

WHAT I EAT IN A DAY – EPISODE 5

ARTISTICVEGAN.COM | CHRISTA CLARK

Breakfast | Orange Strawberry Smoothie

- 3 Large Oranges - Peeled
- 13 Frozen Strawberries
- Handful of Fresh Raspberries
- OPT Boosters: 1 tsp Moringa Powder, ½ tsp Resihi and Chaga Mushroom Powder, 1/8 tsp Resveratrol and ¼ - ½ tsp Elderberry Powder.
- OPT: 2 Fresh Strawberries for décor

Blend, Pour into 2 glasses, add a strawberry to the side of the glass and serve.



Lunch | Quinoa, Asparagus and Salad

Quinoa

- 1 ¼ Cups Quinoa
- 2 ½ Cups Water
- Opt: Pinch of Salt

Asparagus

- Small bundle Fresh Asparagus
- Squeeze of Lemon Juice
- S&P to taste

Salad

- 1 Head Organic Lettuce
- Generous Handful of Chopped Nopales or Green Bell Peppers
- 2 Stalks of Celery - Diced
- 1 Carrot – Peeled and Diced
- 2 Small Beets – Peeled and Diced
- Small handful fresh herb of choice (I used a little cilantro and parsley)
- 1 Cup Pumpkin Seeds
- Handful of Brazil Nuts
- 1 Cup Cherry Tomatoes
- 1 Serrano Pepper – Diced
- ¼ to 1/3 Cup Cranberries
- Serve with: [Oil Free Balsamic Vinagrette](#)

Directions:

1. Combine the quinoa ingredients in a rice cooker, stir, press cook. May also cook on the stove.
2. Steam a small bundle of asparagus until desired consistency.
3. Wash and chop the veggies for the salad, combine in a bowl and toss.
4. Add desired quinoa to your plate(s), a handful or two of salad, add some dressing on top and then add the steamed asparagus and drizzle some lemon juice on top (may use the balance on your salad) and sprinkle with salt and pepper. Serve and store balance for future meals.



Dinner | Homemade Tomato Basil Soup with Half a Sandwich

Homemade Tomato Basil Soup

- 4 Cups Fresh Tomatoes (Fill your blender up)
- S&P to taste (about 1 tsp ea)
- Small Handful Fresh Basil (Aprox. 7 Leaves)

Half a Sandwich

- ½ Baguette ([Recipe here](#)) sliced lengthwise in two big pieces, kind of like a panini.
- ½ tsp Coconut Oil
- Dijon Mustard to taste
- Vegan Cheese to taste

- Sprinkle of Red Onions
- 1-2 Mushrooms – Sliced
- Small Handful of Lettuce
- Few Tomato Slices
- Sprinkle of Fresh Basil

Directions:

1. Blend the soup ingredients together until completely smooth, about 60 to 90 seconds. Pour into a small pot, cover and heat for 20 minutes.
2. Spread coconut oil on the inside of the bread. Place the oiled bread flat down on a hot flat pan and add the mushrooms to the outer edges to cook.
3. Add some mustard, cheese, a sprinkle of onions and the cooked mushroom to the sandwich, close and let it melt.
4. Turn off the heat, add the lettuce, tomato and a little basil.



Dessert | [Hot Chocolate](#) and [Chocolate PB Mousse](#)

Both recipes on my blog, the hot chocolate was modified slightly. If you prefer to have the recipes in this document vs. linked, holler. ☺



Enjoy!

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Also my book with over 150 Vegan + Gluten-Free recipes, it is a HUGE cookbook filled with bright pictures and healthy plant-based recipes made from scratch. <http://www.artisticvegan.com/the-artistic-vegan-cookbook.html>

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