

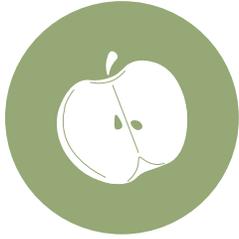
# My Beautiful Advent

## Week Three

Monday	Tuesday	Wednesday	Thursday
<p>Breakfast:</p> <p>Breakfast Protein Shake</p> <p>Lunch:</p> <p>Portabello Mushroom Fajitas</p> <p>Supper:</p> <p>Socca With Caramelized Onion and Greens</p> <p>Serve with bread green salad, fruit</p>	<p>Breakfast:</p> <p>Cinnamon Spice Quinoa Bowl</p> <p>Lunch:</p> <p>Spanakorizo (Spinach and Rice) with Pita Crisps (optional)</p> <p>Supper:</p> <p>Roasted Tomato Basil Soup</p> <p>Serve with a tossed salad</p>	<p>Breakfast:</p> <p>Brain Power Smoothie</p> <p>Lunch:</p> <p>Shrimp Souvlaki</p> <p>Supper:</p> <p>Pasta with Lemon-Broccoli and Clams</p> <p>Serve with a tossed salad</p>	<p>Breakfast:</p> <p>Dr. Hyman's Chia and Berry Breakfast Pudding</p> <p>Lunch:</p> <p>Mujaddara (Lentils with Caramelized Onions Rice or Bulgur)</p> <p>Supper:</p> <p>Pommes Anna (Potatoes Anna) with Chef G's Sautéed Spinach</p>
Friday	Saturday	Sunday	
<p>Breakfast:</p> <p>Breakfast Protein Shake</p> <p>Lunch:</p> <p>Stuffed Peppers/</p> <p>Supper:</p> <p>Broiled Salmon with Mustard- Brown Sugar Glaze</p> <p>Serve with roasted brussels sprouts</p>	<p>Breakfast:</p> <p>Hearty Berry Breakfast Smoothie</p> <p>Lunch:</p> <p>Falafel (Baked)</p> <p>Supper:</p> <p>Leftovers</p> <p>Soak beans overnight</p> <p>White Bean Soup with Greens</p>	<p>Breakfast:</p> <p>Spicy &amp; Sweet Potato Hash</p> <p>Lunch:</p> <p>Coconut Curry with Spinach and Potatoes</p> <p>Supper:</p> <p>White Bean Soup with Greens</p>	



# My Beautiful Advent: Week 3 Grocery List



## Produce

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- Avocado
- Banana
- Basil
- Celery
- Berries
- Broccoli
- Cilantro
- Garlic
- Carrots
- Lemons
- Big Bag of Yellow Onions
- 1 Red Onion
- 4 Lbs Plum Tomatoes
- Parsley
- 4 Large Portabello Mushrooms
- Thyme
- 1 Sweet Potato

## Produce (Cont...)

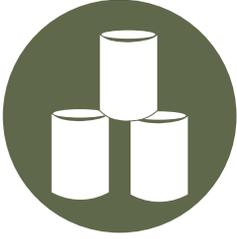
- 3 lbs Baking Potatoes
- Small New Potatoes
- 12 Cups Spinach, Kale or Other Greens
- Dill
- Kale
- 12 Medium or 9 Large Bell Peppers
- Mint
- Green Onions
- 1 Each Red, Yellow, Orange Bell Peppers



## Dry Goods

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- Oregano
- Smoked Paprika
- Cinnamon
- Ground Cumin
- Chili Powder
- Curry Powder
- Garam Masala



## **Dry Goods**

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- Crushed Red Pepper
- Sea Salt
- Salt
- Pepper
- Ground Coriander
- Nutmeg
- Lentils
- Quinoa
- Basmati Rice or Brown Rice
- 4 Cups Pasta (penne, bow tie, etc)
- Protein Powder (Cynthia likes Garden of Life Raw Protein - No Flavor)
- Rolled Oats
- 6 Cans Coconut Milk
- Dijon Mustard
- 4 Cans Garbanzo Beans
- 1 Can Black Beans
- 3 Cans Chopped Clams
- Navy Beans or other white bean of choice
- Long Grain Rice or Bulgur Wheat
- Jasmine Rice
- Almond Butter

