

# DANIEL FAST MEAL PLAN

Week 1		Week 2		Week 3	
SUN	Italian Bean Soup	SUN	Vegetarian Chili on baked potato	SUN	Plant based "chorizo" on Black Bean & Lime Rice & salsa
MON	Vegetarian White Chili	MON	Sweet Potato Kale Hash	MON	Spaghetti
TUE	Spaghetti	TUE	Healthy Vegan Lettuce Wraps	TUE	Blackbean Burgers with Cucumber/Tomato/Avocado Salad
WED	Black Bean & Lime Rice & salsa	WED	Italian Bean Soup	WED	Healthy Vegan Lettuce Wraps
THU	Veggie Stir Fry with Brown Rice	THU	Spaghetti	THU	Sweet Potato Kale Hash
FRI	Blackbean Burgers with guac & Sweet Potato Chips	FRI	Black Bean & Lime Rice & salsa	FRI	Veggie Stir Fry with brown Rice
SAT	Plant based "chorizo" with Pineapple salsa	SAT	Vegan Corn Chowder	SAT	Vegetarian White Chili

**Breakfast:** Oatmeal with cinnamon, natural nut butter, and fruit of choice

**Lunches:** Leftovers

**Snacks:** Veggies & hummus, nuts, raisins, dried fruit, banana chips, popcorn (no butter)

**Tips:** Drink a lot of water, store nut butter upside down to avoid oil at the top, sweeten snacks with dates

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# Italian Bean Soup

## Ingredients

- 6 Servings
- 1 Tablespoons olive oil
- ½ cup celery chopped
- 4 teaspoons garlic minced (less if dried)
- 1 cups onion chopped
- ¼ teaspoon thyme dried
- 1 teaspoon rosemary dried
- 2 bay leaves
- ½ teaspoon salt
- ¼ teaspoon pepper fresh ground if possible
- 60 ounces vegetable broth
- 1 can green baby lima beans 15 ounces, drained and rinsed
- 1 can red beans 15 ounces, drained and rinsed
- 1 can pinto beans 15 ounces, drained and rinsed
- 2 Tablespoons tomato paste
- 1 cup potato chopped
- 1 cup carrots sliced
- 1 ½ cups barley
- 1 cup spinach leaves

## Instructions

1. Cook barley according to package directions
2. Clean and cut up vegetables
3. In a stockpot, heat the oil over medium heat
4. Sauté onions, celery, and garlic until soft. (you can also use dried garlic, dried onion, & dried celery.)
5. Add rosemary, thyme, bay leaves, clove, salt and pepper, stirring for about a minute.
6. Pour in vegetable broth and all the beans.
7. Add tomato paste and stir until combined.
8. Let the soup come to a boil, and then reduce heat to simmer, cooking for about 20 minutes.
9. Add potatoes and carrots and cook for about 15 minutes until tender.
10. Add cooked barley and spinach and cook until the spinach is just wilted and the barley is warm, about 5 minutes.
11. Remove bay leaves.

# Vegetarian White Chili

4 Servings

## Ingredients

- 1 Tablespoon Olive oil
- 2 cups (16 ounces) vegetable broth
- 4 cloves garlic, peeled and minced
- 2 15oz white beans, drained
- 1 7oz can jalapeño slices, drained
- 8oz vegan cream cheese
- White chili seasoning (1/4 teaspoon ground cloves, 1 Tablespoon chili powder, 2 teaspoon Cumin, & 2 teaspoon garlic powder)
- salt & pepper to taste
- 1 cup chopped bell pepper
- 3/4 cup chopped white onion
- 1 cup canned corn, drained

## Instructions

1. Heat olive oil in a pot.
2. Add the garlic, onions, and bell pepper and cook for about 5 minutes.
3. Now add the vegetable broth, vegan cream cheese, white chili seasoning, and jalapeños. Cook for around 10 minutes on medium heat.
4. Add the beans and corn and season with salt and pepper and cook for another 5 minutes.
5. Divide onto plates and enjoy!

