



HELPFUL LINKS*

- ▶ [Free 9 Day Challenge](#)
- ▶ [Free 5-day eat to live challenge](#)
- ▶ [The Eat to Live Family Waitlist](#)
- ▶ Affiliate link to shop on [Dr.Fuhrman's Website](#)
- ▶ My Blender (Vitamix): <https://amzn.to/2Sud54N>
- ▶ Veggie Chopper: <https://amzn.to/3i8J9Eg>
- ▶ [APPLY FOR FREE STRATEGY SESSION WITH COACH NANCY](#)

NUTRI-OAT BOWL

MAKES 1 SERVING

INGREDIENTS

- 3 Tablespoons dry old-fashioned oats
- 2 Tablespoons hemp hearts
- 1 Tablespoon ground flaxseed
- ½ cup plain plant milk
- ½ teaspoon vanilla extract OR ¼ teaspoon powdered vanilla bean
- ½ teaspoon cinnamon
- 1 cup fresh blueberries or other berries
- 1 1/2 cups greens (baby spinach, kale, or chard) small chop (from ~ 2 ounces)
- Can add ½ cup mango chunks, ½ banana, ½ shredded sweet apple OR 1 Tablespoon of date paste to sweeten, if desired



DIRECTIONS

In a cereal bowl, combine all ingredients in the order listed.

Stir together, adding more plant milk as desired.

Heat in the microwave, or in a small saucepan on the stove, if desired.



BROCCOLI-CRANBERRY SALAD

MAKES 6 CUPS (3 SERVINGS)

INGREDIENTS

- 1 sweet-tart apple (like Cameo OR Jazz), cut into small chunks
- Juice of 1 medium lemon
- 6 cups raw broccoli florets, cut into bite-sized pieces
- 1 cup shredded carrots
- 1½ cups (1-15 ounce can) no- low- sodium adzuki (or other) beans, drained and rinsed
- 3 Tablespoons raw, unsalted pumpkin seeds
- 3 Tablespoons dried cranberries (preferably apple juice sweetened) OR raisins OR currants
- ¼ cup onion, your choice, finely chopped

DRESSING INGREDIENTS

- ¾ cup untoasted, unsalted cashews (cover with 1 cup water and soak for 1 hour-discard liquid)
- ¾ cup water
- Juice of 2 medium lemons
- 1 Medjool date, no pit
- 1 teaspoon dijon mustard
- 1 teaspoon coconut aminos



DIRECTIONS

In small container of high-powered blender (OR in a tall container use an immersion blender) combine all ingredients and buzz until smooth and silky.

Set aside while combining the SALAD:

In large (non-metal) mixing bowl, combine apple chunks with juice from 1 lemon and toss together.

Add remaining salad ingredients. Coat with the dressing and chill.

Enjoy 2 cups of salad on 3 cups of shredded Romaine lettuce.



BRUSSEL'S SPROUT SOUP

MAKES 12 CUPS SOUP (6 SERVINGS)

INGREDIENTS

- 1 medium sweet onion, small-diced
- 1 medium sweet bell pepper, red, small-diced
- 3 medium carrots, small-diced
- 2 stalks of celery, small-diced
- 1 pound Brussel's Sprouts (12 or so), trimmed and shredded
- 6 medium cloves of garlic, minced
- ½ teaspoon fresh ground black pepper
- 1 canned chipotle pepper in adobo sauce, chopped
- 6 cups low- no sodium veggie stock
- 2 cups water
- 1 cup lentils

FOR TOPPING

- 1 medium avocado, cut into small chunks
- Juice of 1 medium lime
- 1 1/2 cups of the shredded Brussel's Sprouts

DIRECTIONS

Combine all soup ingredients (leaving out 1 ½ cups of shredded Brussel's Sprouts to be used in the topping) in an electric pressure cooker OR large soup pot.

Cook for 20 minutes on medium pressure, natural release OR 45 minutes on stove top on medium-low heat after bringing to a slight boil.

In a medium bowl, combine remaining Brussel's sprouts, avocado and lime and toss.

When serving, place 2 cups in a large bowl and place ⅓ cup of Topping on each bowl.