## **Dry Goods (Cont...)**

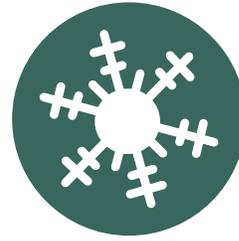
- 10 Cans Vegetable Broth
- Chickpea Flour
- Brown Sugar
- Walnuts
- Vanilla
- Sugar
- Flaked Coconut
- 1 Can Plum Tomatoes
- Avocado Oil
- Baking Soda
- Chia Seeds
- Tortillas
- Ground Flax Seeds
- Honey (raw preferably)
- Olive Oil
- Baking Powder



## Liquids

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- Pomegranate Juice
- Almond Milk or other Non-Dairy Milk Unsweetened
- Orange Juice, Vegetable Broth, or Water



## Frozen

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- Blueberries
- Corn
- Salmon
- Shrimp

# Portabello Mushroom Fajitas

Serving: 4

## Ingredients

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- 4 large Portobello mushroom caps sliced into strips
- 1 onion sliced
- 1 each red, yellow, orange bell pepper sliced
- 6 cloves garlic crushed
- 1 can black beans do not drain
- ½ cup corn no need to thaw
- 1 Tb cumin
- 1-3 tsp red pepper flakes (omit if mild is preferred)
- Black pepper and salt to taste
- Olive oil
- 8 tortillas gluten free if necessary

## Directions

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Saute mushrooms, onions, peppers, and garlic. Try sauteing in a little vegetable broth if it is a no oil day.

Stir occasionally and allow the vegetables to become soft and to develop a bit of color. While this cooks, heat eight tortillas in a frying pan over medium heat, turning once.

Wrap in a clean kitchen towel to keep warm and pliable. Once the vegetables are soft, add the beans, corn, and seasoning.

Stir well to combine and continue to heat until the beans and corn are heated through.

Serve with tortillas on the side and allow each diner to assemble his or her own fajita.

# Sacca With Caramelized Onion and Greens

Serving: 4 Prep 40min Cook 35min Total 1hr 15min

## Ingredients

- 1 cup chickpea flour
- 1 Tbl Flour
- black pepper to taste
- ½ tsp Sea salt
- 1 ½ cups warm water
- 1 Tbl Olive oil
- ½ tsp baking powder
- Carmelized onion
- 2 cups chopped spinach or arugula
- 2 Tbl olive oil divided
- 5 cups sliced onion
- ¼ cup sugar
- ¼ tsp salt optional
- ¼ tsp black pepper

## Directions

To prepare Socca:

Combine first 4 ingredients in a large bowl, stirring with a whisk. Stir in water and 1 tablespoon oil. Stir well to break up any lumps (an immersion blender is helpful with this). Cover and let sit 30 minutes or up to several hours.

Stir well, adding baking powder right before you begin cooking.

Preheat oven to 425°. Add 2 tablespoons oil in a 10-inch oven-safe nonstick skillet or pizza pan. Spoon in batter. Bake for 15 minutes or until pizza is firm and edges are set. Spread desired amount of onion (you may use any reserved amount for other dishes) and greens over the socca and cook until thoroughly heated.

Caramelized Onion:

To prepare onion, in a medium to large skillet, heat 1 tablespoon oil over medium-high heat. Add about 2 1/2 cups onion, and cook 5 minutes, stirring frequently. Reduce heat to medium. Sprinkle with half of the sugar and cook 10-15 minutes or until onions are browned, stirring frequently. Remove onion with a slotted spoon, sprinkle with salt and pepper, if desired. Repeat process with remaining oil and onion. If your skillet is large enough, you can cook all the onion at the same time, just make sure there is enough surface area for the onion to brown. You don't want them to steam.

## Cinnamon Spice Quinoa Bowl

Serving: 4

Great for a high protein breakfast. You can make a big pot of quinoa on Sunday, and eat it all throughout the week. Hot or cold!

### Ingredients

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- ½ tsp cinnamon
- 11) cup walnuts or pecans (especially good toasted)
- 1/4 cup berries
- 1 cup quinoa rinse before cooking
- 2 cups coconut milk or almond milk (no sugar added)
- honey as needed

### Directions

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Combine quinoa and liquid and cook according to package directions, or bring to a boil, cover and simmer for 15 minutes, then let sit for 5 minutes. Fluff with fork.

