

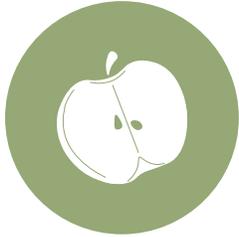
My Beautiful Advent

Week Two

Monday	Tuesday	Wednesday	Thursday
<p>Breakfast: Almond Peach Blueberry Smoothie</p> <p>Lunch: Greek Potato Stew (Patates Yahni)</p> <p>Supper: Spicy Coconut Soup with Spinach and Shrimp Serve with Salad and Bread</p>	<p>Breakfast: Dr. Hyman's Chia and Berry Breakfast Pudding</p> <p>Lunch: Lentils and Swiss Chard Soup</p> <p>Supper: Chickpea Fries Serve with a Mixed Green Salad</p>	<p>Breakfast: Jazzed up Oatmeal</p> <p>Lunch: Tuscan Style White Bean Soup</p> <p>Supper: Pasta with Olive Relish Serve with a Mixed Green Salad</p>	<p>Breakfast: Brain Power Smoothie</p> <p>Lunch: <i>Leftover Soup</i></p> <p>Supper: Caribbean Seafood Stew Serve with Salad and French Bread</p> <p>Notes: In a medium sized bowl combine all ingredients, cover and rest in refrigerator overnight 11/30 Apple Cinnamon Overnight Oatmeal</p>
Friday	Saturday	Sunday	
<p>Breakfast: Apple Cinnamon Overnight Oatmeal</p> <p>Lunch: Quinoa Com Chowder</p> <p>Supper: Baked Sweet Potatoes with Cranberry Salsa Serve with a Mixed Green Salad</p>	<p>Breakfast: Almond Beach Blueberry Smoothie</p> <p>Lunch: <i>Leftover Soup</i></p> <p>Supper: Broiled Fish with Emerald Sauce Serve with a Sauteed Green Beans</p>	<p>Breakfast: Breakfast Protein Shake</p> <p>Lunch: Veggie Stew</p> <p>Supper: <i>Leftovers</i></p>	



My Beautiful Advent: Week 2 Grocery List

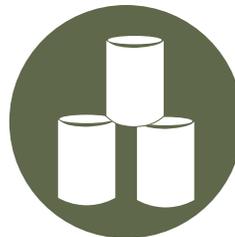


Produce

- Avocado
- Banana
- Green Beans
- Celery
- Swiss Chard
- Cherry Tomatoes
- Cilantro
- Garlic
- Jalapeno Pepper
- Lemons
- 8 Yellow Onions
- 2 Red Onions
- Orange
- Parsley
- 2 Peaches
- Red Bell Pepper
- 1 Baking Potato
- 2 lbs Yellow Potatoes

Produce (Cont...)

- 10 Russet Potatoes
- 13 Cups Spinach
- 3 Tomatos
- Yellow Bell Pepper



Dry Goods

- Balsamic Vinegar
- Cayenne Pepper
- Cinnamon
- Ground Cumin
- Red Curry Paste
- Curry Powder
- Herbs de Provence
- Crushed Red Pepper
- Sea Salt
- Salt
- Pepper
- Italian Seasoning
- Nutmeg
- Lentils
- Quinoa
- Brown Rice



Dry Goods

- 4 Cups Short Pasta (penne, bow tie, etc)
- Protein Powder (Cynthia likes Garden of Life Raw Protein - No Flavor)
- Rolled Oats
- 4 Cans Coconut Milk
- 1 Can Light Coconut Milk
- 2 Cans Chopped Tomatoes
- Rosemary
- Green Olives
- Navy Beans or other white bean of choice
- Kalamata Olives
- Tomato Paste
- Almond Butter
- 5 Cans Vegetable Broth
- Chickpea Flour
- Apple Sauce
- Walnuts
- Vanilla
- Sugar
- Cooking Spray (Avocado)
- Paprika
- Apple Cider Vinegar

Dry Goods (Cont...)