## **Black Bean & Rice**

4 Servings

Ingredients

- 2 (15 oz.) cans black beans, drained and rinsed
- 1 small red onion, chopped
- 2 garlic cloves, minced
- 2 cups vegetable broth
- 2/3 cup water
- 2/3 cup corn
- 1 1/2 teaspoons salt
- 1 teaspoon Italian seasoning
- 1 teaspoon cumin
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon paprika
- Cayenne pepper to taste
- 2 cups uncooked brown rice
- Juice of 2-3 limes
- Fresh cilantro & Lime wedges

Instructions

1. Cook the rice according to the package
2. Once the rice has fully cooked, squeeze in the juice of 2-3 limes and mix.
3. Meanwhile, in a large saucepan sauté the diced onion and garlic in 1 Tablespoon broth until it begins to turn translucent. Add more broth as needed. This will take about 5-7 minutes.
4. Once the onion begins to soften, mix in the seasonings and sauté for another minute.
5. Now add the broth, water, beans, and corn to the saucepan. Cover and let simmer for 15 minutes
6. Taste and adjust seasonings.
7. SERVE by adding 1 cup of lime rice and 1 cup of drained bean mixture to your bowl. For extra flavor, mix in a spoonful or two of broth from the beans. Serve with extra lime wedges, diced avocado, & fresh cilantro

## **Veggie Stir Fry**

4 Servings

Ingredients

- 3 Tablespoons coconut amino acids
- 1 Tablespoon minced garlic powder
- 1 teaspoon sesame seeds
- 1 teaspoon olive oil
- 1 head broccoli crowns
- 1 head cauliflower
- 1 red bell pepper

- 1/2 white onion
- 2-3 carrots
- Salt and black pepper to taste

#### Instructions

1. Chop onions, broccoli, bell pepper, & carrots into bit sized pieces (carrots are delicious in stick form)
2. Heat a large skillet with coconut aminos on medium-high heat
3. Add minced garlic and cook for about 30 seconds
4. Add chopped carrots and let cook for a few minutes
5. Add broccoli, cauliflower, onions, and bell pepper and let cook until all veggies become lightly browned. Add additional coconut aminos if needed.
6. Remove from pan and divide accordingly on top of cooked brown rice. Top with sesame seeds and serve!

## Black Bean Burgers

6 Patties

#### Ingredients

- 1 26.5oz can of black beans rinsed well and drained
- 1 cup mashed sweet potato
- 1/4 red onion minced
- 1 garlic clove minced
- 1/2 red pepper chopped
- 1 handful of fresh cilantro minced
- 1/2 teaspoon cumin
- 1/8 teaspoon cayenne pepper add more to your liking
- 1 cup cooked brown rice
- 1/2 cup or less vegan mayo for binding (optional)
- 2 Tablespoon coconut oil

#### Instructions

1. Drain and rinse black beans.
2. Mash with a fork. You'll want most of the beans to be broken up completely.
3. Add all other ingredients except Coconut Oil and mix well.
4. You should be able to notice the mixture will be "moldable" ... if it isn't, add a little more vegan mayo just so it binds all the ingredients together.
5. Form the mix into 6 individual patties and place them on a baking sheet lined with parchment paper or wax paper and refrigerate for 15 minutes (or up to an hour). This helps the burgers stay together.
6. On medium heat, place 2 Tablespoons coconut oil in pan.
7. Once hot, add the patties (they can touch, but not overlay) and saute for 3 - 5 minutes per side until crisp and browned. Work in batches of 3.
8. Serve immediately

## Sweet Potato Chips

#### Ingredients

- 2 sweet potatoes, washed and dried thoroughly
- 1 teaspoon olive oil, olive oil spray is best
- salt and pepper, to taste
- parchment paper

#### Instructions

1. Preheat oven to 250 degrees.

2. Using a mandoline, slice sweet potatoes as thinly as possible.
3. Pat sweet potato slices dry with paper towel, add to medium sized bowl.
4. Spray slices with olive oil mist (or add 1 teaspoon olive oil) and generously sprinkle with salt, pepper, or any other herbs you'd like to add.
5. Lay slices on baking sheet lined with parchment paper, do not overlap.
6. Bake at 250 for 1 hour, until crispy.
7. Turn oven up to 350 and let chips brown very slightly. Watch chips and make sure they do not burn.
8. If you'd like them cool, place on a cooling rack and let sit 10 minutes.
9. Serve and enjoy!