Top with cinnamon, nuts and fruit.

If you want sweetness, you can drizzle a small amount of honey on top.

# Spanakorizo (Spinach and Rice) with Pita Crisps (optional)

Serving: 4

There are many suggested additions to this dish. Review recipe to see which additions you would want to add.

## Ingredients

- 1 ½ bunches Spinach washed and roughly chopped, or use other spinach varieties or even kale.
- 1 cup Jasmine Rice washed
- 1 medium Yellow onion or Red, diced
- 4 green onion chopped
- Salt
- Pepper
- Fresh Dill cut
- olive oil

## Directions

Put your washed spinach in a medium sized pan with a bit of water and steam. Then strain the liquid into a bowl for use later on in the process.

Whilst that is happening, saute the spring and yellow onions in a bit of olive oil.

Once the onions are sauteed, add the wilted spinach with the chopped dill and other seasonings.

Add the washed rice and sprinkle over the spinach before adding the spinach liquid. Add water so that total liquid equals 1 1/2 cups.

After a quick stir, put the lid on the pan to simmer for approximately 15 minutes or until rice is soft. Let sit 10 minutes with the lid on.

Whilst this is happening, to make the optional pita crisps, preheat the oven to 375 degrees.

Pour about 4 Tbl olive oil into a bowl (enough to brush at least one side of the pita pocket/bread) with salt, pepper, oregano and other spices you wish to add (paprika, cumin etc.)

Give a light stir, then brush on the bread with a kitchen brush.

Bake for around 12 minutes until crisp.

For plating up, place the Spanakorizo in a bowl and top with washed fennel leaves, a lemon wedge and olives with the crisps on the side.

### Notes:

Feel free to use other greens such as kale. You can also use frozen greens.

If you do not have Jasmine Rice, any short grain rice will do. Or you can use quinoa. Just follow package directions for amount of liquid needed.

The spinach will naturally wilt a lot when it is steamed.

Feel free to modify this to your taste, by adding more spinach than rice, not using dill and put a salad to go with it. The options are endless.

Cooking spinach increases its health benefits and lemon juice helps absorb the calcium and iron.

## Roasted Tomato Basil Soup

Serving: 8 Prep 15min Cook 1hr 35min Total 1hr 50min

### Ingredients

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- 3 pounds ripe plum tomatoes cut in half lengthwise
- ¼ cup olive oil plus 2 Tablespoons
- 1 Tbl kosher salt
- 1 ½ tsp black pepper
- 2 cups yellow onions (2 onions) chopped
- 6 garlic cloves minced
- ¼ tsp crushed red pepper flakes
- 1 can plum tomatoes 28 oz can with their juice
- 4 cups fresh basil leaves packed
- 1 tsp fresh thyme leaves
- 1 quart vegetable stock or water

### Directions

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Preheat the oven to 400 degrees F. Toss together the tomatoes, ¼ cup olive oil, salt, and pepper. Spread the tomatoes in 1 layer on a baking sheet and roast for 45 minutes.

In an 8-quart stockpot over medium heat, saute the onions and garlic with 2 tablespoons of olive oil and red pepper flakes for 10 minutes, until the onions start to brown. Add the canned tomatoes, basil, thyme, and vegetable stock. Add the oven-roasted tomatoes, including the liquid on the baking sheet. Bring to a boil and simmer uncovered for 40 minutes. Pass through a food mill fitted with the coarsest blade. Taste for seasonings. Serve hot or cold.

## Brain Power Smoothie

Serving: 1

### Ingredients

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- 1 cup Blueberries
- 1 cup Pomegranate Juice (no sugar added!)
- 1 Tablespoon Chia Seeds
- ½ Banana
- 1-2 small Avocado peeled and pitted
- 1 cup Ice

### Directions

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Throw it all in a blender and hit "blend!" If it's too thick, add more juice.

# Shrimp Souvlaki

Serving: 4

Shell-fish, dairy-free

## Ingredients

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- 2 ½ Tablespoons fresh lemon juice
- 2 ½ teaspoons oregano dried
- ¼ cup olive oil
- ¾ teaspoon salt
- 6 garlic cloves minced
- 1 pound shrimp peeled, large

## Directions

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Mix the first 5 ingredients in a container that can seal. Add the shrimp, seal and shake to combine. Marinate in refrigerator for 30 minutes, turning once.