- Bay Leaves
- Chia Seeds
- Cornstarch
- Flax Seeds
- Honey (raw preferably)
- Olive Oil
- Baking Powder



Liquids

- Pomegranate Juice
- Almond Milk or other Non-Dairy Milk



Frozen

- Blueberries
- Corn
- Salmon
- Shrimp

Greek Potato Stew (Patates Yahni)

Serving: 6

Fasting, contains oil

Ingredients

- 3 pounds yellow potatoes (approx 6 cups thick slices)
- 1 medium red onion sliced
- 4 garlic cloves minced
- ¾ cup olive oil
- 3 tomatoes chopped (approx 2½ pounds or 3½ cups)
- 1 Tablespoon tomato paste (dissolved in 1 cup water)
- 5 cups water
- 1 cup fresh parsley chopped
- 2 teaspoons salt
- 1 teaspoon pepper

Directions

In a large pot (at least 6 quart size), saute red onions in olive oil over low heat until soft. Add garlic and Sauce another 3-4 minutes until garlic is soft, careful not to burn.

Add salt, pepper, tomato paste dissolved in water and chopped tomatoes. Cook on low heat for 20 minutes, adding parsley when you get to 8 minutes or so. Tomatoes should have begun to cook down and be pretty soft at this point.

Add thick slices of potato and remaining water. Bring to boil and lower to a simmer. Cook uncovered for 40 minutes or until potatoes are fork tender. Check potatoes at 35 minutes for doneness.

Allow potato stew to sit, covered, off the heat for about 15-30 minutes before serving. Enjoy from the stove or at room temperature.

Recipe Resource: [The Greek Vegan Website](#).

Spicy Coconut Soup with Spinach and Shrimp

Serving: 4

Prep 15 min Cook 25 min Total 40 min

Yields 6 servings (serving size: about $\frac{3}{4}$ cup) originally 6 servings (serving size. about $\frac{3}{4}$ cup)

Curry paste and crushed red pepper give this soup a double dose of heat that's balanced by the coconut milk. Martha Coodra developed this recipe for a Cooking Light story about coconut milk. For this version, she substituted vegetable broth for chicken stock.

Ingredients

- Cooking spray
- $\frac{2}{3}$ cup onion chopped
- $\frac{1}{2}$ cup red bell pepper chopped
- 2 garlic cloves minced
- $1\frac{1}{2}$ tsp red curry paste
- $\frac{1}{4}$ tsp crushed red pepper
- 2 cans vegetable broth 14 oz each
- 1 can light coconut milk 14 oz
- 1 pound medium shrimp peeled and deveined
- 6 cups spinach torn

Directions

Heat a medium saucepan over medium-high heat. Coat pan with cooking spray. Add onion, bell pepper, and garlic; saute 4 minutes.

Add curry paste and red pepper; cook 1 minute, stirring constantly. Stir in broth and coconut milk; bring to a boil. Reduce heat, and simmer, uncovered, 20 minutes, stirring occasionally. Add shrimp; cook 4 minutes or until shrimp are done. Stir in spinach; cook 2 minutes or until spinach wilts.

Note! Red curry paste should be available in the Asian section of your grocery. Feel free to reduce the amount of pepper and let diners add it at the table.

If you'd prefer not to use shrimp, you may substitute canned chickpeas—just rinse and drain them first. or you could add 1 pound of halibut, or other white fish such as sea bass, snapper or monkfish cut into pieces.

Dr. Hyman's Chia and Berry Breakfast Pudding

Serving: 4

Fasting, contains oil

From Dr. Mark Hyman's breakfast recommendations from Eat Fat, Get Thin. A great, book for Diabetics, or anyone!

Ingredients

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

Directions

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.

Lentils and Swiss Chard Soup

Serving: 4
Fasting, contains oil

Ingredients

- 1 cup lentils dried
- 2 medium russet potatoes diced
- ½ bunch Swiss chard or kale coarsely chopped
- Salt
- 3 Tablespoons olive oil
- 3 Tablespoons fresh lemon juice Juice from one lemon
- pepper

Directions

Wash lentils, 4 cups water, cover and cook until almost tender. Add diced potatoes; boil for 10 minutes. Add Swiss chard, Meanwhile saute onions with seasonings in oil until golden brown. Add to lentil mixture and cook until all vegetables are done, no more than 10 minutes. Serve with lemon wedges. Or you could add Lemon juice to your liking to the pot of soup (the juice of one whole lemon is a good amount) Either way the lemon is a key Ingredient. Add salt and pepper as needed

Chickpea Fries

Serving: 4
Prep 5 min Cook 20 min Total 1hr

When I was looking, for a good photo, I ran across this same dish called Farinata in Wine and Food Farinata is a thin Chickpea cake typically cooked in a wood-burning oven. In Liguria, bakeshops put signs in their windows announcing the time that the farinata will be ready, and customers line up to buy it. It's a perfect snack when eaten Like a piece of pizza on waxed butcher paper. Hence the burnt edges. Thank you Martha! I did know know about this dish, and can't wait to make it!

