

# OH SHE GLOWS EVERY DAY PARTY CHALLENGE

## lunch guide





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## LUNCH MENU

The Freshest Guacomole

Sundried Tomato and Garlic Super Seed Crackers

Curried Chickpea Salad

Cookie Dough Balls V

High Rise Pumpkin Cupcakes with Orange-Maple Coconut Whipped Cream

Recipes are found from the Oh She Glows Every Day Cookbook



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## LUNCH MENU

The Freshest Guacomole

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Sundried Tomato and Garlic Super Seed Crackers

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Curried Chickpea Salad

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Cookie Dough Balls V

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High Rise Pumpkin Cupcakes with Orange-Maple Coconut Whipped Cream

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# Whole FOODIE challenge



## OH SHE GLOWS EVERYDAY PARTY CHALLENGE

### RECIPE LEGEND:

- |   |                                 |   |                            |
|---|---------------------------------|---|----------------------------|
| 1 | The Freshest Guacomole          | 4 | Cookie Dough Balls V       |
| 2 | Sundried Tomato Garlic Crackers | 5 | High Rise Pumpkin Cupcakes |
| 3 | Curried Chickpea Salad          |   |                            |

### GROCERIES LUNCH PARTY

## PRODUCE

2 each	Avocados <sup>1</sup>	1/2 tsp	Ginger powder <sup>3</sup>	1/2 tsp	Orange zest <sup>5</sup>
1 tsp	Basil (dried) <sup>2</sup>	5 each	Green onion <sup>1,3</sup>	3/4 cup	Pumpkin puree <sup>5</sup>
1.5 lbs	Cherry Tomatoes <sup>1</sup>	4 1/2 tsp	Lemon juice <sup>3,5</sup>	1/2 cup	Red pepper <sup>3</sup>
1 1/4 cups	Cilantro <sup>1,3</sup>	4 tsp	Lime juice <sup>1</sup>	1/3 cup	Sundried Tomato <sup>2</sup>
3 each	Garlic cloves <sup>1,2,3</sup>	1/2 cup	Medjool dates <sup>4</sup>		

## PANTRY STAPLES

1/4 tsp	Allspice <sup>5</sup>	2 tsp	Cinnamon <sup>5</sup>	1 tsp	Oregano <sup>2</sup>
1 cup	Almond Milk <sup>5</sup>	1 each	Coconut Milk (can) <sup>5</sup>	1/4 cup	Pepitas <sup>2</sup>
2 tsp	Baking Powder <sup>5</sup>	1 tsp	Coconut Sugar <sup>2</sup>	1.5 cups	Rolled oats <sup>2,4</sup>
3/4 cup	Cane Sugar <sup>5</sup>	1/4 tsp	Curry powder <sup>3</sup>	2.5 tsp	Sea salt <sup>all</sup>
1 tbsp	Cashew Butter <sup>4</sup>	1 1/4 tsp	Garlic powder <sup>2</sup>	2 1/4 cups	Spelt flour <sup>5</sup>
1 cup	Cashews <sup>4</sup>	5 tbsp	Grapeseed oil <sup>1,5</sup>	1 cup	Sunflower seeds <sup>2</sup>
1/8 tsp	Cayenne Pepper <sup>2</sup>	1/8 tsp	Ground cloves <sup>5</sup>	1/2 tsp	Turmeric <sup>3</sup>
5 tbsp	Chia seeds <sup>2</sup>	1/4 cup	Hemp hearts <sup>2</sup>	2.5 tsp	Vanilla extract <sup>4,5</sup>
14 oz	Chickpeas <sup>3</sup>	~1/2 cup	Maple syrup <sup>4,5</sup>	3 tbsp	Veganise <sup>3</sup>
2 tbsp	Chocolate Chips <sup>4</sup>	1 1/2 tsp	Nutmeg <sup>5</sup>	1/4 cup	White sesame <sup>2</sup>



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**NUTRITIONAL CONTENT**  
LUNCH PARTY

RECIPE	CALORIES	FAT	PROTEIN	CARBS	SUGAR	FIBRE
The Freshest Guacomole	141	12.5g	1.7g	8g	1.8g	5.2g
Sundried Tomato and Garlic Super Seed Crackers	109	9g	4.8g	8.5g	1.2g	2.9g
Curried Chickpea Salad	246	2.4g	8.1g	26.9g	5.9g	7.7g
Cookie Dough Balls V	91	5.2g	2.4g	10.6g	5.8g	1g
High Rise Pumpkin Cupcakes	184	5.3g	3.4g	31.8g	15.5g	2.4g

Please note that all nutritional content is based on serving size in the recipe and does not contain any optional ingredients or side items



**THE DAY BEFORE:**

1. Make the salsa for the **Freshest Guacomole**
2. Make the **Sundried Tomato and Garlic Superseed Crackers** (making sure to soak the tomatoes in advance).
3. Make the **Cookie Dough Balls V**
4. Cut and wash veggies for **Curried Chickpea Salad**
5. Refridgerate coconut milk for the **High Rise Pumpkin Muffins** (for the whipped cream)

**OPERATION DAY OF:**

1. Set table and print menu cards
2. Make the **High Rise Pumpkin Muffins** (which could also be made the night before but I like them fresh!)
3. Make the **Curried Chickpea Salad** - I like mine with lettuce but prep buns if need be
4. Whip the cream for **High Rise Pumpkin Muffins** and ice them
5. Mash avocado and add to salsa for the **Freshest Guacomole**
6. Serve and enjoy!

xoxo  
hannah