Remove shrimp from marinade.

Heat a pan coated lightly coated with some of the marinade over medium heat or Add shrimp and cook until shrimp is cooked through. Or cook on grill.

Serve on pita bread with sliced tomato and lettuce. Or serve alongside a salad.

## Pasta with Lemon-Broccoli and Clams

Serving: 4 Prep 10min Cook 30min Total 40min

### Ingredients

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- 4 cups hot cooked pasta (about 8 ounces uncooked)
- 3 cans chopped clams 6.5 oz cans
- 2 Tbl olive oil
- ½ cup chopped onion
- ¼ tsp black pepper
- 3 garlic cloves chopped
- 1 head broccoli separated into florets and steamed
- 1 lemon Juice of
- ¼ tsp crushed red pepper flakes or more to taste

### Directions

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Keep pasta warm.

Drain clams; set aside liquid.

Heat oil in a large saute pan over medium heat. Add onion, black pepper, and garlic. Cook until onion and garlic are soft, about 5-8 minutes. Add broccoli, clams, reserved clam juice, lemon, and pepper flakes. Stir and cook until everything is thoroughly heated, adding more liquid if needed (water or vegetable stock). Add more lemon juice or olive oil if you like. Serve immediately with pasta.

## Dr. Hyman's Chia and Berry Breakfast Pudding

Serving: 4

### Ingredients

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- 1 ½ cups Full fat coconut milk
- 1 ½ cups almond milk unsweetened
- ¾ cup chia seeds
- 2 tsp vanilla
- 2 tsp Cinnamon
- 2 cups fresh berries
- ¼ cup walnuts finely chopped

### Directions

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Place all ingredients except berries and walnuts in a bowl and stir until incorporated. Pour into four serving bowls. Cover and refrigerate overnight. To serve the next morning, top with berries and walnuts.

## Mujaddara (Lentils with Caramelized Onions Rice or Bulgur)

Serving: 6

Vegan, contains oil

### Ingredients

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- 1 cup lentils brown
- 1 cup long grain rice (or 1 cup bulgur wheat}
- 2 medium yellow onions sliced (more if desired. Or use sweet onions)
- 3 cups water
- 1 teaspoon cumin ground (optional)
- ¼ cup olive oil
- Salt
- Pepper

### Directions

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In pot, combine lentils, water, salt, and pepper. Cook over medium heat for 7 minutes or until lentils are half cooked.

Add rice, and cumin (if desired}.

Cover and cook on simmer until water is absorbed and rice is tender (add more water if necessary). Mix well and season with salt and pepper to taste.

Fry onions in oil until dark brown.

Top each dish with the fried onions and oil.

Variation: use 1 cup bulgur instead of rice. Cook lentils until practically soft (approx. 18 minutes) remove from heat, add bulgur, stir, and let sit until rest of water is absorbed. Add more water if necessary.

## Pommes Anna (Potatoes Anna) with Chef G's Sauteed Spinach

Serving: 8 Prep 15min Cook 45min Total 1hr

### Ingredients

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- 1 tsp sea salt or kosher
- ½ tsp black pepper
- 2 ½ Tbl Olive oil
- 3 pounds baking potatoes peeled and cut into 1/8-inch-thick slices
- 1 Tbl Olive oil divided
- 1 Tbl flat-leaf parsley chopped (optional)
- 1 Tbl olive oil
- 2 garlic cloves large, finely chopped
- 1 bag prewashed spinach 10 oz
- 11 tsp Kosher salt
- Dash freshly grated nutmeg or to taste

### Directions

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Preheat oven to 450°. Combine salt and pepper in a small bowl. Heat olive oil in a 10-inch cast-iron or ovenproof heavy skillet over medium heat. Arrange a single layer of potato slices, slightly overlapping, in a circular pattern in pan; sprinkle with 1/4 teaspoon salt mixture. Drizzle 1/2 teaspoon olive oil over potatoes. Repeat the layers 5 times, ending with olive oil. Press firmly to pack. Cover and bake at 450° for 20 minutes. Uncover and bake an additional 25 minutes or until potatoes are golden. Loosen edges of potatoes with a spatula. Place a plate upside down on top of pan; invert potatoes onto plate. Sprinkle with parsley, if desired.