Ingredients

- Cooking spray Neutral oil for pan frying
- 2 cups water
- 1 cup chickpea flour sifted
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper
- 2 Tbl olive oil
- Sea salt
- pepper

Directions

Coat a 9 inch square pan with cooking spray, set aside.

Bring 2 cups of water to boil in a medium saucepan. Gradually add the chickpea flour, stirring constantly with a whisk to prevent lumps. Reduce heat; add salt, pepper, and oil stirring with a whisk. Cook 1 minute.

Spoon chickpea mixture into prepared pan; smooth with a spoon or spatula. Let cool about 15 minutes. Cover loosely with plastic: place in refrigerator until thoroughly chilled about 30 minutes. Cover tightly with plastic and refrigerate up to a day.

Invert chickpea mixture onto a cutting board. Cut the chickpea mixture into desired shapes (you may use cookie cutter, cut into squares or diamonds). Heat a bowl 1/4 inch of oil in a large skillet over medium heat.

Cook fries in batches, cooking until browned, about 3 minutes per side. Carefully remove fries from hot oil and drain on paper towels. Sprinkle with salt and pepper. Serve Immediately

Note: This is probably my favorite way to use chickpea flour; it's so versatile. You may use an 8inch pan if you have one, and would like for the fries to be a bit thicker. The accompaniments for these are almost endless. I really like them with chutney. You can use a tomato sauce, chimichurri, flavored ketchup just about any sauce or relish you like. Feel free to add a spice, chopped onion, or herbs to the batter before you cook it

Jazzed up Oatmeal

Serving: 2

This gives you a base of how to make oatmeal. Then become an artist of the kitchen and add on toppings as you see fit

Ingredients

- ½ cup old-fashioned rolled oats
- 1 cup water
- salt a pinch of salt

Directions

In a medium saucepan bring water and salt to a boil.

Stir in oats and lower to medium heat cook for approximately 5 minutes or until water is absorbed into oats.

Now add in toppings of choice such as diced fresh or dried fruit Sweetener of choice (brown sugar, maple syrup, or honey) A pinch of cinnamon and/or nutmeg and or ginger, chopped nuts of choice.

Tuscan Style White Bean Soup

Serving: 8 fasting,
contains oil

Ingredients

- 1 pound Navy beans dried, or other white bean of choice
- 10 cups water
- ½ cup olive oil
- 1 medium onion diced
- 2 medium carrots diced
- 2 celery stalk diced
- 1 bay leaf
- 1 can plum tomatoes diced, and un-drained
- 2 tablespoons tomato paste
- Salt
- Pepper
- 1/2 teaspoon Rosemary dried
- crushed red pepper
- Fresh parsley for garnish (optional)
- chives for garnish, (optional)

Directions

Cover beans with water and soak overnight, rinse beans before using (If you could not soak the beans overnight, add beans plus enough water to cover beans by 2 inches to a pot. Bring beans to a rolling boil. Turn off heat, cover and soak for an hour. Drain and rinse beans under cold water before using).

Add the beans, water, and olive oil to a large pot. Bring to a boil then reduce heat and simmer covered until beans are tender about 50 minutes.

Add onion, carrots, celery, tomatoes, tomato paste, bay leaf, rosemary and a pinch of crushed red pepper to pot. Simmer uncovered another 30 minutes for flavors to meld and soup thickens.

Season soup with salt and black pepper to taste. Remove the bay leaf and garnish if desired You can leave out the oil for oil free days.

