

In large bowl, combine spinach and remaining ingredients. Toss with ⅓ of the Almond-Ginger Dressing.

## ALMOND-GINGER DRESSING

**SERVES:** 3

### INGREDIENTS

¾ cup water	1-2 fresh garlic cloves
¼ cup one-ingredient almond butter	¼ teaspoon powdered turmeric
3 lemons, juiced	OR ½" piece fresh turmeric
Zest from 1 lemon	⅛ teaspoon freshly ground black pepper
1 teaspoon fresh ginger, minced (add more to taste, as desired)	2 tablespoons unfortified nutritional yeast
1 Medjool date, pitted (soaked 30 minutes OR microwave for 1 minute in 1 tablespoon water)	

### DIRECTIONS

Combine all ingredients (including date soaking liquid) in a blender and blend until smooth. Use ⅓ of the recipe on Spinach Salad, each day of the Set.

## SPLIT PEA SOUP

**SERVES:** 3 SERVINGS (2+ CUPS EACH)

### INGREDIENTS

4 cups low-sodium vegetable broth  
3 cups water  
1 medium red onion (1 cup small-diced)  
3 medium carrots, sliced  
1 sweet bell pepper, diced (color- your choice)  
2 cups celery, chopped  
8 ounces sliced mushrooms  
3 medium garlic, minced  
1 cup dried split green OR yellow peas  
3 ounces chopped OR sliced sun-dried OR dehydrated tomatoes  
½ teaspoon ground turmeric  
1 teaspoon ground cumin  
Few twists freshly ground black pepper

### FOR SERVING

6 cups (approx 8 ounces) kale, stripped from stems, chopped fine  
2 medium lemons

### DIRECTIONS

In large stock pot over medium heat, combine all ingredients, except spinach and lemon juice. Bring to a boil and lower heat to low and simmer for 20 -25 minutes until peas are cooked through.

When serving, place ⅓ of the spinach in the bottom of a bowl and ladle 2 cups of soup over for each serving. Juice ½ of a lemon on top of each bowl of soup. Enjoy with 1 piece of fruit.

# 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. Remember that vegetables and fruits are not consistent in size and volume, as they depend on growing conditions and come from the ground. When one recipe calls for a bunch or a stalk, etc, each person is going to end up with a different amount. That's ok. Rest 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. Reach out to [the free Facebook group](#) for more questions!

## GREEN LEAFIES

- Butter lettuce: about 3-4 cups of leaves = 2-3 cups when chopped
- Romaine lettuce, kale, collards: 10 largest outer leaves when chopped = 3 cups chopped
- Baby spinach, arugula: 1 ounce = 1 cup, loosely packed
- Mixed spring lettuce mix: 4 ounces = 2½ cups, packed
- Cabbage: complex head-size issue! Small-ish heads versus large heads makes a HUGE difference. We have given you approximate amounts needed if purchasing whole heads or partial heads
- Note on shredding: 2 ounces shredded = 1 cup

## FRESH 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 onion-y-ness (technical term:). Then 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 smelly 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 = 1 cup shredded

## MUSHROOMS

- 1 pound, sliced = 2 cups cooked







# CONGRATULATIONS!

## YOU ARE AWESOME. NOW WHAT?

Your January 2022 5-Day Eat to Live Challenge is COMPLETE!!

No matter what you were able to do, or not do, just be proud of yourself **for even registering** for this Challenge. At the very least, 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 post this:

*"One big win I achieved while on this 5-Day Challenge was that I..."*



## HOW DO I KEEP GOING?

# THE NEXT INEVITABLE QUESTION

I have been running 21- and 5-Day Eat to Live Challenges for over 3 years now. And without fail, the next question on everyone's mind after they complete a challenge is:

*"You thought of everything for me for 5 days and I got great results. I want to keep doing this. So, how do I keep going long-term?"*

Don't worry, my friend. This ain't my first rodeo. I got you. 😊

1. I've got so many resources for you to continue with. First of all, I have a dozen [21-Day Challenges](#) for sale on my website to keep you going.
2. I have hundreds of free videos and recipes on [my YouTube channel](#) for you to use. Subscribe if you love it, so you never miss a beat (and so I can hit my 100k subscriber goal ASAP!:) )
3. Ever feel like the issue isn't access to more recipes, but that you just can't stay motivated? That's my coaching specialty. Learn to eat healthy and lose weight consistently in [my Eat to Live Family](#).



## FREE CONTEST FOR YOU

# WIN A FREE MONTH\* OF THE ETL FAMILY!

I'm always looking to improve my offerings. So to get your feedback, I'd like to offer you a free contest in exchange for your honest 5-Day Challenge experience/testimonial.

If you [fill out this feedback survey](#) (it'll only take you 5 minutes!) you'll automatically be entered to win a **FREE** month of the Eat to Live Family group coaching membership.

So please [fill out this form](#) and let me know about your experience with my 5-Day Eat to Live Challenge. Did you love it? What were your results? What would you improve?

We will pick the contest winner and notify you on the Sunday after the Challenge ends. Then, the doors to the Eat to Live Family open for registration the **VERY NEXT DAY** on Monday!

And I hope to see you in the Family, whether you win the contest or not! I know you'll love it.

Love,



\*If you are already a member of the Eat to Live Family: YES! You may also enter for the chance to win one month free!