For Chef G's Sauteed Spinach:

Heat oil in a large skillet over medium-high heat. (If you have a medium skillet, cook in batches with the ingredients divided). Add garlic and cook about 30 seconds or until fragrant, stirring constantly. Add spinach; sprinkle with salt and nutmeg. Cook, stirring constantly, tossing well to combine, until spinach lightly wilts.

## Breakfast Protein Shake

Serving: 1 Prep 5min Total 1min

### Ingredients

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- 1 cup Frozen Berries
- ¼ cup Walnuts
- 1 scoop Protein Powder  
Cynthia uses Garden of Life Raw Meal - No Flavor
- 1 cup Spinach or Kale
- Filtered Water

### Directions

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Put all ingredients in a blender, add water to make 24 ounces, and blend.

## Stuffed Peppers / ΥΕΜΙΣΤΕΣ ΠΙΠΕΡΙΕΣ

Serving: 1

This works fine without the oil, but you can make it either way.

### Ingredients

- 9-12 medium bell peppers (12 medium or 9 large) in any combination of green/yellow/red
- 1 cup onion finely chopped
- 1 1/2 cup garlic finely minced
- 1/2 cup olive oil
- 1 cup white rice (uncooked)
- 1/4 cup fresh chopped mint
- 1/4 cup fresh chopped dill
- 1 cup chopped tomatoes Drained
- 2 cups water
- 1 1/2 tsp salt and 1 1/2 tsp freshly ground pepper
- 1/2 cup warm water for pan

### Directions

Saute finely chopped onions, then garlic in olive oil or 1 Tbl of water on low heat until soft and translucent. Add rice, herbs, spices and tomatoes. Stir to combine completely. Cook on low for 5 minutes, stirring often. Add water, cover and cook on low heat for 15 minutes. Make sure heat is low or rice mixture will stick to pan. Remove from heat, uncover, stir and allow to sit for at least 10 minutes before filling. Rice should be almost completely cooked. At this stage, you can keep filling covered in the refrigerator for up to 3 days until you're ready to stuff your peppers. When ready to use, allow filling to sit out for about 30 minutes and come to room temperature. Cut off the tops of peppers and set aside. Remove seeds and veins and arrange in a pan which fits them tightly. For 5 or six medium sized peppers I usually use a 9 inch round cake pan. For anywhere from 9-12 peppers, I use my 9x13" cake pan. Fill each pepper with rice mixture, almost to the top. Add 2 tsp of warm water over the top of each filled pepper. Replace pepper lids and carefully brush tops and sides of filled peppers with olive oil if using. Add 1 cup of warm water to bottom of the pan. Bake at 375 degrees for 1 1/2 hrs. Yellow and orange bell peppers can be a bit thicker skinned and may need another 15 minutes or so. Rice will be soft and tops of peppers just slightly charred.

## Broiled Salmon with Mustard-Brown Sugar Glaze

Serving: 1 Prep 10min Cook 10min Total 20min

### Ingredients

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- 1 Tbl Dijon mustard
- 2 tsp brown sugar
- 2 tsp orange juice or water
- 4 (6-ounce) salmon fillets

### Directions

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Combine mustard, sugar, and water in a small bowl; stir well with a whisk. Brush mustard mixture evenly over fillets. Chill for 10 minutes.

Preheat broiler.

Coat a broiler pan with cooking spray. Place fish on pan; cook 5 minutes on each side or until fish flakes easily with a fork. Serve immediately.

Note: This dish is great served with Basmati rice. Prepare rice per package directions and stir in 1/3 cup chopped pecans before serving.

## Hearty Berry Breakfast Smoothie

Serving: 1

### Ingredients

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- 1 ¼ cup almond milk unsweetened
- ½ cup Frozen Berries
- 2 Tbl ground flax seed
- 2 Tbl Almond Butter
- 1 Tbl chi a seeds

### Directions

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Put everything in a blender and blend until smooth.

## Falafel (Baked)

Serving: 4    Fasting, contains oil

### Ingredients

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- 1 can chickpeas drained (or use cooked dried chick peas)
- 2 garlic cloves minced
- ¼ medium red onion minced (or yellow)
- 2 teaspoons cumin ground
- crushed red pepper pinch
- ½ teaspoon ground coriander
- ¼ teaspoon salt
- 1 bunch cilantro
- 1 bunch parsley
- baking soda pinch
- Peanut oil (or grapeseed oil)

### Directions

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- Preheat oven to 400 degrees F.