Pasta with Olive Relish

Serving: 4

Prep 15 min Cook 15 min Total 30min

Ingredients

- 4 cups short pasta such as penne or bow tie, hot and cooked
- 4 cups cherry tomatoes halved
- ¼ cup kalamata olives pitted and chopped
- ¼ cup green olives chopped
- 2 Tbl olive oil
- 1 Tbl tomato paste
- 2 garlic cloves chopped
- ½ tsp herbs de provence
- 2 Tbl capers optional
- Salt and black pepper to taste
- Fresh lemon juice to taste

Directions

Combine all Ingredients except lemon juice in a large bowl .Taste and adjust seasonings. Sprinkle with lemon juice: the juice at the end really brightens the dish

Note: This is a good recipe for using pantry staples. If you like, add some canned flaked albacore tuna or cooked fish, or shrimp. However, it's just fine without them

Brain Power Smoothie

Serving: 1

Prep 15 min Cook 15 min Total 30min

Ingredients

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

Directions

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

Caribbean Seafood Stew

Serving: 6

Prep 15 min Cook 30 min Total 45 min

Ingredients

- 2 Tbl olive oil
- 1 cup onion chopped
- 1 yellow bell pepper seeded and chopped
- 1 garlic cloves finely chopped
- 1 Jalapeno pepper seeded and minced
- 2 tsp curry powder
- ½ cup coconut milk
- 1 cup vegetable stock
- 1 baking potato peeled and cubed
- 1 can diced tomatoes 14.5 oz can
- 1 Tbl fresh lime juice or to taste
- 1 pound fish such as grouper, halibut, or snapper cut into pieces
- 1 pound shrimp peeled and deveined
- Salt and pepper to taste
- 2 cups brown rice hot cooked
- Toasted, flaked coconut optional

Directions

In a Dutch oven or large saucepan, heat oil over medium heat. Add onion and bell pepper: cook until soft about 5 minutes. Add garlic, jalapeno, and curry powder, stirring well to coat: cook about 1 minute, stirring constantly. Stir in milk, stock, potato and tomatoes. Bring to a boil, Reduce heat, and cook partially covered 10-15 minutes. Add more stock, or water, if needed.

Add lime juice, fish, and shrimp. Cook about 4 minutes or until seafood is done. Stir in salt and pepper. Divide among serving bowls and top each with rice. Sprinkle with coconut, if desired.

Note: This can be made a day ahead if you like, just end with the tomatoes. Cover and chill. Warm soup and continue with the lime juice and the remaining ingredients.

Apple Cinnamon Overnight Oatmeal

Serving: 4

Ingredients

- 1 cup rolled oats (gluten free)
- 2 Tb chia seeds
- 2 Tb flax seeds
- 1 Tb apple cider vinegar (to reduce phyates but may be omitted)
- ¼ cup apple sauce
- 1 ½ cup non-dairy milk
- 2-4 Tb honey (raw preferred)
- ½ tsp cinnamon
- Pinch sea salt

Directions

You made it last night, so just take it out of the refrigerator and eat cold, or heat it up.

Prep Notes

1 day before: In a medium sized bowl combine all ingredients, cover, and rest in refrigerator overnight.

Quinoa Corn Chowder

Serving: 4 Fasting,
contains oil

Ingredients

- 1 Tablespoon olive oil
- 1 medium yellow onion chopped
- 3 garlic cloves chopped
- 2 medium russet potatoes cubed with skin
- 3 cups frozen corn kernels (fresh, or canned can work too)
- ½ cup quinoa
- ½ cup red bell pepper diced
- 4 cups vegetable stock
- 2 ¼ cups coconut milk
1.4 ounce can of coconut milk is equal to 2 ¼ cups
- 2 bay leaves
- ¼ teaspoon cayenne (optional)
- ½ teaspoon salt
- Pepper to taste
- Fresh Parsley to garnish

Directions

In a large pot on low heat, sauté onion, garlic, red bell pepper, corn, quinoa, and potato for approximately 7 minutes.

Baked Sweet potatoes with Cranberry Salsa

Serving: 4

Prep 20 min Cook 1 hr Total 3hr 20 min

Ingredients

- 1 orange (preferably organic) unpeeled, cut into quarters and seeded
- 2 cups fresh cranberries
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup chopped red onions
- $\frac{1}{2}$ tsp ground cumin
- $\frac{1}{4}$ tsp salt
- 1 jalapeno pepper seeded and finely chopped
- 3 Tbl cilantro chopped
- Fresh lime juice to taste
- 4 sweet potatoes scrubbed

Directions

To prepare salsa, place orange in food processor and pulse until coarsely chopped. Scrape down sides. Add cranberries and next 4 ingredients (berries through salt): pulses 2-3 times or until berries are chopped. Spoon cranberry mixture into a bowl; stir in pepper and cilantro. Add juice and adjust seasonings. Cover and chill at least 2 hours.