## Vegetarian Chili

### Ingredients

- 2 Tablespoons olive oil
- 4 cups sweet onion diced , approx.  $\frac{3}{4}$  of a large Vidalia
- 2 Poblano pepper cut into batons (narrow 1 inch strips)
- 4 cloves garlic minced
- 2 zucchini squash diced
- 2 yellow summer squash diced
- 4 Tablespoons chili powder
- 2 teaspoon Kosher salt
- 2 teaspoon cumin
- 2 teaspoon oregano dry
- 2 teaspoon cilantro dry
- 1 teaspoon smoked paprika
- $\frac{1}{2}$  teaspoon cayenne
- $\frac{1}{2}$  teaspoon white pepper
- 4 bay leaves
- 30 ounces Pumpkin puree
- 30 ounces diced tomatoes (with chilis or without)
- 28 ounces black beans drained and rinsed
- 4 Tablespoons chopped pickled jalapeno
- 6 cups vegetable stock

### Instructions

1. Place dutch oven or stockpot over med-high heat, add oil, once hot add the onion, Poblano and garlic, and saute 5 minutes,
2. Add the zucchini and yellow squash and saute another 5 minutes.
3. Add the salt and spices, stir for 1 minute,
4. Add the remaining ingredients. Stir. As soon as the pot starts to bubble, reduce to simmer and cover, to simmer for 1 hour.
5. Serve hot. Garnish with chopped scallions, fresh cilantro, or chives.

## Sweet Potato Kale Hash

4 Servings

### Ingredients

- 2 medium sweet potatoes, peeled and cut into a fine  $\frac{1}{4}$ " dice
- 2 shallots, finely sliced
- 1 red bell pepper, cut into a fine  $\frac{1}{4}$ " dice (optional)
- 2 – 3 cups frozen kale (recommended) or fresh kale
- 1 teaspoon cumin

- 1 teaspoon paprika
- Pinch red pepper flakes
- Kosher salt
- Freshly ground black pepper
- olive oil

#### Instructions

1. Heat 4 Tablespoons of olive oil in a large skillet over medium heat. Once hot, add in the finely diced sweet potatoes, diced red bell pepper, finely sliced shallot, cumin, paprika, red pepper flakes, and season very generously with Kosher salt and freshly ground black pepper.
2. Cook mixture, stirring occasionally, until sweet potatoes are cooked through and tender, about 15-18 minutes.
3. If using frozen kale (recommended, it's so quick and easy!), heat it according to package directions, then wrap kale in a couple paper towels and wring out any excess moisture. If using fresh kale, remove ribs and stems and roughly chop leaves.
4. Add kale into the skillet approximately during the last 5 minutes of cooking. Taste the hash and season with additional salt or pepper if needed.
5. Divide the hash among four plates, drizzle with some sriracha (optional), and enjoy immediately!

## Healthy Vegan Lettuce Wraps

#### Ingredients

- 1 Tablespoon olive oil
- 1 medium yellow onion, chopped
- 1 red bell pepper, chopped
- 2 cloves garlic, minced or pressed
- 1 Tablespoon fresh chopped ginger or ginger paste
- 8 ounces tempeh
- 2 Tablespoons soy sauce or tamari
- 1 Lime, juiced
- 3 green onions, sliced
- 8-10 butter lettuce leaves
- 1 cup Shredded or julienned carrots
- 1 cup Shredded red cabbage
- ½ cup Chopped peanuts
- ¼ cup Fresh cilantro, roughly or finely chopped
- Sriracha

#### Instructions

1. Heat olive oil in a large skillet over medium heat. Add the yellow onion and red bell pepper and cook, stirring occasionally, until softened, about 6 minutes.
2. Add garlic and ginger and stir 30 seconds or until fragrant.
3. Add the tempeh and cook, stirring occasionally, until lightly browned, about 5 minutes.
4. Add the soy sauce, lime juice, and green onions and stir to combine. Remove from the heat.
5. Place about 2 tablespoons each of shredded carrots and cabbage in each lettuce leaf. Scoop large spoonfuls of the tempeh mixture on top and sprinkle with chopped peanuts, fresh cilantro, extra green onions, and sriracha if desired.

