



Whole
FOODIE
challenge

**OH SHE GLOWS
EVERY DAY PARTY
CHALLENGE**
dinner guide





OH SHE GLOWS
EVERY DAY PARTY

DINNER MENU

Miracle Healing Broth

Roasted Garlic Basil Pesto Potatoes with Arugula

Roasted Brussel Sprouts and Coconut Bacon

Marinated Italian Tofu

Meyer Lemon Cheesecake with Strawberry Compote

Recipes are found from the Oh She Glows Every Day Cookbook



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MEAL PLAN
DINNER PARTY

MENU

Miracle Healing Broth

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Roasted Garlic Basil Pesto Potatoes with Arugula

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Roasted Brussel Sprouts and Coconut Bacon

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Marinated Italian Tofu

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Meyer Lemon Cheesecake with Strawberry Compote

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Recipes are found from the Oh She Glows Every Day Cookbook

RECIPE LEGEND:

- | | |
|--|--------------------------|
| 1 Miracle Healing Broth | 4 Marinated Italian Tofu |
| 2 Roasted Garlic Pesto Potatoes | 5 Meyer Lemon Cheesecake |
| 3 Roasted Brussel Sprouts with Coconut | |

GROCERIES DINNER PARTY

PRODUCE

3 cups	Arugula ²	1 tsp	Lemon (zest) ⁴
1 1/4 cup	Basil ^{2,4}	1/2 cup	Medjool dates ⁵
2 lbs	Brussel Sprouts ³	1.5 cups	Onion (diced) ¹
2 each	Garlic (head) ^{1,2,3,4}	2 lbs	Potatoes (Yukon) ²
1 tbsp.	Ginger ¹	2.5 cups	Strawberries ⁵
2 3/4 cup	Lemon (juice) ^{1,2,5}		

PANTRY STAPLES

1.5 cups	Almonds ⁵	~1 cup	Maple syrup ^{3,4,5}
1 tsp	Arrowroot Powder ⁵	~1.5 cup	Olive oil ^{2,3,4}
1/3 cup	Balsamic Vinegar ⁴	1 tsp	Oregano ⁴
1 1/2 cups	Cashews ⁵	1/8 tsp	Paprika ³
1/4 tsp	Cayenne Pepper ³	3 tbsp. (each)	Salt and Pepper
1/4 cup	Coconut (fine) ⁵	3 tbsp.	Tamari ^{3,4}
1/2 cup	Coconut (flaked) ³	1/4 tsp	Thyme ⁴
14 oz	Coconut milk ¹	12-16 oz	Tofu (extra firm) ⁴
10 tbsp.	Coconut oil ^{1,5}	1/2 tsp	Turmeric ¹
1/4 tsp	Garlic powder ³	1 tsp	Vanilla extract ⁵
5 tbsp.	Hemp Hearts ²		



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NUTRITIONAL CONTENT
DINNER PARTY

RECIPE	CALORIES	FAT	PROTEIN	CARBS	SUGAR	FIBRE
Miracle Healing Broth	241	16.2g	2g	24.5g	101g	4.8g
Roasted Garlic Basil Pesto Potatoes with Arugula	413	22.2g	9.9g	46.1g	1.3g	11.3g
Roasted Brussel Sprouts and Coconut Bacon	157	8.5g	8.9g	28.2g	9.6g	8.9g
Marinated Italian Tofu	287	24.5g	12.5g	7.4g	3.2g	1.7g
Meyer Lemon Cheesecake with Strawberry Compote	527	38.9g	11.4g	40.2g	24.6g	6.4g

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

**PREP DAY
DINNER PARTY**

THE DAY BEFORE:

1. Make the *Miracle Healing Broth*—this one is best to be made in advance so the flavours marinade. If you don't want to make it the day before, at least chop up the onion and garlic to have prepared.
2. Roast the garlic for the *Roasted Garlic Basil Pesto Potatoes with Arugula* (bonus points - make up the pesto).
3. Make the *Meyer Lemon Cheesecake with Strawberry Compote* as this recipe is best if it freezes overnight! You can make the strawberry sauce the day of if you are short on time.

OPERATION DAY OF:

1. Print out the printable menu and set up the table (fresh flowers are a must!)
2. Make marinade and let tofu sit in at least a couple hours for the *Marinated Italian Tofu*
3. Prep the potatoes for the *Roasted Garlic Basil Pesto Potatoes with Arugula*
4. Prep the Brussel sprouts and marinade for the *Roasted Brussel Sprouts and Coconut Bacon*
5. As the potatoes and Brussel sprouts are baking, make the pesto if you haven't already, and then heat up the *Marinated Italian Tofu* in a frying pan.
6. Slowly warm the *Miracle Healing Broth* as everything else warms, or serve it first as an 'amuse bouche' while the others cook.
7. Serve the rest and enjoy! (Don't forget to take cheesecake out of freezer as you eat the rest of the meal)

xoxo
hannah