Preheat oven to 425°. Pierce potatoes with a fork. Place potatoes on a foil-line baking pan; cook about 1 hour or until tender. Slice potatoes open down the centre. Top each with cranberry salsa (use a slotted spoon).

Note: Feel free to add another jalapeno and increase the cumin if you like things spicy. Fresh cranberries are everywhere this time of year and this salsa is a different way to use them. It's nice with pita chips as a dip. This meal can come together very quickly, especially if you bake the potatoes in the microwave, and prepare the salsa a day ahead (prep recipe ending with jalapeno, and add cilantro and juice the next day). You could even slice the potatoes into wedges, toss with a little olive, bake, and then top with salsa. If this meal is just too off the grid for your family, you can substitute with regular baking potatoes, and top with a quick sauté of onions and broccoli, or kale.

Almond Peach Blueberry Smoothie

Serving: 2 Fasting,
contains oil

Ingredients

- 2 cups Spinach
- 2 cups Almond Milk (no sugar added)
- 2 peaches pitted
- 1 cup Blueberries
- 2 Tablespoon Almond Butter

Directions

Put all in the blender and wiz it up!

Broiled Fish with Emerald Sauce

Serving: 4

Prep 15 min Cook 10min Total 25 min

Ingredients

- 2 cups vegetable broth
- ½ cup fresh lemon juice
- 4 tsp cornstarch
- 4 cups fresh spinach chopped
- 1 tbl parsley chopped
- ½ tsp salt
- ¼ tsp black pepper freshly ground
- ¼ tsp nutmeg freshly grated
- 4 (6- ounce) salmon swordfish, or tuna fillets

Directions

Combine first 3 ingredients in a small saucepan. Bring to a boil; cook 1 minute, stirring constantly. Remove from heat. Stir in spinach, parsley, salt, pepper and nutmeg: cook just until spinach wilts. Keep warm.

Prepare broiler.

Place fish on a broiler pan coated with cooking spray. Cook 5 minutes on each side or until fish flakes easily with a fork. Divide fish among plates; top each with sauce. Serve immediately.

Breakfast Protein Shake

Serving: 1
Prep 5 min Total 5 min

Ingredients

- 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

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

Veggie Stew

Serving: 6

Fasting. No oil. A hearty veggie stew, Switch up the veggies as you see fit.

Ingredients

- 2 teaspoons balsamic vinegar
- 2 medium yellow onions chopped into 14-inch pieces
- 3 celery stalks chopped into 14-inch pieces
- 3 medium carrots sliced lengthwise and cut into 14-inch pieces
- 2 portabella mushrooms cut into 14-inch pieces
- 5 garlic cloves finely chopped
- 5 cups water
- 6 medium russet potatoes approximately 2 pounds, cut into 14-inch pieces
- ¼ cup tomato paste
- 1 tablespoon Italian seasonings
- 1 tablespoon paprika
- ½ tablespoon Rosemary dried
- 1 ¾ cups green beans (if frozen, throw first)
- ¼ bunch fresh parsley chopped
- Salt
- Pepper

Directions

Heat a large soup pot on high with 1 tablespoon of water and balsamic vinegar. Then add the onion, celery and carrot and cook for 7 to 8 minutes. Stir frequently as the onion browns slightly and adding a little water as needed to prevent sticking.

Stir in the mushrooms and garlic, and continue to cook while stirring for an additional 5 minutes, adding water as needed.

Add the 5 cups of water, potatoes, tomato paste, Italian herbs, rosemary and paprika. Bring to a boil and then reduce heat to a low boil. Stir in the rosemary and cook covered for 15 minutes, stirring occasionally. Add the green beans and cook for 5 minutes more, or until the carrots and potatoes are tender.

Place 2 cups of the stew (broth and vegetables) into a blender, and blend under very smooth. Stir this back into the pot to thicken the stew, and stir in the parsley. Add salt and pepper to taste.