## Vegan Corn Chowder

## Ingredients

- 8 ears corn, shucked and steamed or
- 4 large red potatoes, peeled and chopped
- 6 Tablespoons coconut oil, or avocado oil
- 2 white onions
- 10 cloves large garlic, minced
- 6 large carrots, peeled and chopped
- 2 large red bell pepper, cored and chopped
- 3 teaspoons sea salt
- 4 teaspoons Cajun seasoning, optional
- 1 teaspoon paprika, optional
- 1/2 teaspoon ground cumin, optional
- 2 cup full-fat canned coconut milk
- 4 cups vegetable broth

## Instructions

1. Place ears of corn into a large pot and fill with water. Cover the pot with a lid and place on the stove over high heat. Bring to a full boil and cook until corn is plump and juicy, about 5 to 8 minutes. Use tongs to remove corn from the boiling water and place on a cutting board. Note: If you're using canned corn, skip this step and transfer two of the cans of corn to a blender.
2. Peel and chop the red potatoes in quarters and carefully place it into the same pot of boiling water you used to cook the corn. Allow potatoes to cook until soft, about 10 to 15 minutes.
3. While the potato is cooking, sauté the rest of the vegetables. Heat the oil in a large stock pot over medium-high heat. Add the chopped onion and sauté, stirring occasionally, until onion is beginning to turn brown, about 5 to 8 minutes. Stir in the chopped bell pepper, carrots, seasonings, and sea salt. Cover the Dutch oven and cook, stirring occasionally, until vegetables have softened, about 5 to 8 minutes.
4. Use a knife to remove the corn kernels from all the ears of corn. Place half of the kernels in a blender, along with one of the cooked potatoes. Add the coconut milk and broth to the blender, and blend until completely smooth. This may take two or three rounds of blending.
5. Chop the other potato into smaller chunks. Add the remaining corn kernels to the pot with the sautéed vegetables and pour the blended corn/potato (chowder) mixture into the pot. Bring to a gentle boil and cook for 10 to 20 minutes, until all vegetables have reached desired done-ness and the chowder is nice and tasty.
6. Remove from heat and taste chowder. Add sea salt to taste and enjoy!

## Pineapple Salsa

### Ingredients

- 1 small pineapple chopped (about 3 cups)
- 1 small red pepper diced
- 1 small green pepper diced
- 1/2 red onion chopped
- 1/4 cup cilantro chopped
- 1/4 cup lime juice from about 1-2 medium-large limes
- 1 Tablespoon olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt

### Instructions

1. Add pineapple, both peppers, red onion and cilantro to a medium bowl.

2. Whisk together lime juice, olive oil, ground cumin and salt.
3. Pour dressing over salsa ingredients in bowl and toss well. Cover and refrigerate for up to 24h before serving.

## Tomato Cucumber Avocado Salad

4 Servings

Ingredients

- 2 cucumbers, diced
- 2 cups cherry tomatoes, diced
- 1/3 red onion, thinly sliced
- 2 Avocado, diced
- 3 Tablespoons Olive oil
- 1 teaspoon red wine vinegar
- Salt, pepper, & garlic powder to taste

Instructions

1. Mix all together in a large bowl with a lid. Let chill in refrigerator for at least one hour.

## Grocery Lists

Week 1

- 3 Tbsp olive oil
- 2 Tbsp coconut oil
- 3 Tbsp coconut amino acids
- 1 tsp sesame seeds
- 9 cloves garlic minced
- 1/4 teaspoon thyme dried
- 1 teaspoon rosemary dried
- 2 bay leaves
- 3 tsp cloves
- 3 teaspoon salt
- 3 teaspoon pepper fresh ground if possible
- 1.5 Tbsp chili powder
- 1Tbsp cumin
- 2 Tbsp minced garlic powder
- 1 teaspoon Italian seasoning
- 1 teaspoon onion powder
- 1/2 teaspoon paprika
- 2 teaspoon cayenne pepper
- 1 small pineapple chopped (about 3 cups)
- 1/2 cup celery (about 2 stalks)
- 3 onions
- 3 small red onion
- 3 potatoes
- 5 Sweet Potatoes
- 1 pound carrots
- 1 cup spinach leaves
- 1 7 oz can jalapeño slices
- 4 red bell pepper
- 1 green bell pepper
- 1 2/3 cup corn (2 cans)
- 5 limes
- 1 head broccoli crowns
- 1 head cauliflower

- 1 bunch fresh cilantro
- 92 ounces vegetable broth
- 2 tablespoons tomato paste
- 8 oz vegan cream cheese
- ½ cup vegan mayo
- 1 15oz can green baby lima beans
- 1 15oz can red beans
- 1 15oz can Pinto Beans
- 2 15 oz white beans
- 56.5oz black bean
- 1 small box barley
- 4 cups uncooked brown rice
- Spaghetti Noodles: Chickpea or veggie or spaghetti squash
- Spaghetti sauce with no added sugar
- Plant Based Chorizo
- parchment paper
- Salsa
- Any breakfast and snack items needed

