

What I Eat in a Day

Episode 10 | ArtisticVegan.com



Breakfast | World Fusion Omelet from my [Cookbook](#)! Recipe in [video](#) or [book](#).



Lunch | Teriyaki Steamed Veggie Bowl

Rice

- ½ Cup Brown Rice
- ½ Cup Quinoa
- 2 Cups Water

Combine ingredients in a rice cooker and press cook or cook on the stovetop.

Steamed Veggies

- 1 Carrot – Sliced into thin matchsticks
- 1 Small Head Broccoli – Chopped into Florets
- ½ Red Onion - Sliced

Steam those for about 15-20 minutes until soft.

Teriyaki Sauce

- ¼ Cup Soy Sauce
- 1/8 Cup Agave or Favorite Syrup
- 1/8 Cup Rice Vinegar
- Few Minced Roasted Garlic Cloves or Raw

Mix well. Divide your desired amount of the rice quinoa mixture in the bottom of a bowl. Spread the steamed vegetables on top and divide the sauce between the bowls. Gently mix. Sprinkle with sesame seeds. And enjoy!

Snack | Frozen Grapes

Dessert | ½ [Snickers Bar](#) each



Snack | Strawberry Rose Green Tea + 1 Plum and Kiwi each



Dinner | Roasted Brussels Sprouts with Hearty Greek Salad and Chips

Hearty Greek Salad

- 1 Peeled and Cubed Cucumber
- 1 Large Tomato – Diced
- ½ Red Onion – Diced
- 7-8 Stuffed Green Olives – Sliced
- 7-8 Artichoke Hearts
- 1 Cup Pre-cooked Black Beans
- Juice of 1 Large lemon
- Season with Salt and Pepper

Mix and enjoy!

We served ours with a heaping batch of steamed Brussels sprouts and chips. For the Brussels sprouts slice off the ends, remove excess leaves, steam for 15 to 20 minutes until soft.

We probably found our way to that other ½ of the dessert. Nearly every day we enjoy cashews, water/lemonade/coffee and or tea as well. 😊

Watch the video by [clicking here](#).

Love & Light!

Christa