Combine all ingredients except peanut oil in a food processor or blender. Process until ground and well combined.

Next form into 8 patties.

In a pie dish or baking dish, fully coat with peanut oil and place patties on oil.

Next coat top of falafels with peanut oil.

Bake for 20 minutes and then turn over and bake for approximately another 20 minutes.

Note:

Serve topped with sliced tomato and chopped Lettuce. Place in a pita or on top of a salad.

You can also make a mixture of tahini, lemon juice, crushed garlic and water as a sauce (See recipe)

# Spicy & Sweet Potato Hash

Serving: 1

## Ingredients

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- 1 small onion diced
- 1 sweet potato diced to ½ inch pieces
- ¼-½ cup orange juice or low-sodium vegetable broth
- 1 tablespoon almond butter
- 1½ teaspoon cinnamon
- 1½ teaspoon chili powder
- pinch red pepper flakes or more to taste
- ½ bunch kale shredded

## Directions

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In a large skillet or saute pan over high heat, add onion and potatoes. Dry-saute for 3 minutes, with the pan covered, stirring occasionally.

In a small bowl, whisk orange juice and almond butter together. Pour this dressing over the onion and potato and stir. Reduce the heat to low-medium and cook for 5 minutes.

Mix in the spices and kale and simmer for 3 more minutes. The dish is done when the potatoes are fully cooked and the kale has a bright green color.

# Coconut Curry with Spinach and Potatoes

Serving: 1 Prep 5min Cook 30min Total 35min

## Ingredients

- 2 TBL Olive oil
- 2 cups Onion chopped
- 1 TBL Curry powder
- 1 tsp Garam masala optional
- ¼- ½ tsp Crushed red pepper flakes optional
- 3 cans Garbanzo Beans 15.5 oz drained and rinsed
- 1 ½ pounds small New potatoes cubed
- 3 cans Vegetable broth 14.5 oz
- 2 cans Coconut milk 14 oz
- 3 cups fresh baby spinach leaves
- Cooked Basmati rice Or Brown Rice
- Toasted flaked coconut optional
- Hot sauce optional

## Directions

Heat oil in a heavy saucepan or Dutch oven over medium-high heat. Add onion; cook until onion starts to brown, stirring frequently, about 5-8 minutes. Add curry, garam masala, pepper flakes, chickpeas, and potatoes, stirring well to coat. Stir in broth and coconut milk. Bring to a boil; reduce heat and simmer until potatoes are tender, about 20 minutes, stirring occasionally. Add spinach and cook until it wilts, stirring constantly.

Serve with rice. Sprinkle servings with flaked coconut (it's optional, but adds a nice flavor).

\*You can reduce or omit the chickpeas and replace with cooked shrimp.

Good for leftovers, just add a little broth if needed while reheating.

# White Bean Soup with Greens

Serving: 8 Prep 15min Cook 45min Total 3hr

## Ingredients

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- 1 pound dried Great Northern beans or other white beans
- 2 Tbl olive oil
- 1 cup onion chopped
- 1 cup celery chopped
- 1 cup carrot chopped -optional
- 2-3 garlic cloves finely chopped
- 1 tsp salt
- 1 tsp smoked paprika optional
- ½ tsp black pepper freshly ground
- ½ tsp dried oregano or 1 tablespoon fresh oregano
- 8 cups Vegetable broth or half water, half broth
- 2-3 cups spinach chopped (or kale, Swiss chard or other greens)

## Directions

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Soak beans overnight. Drain and rinse well.

In a large stock pot or saucepan, heat oil over medium high heat. Add onion, celery, carrot and garlic. Cook about 5 minutes or until vegetables are fragrant and start to become soft, stirring frequently. Add salt, paprika, and pepper, stirring well to coat vegetables. Add broth and beans; bring to a boil. Reduce heat, partially cover, and cook 30 minutes or until beans are tender. To thicken soup, remove about 3 cups soup, puree and return to pot. Stir in greens and cook until tender, about 8-10 minutes. Taste and adjust seasonings. You can drizzle each serving with a little olive oil if you like.

## Prep Notes

1 day before: Soak beans overnight