## **Week 2**

- 11 Tbs olive oil
- 2 Tablespoons coconut aminos
- 6 cloves garlic minced
- 5 Tbs chili powder
- 8 teaspoon Salt
- 3 teaspoon Pepper
- 4 teaspoon cumin
- 2 teaspoon oregano dry
- 2 teaspoon cilantro dry
- 1 teaspoon smoked paprika
- 2.5 teaspoon paprika
- 1 teaspoon cayenne
- ½ teaspoon white pepper
- 6 bay leaves
- Pinch red pepper flakes
- ¼ teaspoon thyme dried
- 1 teaspoon rosemary dried
- 1 Tablespoon fresh chopped ginger or ginger paste
- 1 teaspoon Italian seasoning
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 2 sweet white Onion
- 3 yellow onions
- 1 red onion
- 3 green onions
- 2 Poblano pepper
- 2 zucchini squash diced
- 2 yellow summer squash diced
- 2 medium sweet potatoes
- 4 red bell pepper
- 2 – 3 cups frozen kale (recommended) or fresh kale
- 2 stalks celery

- 5 potatoes
- 4 large red potatoes,
- 5 carrots + 1 cup Shredded or julienned carrots
- 1 cup spinach leaves
- 8-10 butter lettuce leaves
- 1 cup Shredded red cabbage
- 1 bunch Fresh cilantro
- 6 limes
- 2 cans corn
- 8 ears corn or 2 cans
- 30 oz Pumpkin puree
- 30 oz diced tomatoes (with chilis or without)
- 58 oz black beans
- 4 tbs chopped pickled jalapeno
- 1 15oz can green baby lima beans
- 1 15oz can red beans
- 1 15oz can chickpeas
- 2 Tablespoons tomato paste
- 2 cup full-fat canned coconut milk
- 156 ounces vegetable broth
- 1 ½ C barley
- 2 cups uncooked brown rice
- Spaghetti Noodles: Chickpea or veggie or spaghetti squash
- 8 ounces tempeh
- ½ cup Chopped peanuts
- Sriracha
- Spaghetti sauce with no added sugar
- Any breakfast and snack items needed

### **Week 3**

- 2 Tablespoons coconut oil
- 5 Tablespoons olive oil
- 3 Tablespoons coconut amino acids
- 1 teaspoon red wine vinegar
- 2 Tablespoons soy sauce or tamari
- 7 garlic cloves, minced
- 3 teaspoons salt
- 2 teaspoon pepper
- 1 teaspoon Italian seasoning
- 1 teaspoon cumin
- 1 teaspoon onion powder
- 2 Tablespoons teaspoon garlic powder
- 2 Tablespoons chili powder
- 1 1/2 teaspoon paprika
- 3 tsp Cayenne pepper
- 1 tsp chipotle powder
- 2 Tablespoons cumin
- 1 Tablespoon fresh chopped ginger or ginger paste
- 3 tsp ground cloves
- 1 tsp sesame seeds
- 3 red onions
- 4 onions
- 5 limes

- 1 bunch Fresh cilantro
- 3 ½ red bell pepper
- 2 cucumbers
- 1 package cherry tomatoes
- 2 Avocado
- 1 bag Sweet Potato
- 2-3 carrots
- 3 cups spinach leaves fresh or frozen
- 1 lime, juiced
- 3 green onions
- 8-10 butter lettuce leaves
- 1 cup Shredded red cabbage
- 1 head broccoli crowns
- 1 head cauliflower
- 6 Tablespoons tomato paste
- 2 cans corn
- 56.5oz. canned black beans
- 2 15oz white beans
- 1 7oz can jalapeño slices
- 4 ½ cups uncooked brown rice
- Spaghetti Noodles: Chickpea or veggie or spaghetti squash
- 40 ounces vegetable broth
- 8 ounces tempeh
- 1 pound Plant Based Chorizo
- ½ cup Chopped peanuts
- 8 oz vegan cream cheese
- ½ cup or less vegan mayo
- Spaghetti Sauce
- 2 – 3 cups frozen kale (recommended) or fresh kale
- Any breakfast and snack items needed