

Daniel Fast Menu Plan Starter

Breakfast:

- Oatmeal: Rolled oats, raisins, cinnamon, blueberries, unsweetened coconut flakes
- Bananas with all-natural peanut butter and unsweetened coconut flakes
- Frozen fruit and spinach smoothie

Lunch/Dinner:

- Peev choy with bamboo shoots, ground tofu, green onions, cilantro, mushrooms, Braggs' Liquid Aminos (soy sauce alternative)
- Cubed tofu with yu choy/Hmoob zaub paj stir fry and brown rice
- Sushi: seaweed wrappers, brown rice, avocados, cucumbers, carrots, dipped in Braggs' Liquid Aminos (soy sauce alternative)
- Spicy Vegan Potato Curry with brown rice (see included recipe)
- Vegetarian chili (see included recipe)
- Whole wheat pasta with 365 Everyday Value Organic tomato basil sauce
- Baked potato with Earth Balance butter alternative and Diaya cheese

Sides:

- Salad
- Mixed fruit
- Roasted red potatoes

Snacks:

- Nuts
- Popcorn (no butter, cheese)
- Fresh fruit (grapes, berries, melons, bananas, clementines, etc.)
- Fresh vegetables
- Home-made whole wheat tortillas (see included recipe)

Desserts

- Healthy banana oatmeal cookies (see included recipe)

WHOLE-WHEAT TORTILLAS

SERVES: 12 TORTILLAS

ADAPTED FROM ANSON MILLS

INGREDIENTS

- 2½ cups whole-wheat flour (I used King Arthur's white whole-wheat flour)
- ½ cup oil (I used avocado oil)
- 1 teaspoon salt
- 1 cup warm water (heat in the microwave for 1 min)

INSTRUCTIONS

1. In the bowl of a heavy-duty mixer set with a dough hook, pour in the flour, oil and salt. Beat with the paddle until crumbly, about 3 to 5 minutes. Scrape the sides as needed. If your hand-held mixer comes with dough hooks those can be used as well.
2. With the mixer running, gradually add the warm water and continue mixing until the dough is smooth, about 3 minutes.
3. Take out the dough and divide it into 12 equal sized pieces. I do this by making the dough into a big log shape that is about 8 – 10 inches long. Then I cut it in the middle. Then I cut each of those pieces in the middle and so on until you have 12 pieces.
4. Using the palms of your hand roll each piece into a round ball and flatten it out on a baking tray or board. Cover with plastic wrap and let rest at room temperature for at least 15 minutes or up to one hour.
5. Heat a cast iron skillet, griddle or 12-inch skillet over med-high heat. The pan should be fairly hot before you begin cooking the tortillas.
6. On a lightly floured board or counter top, use a rolling pin to turn each ball into a 8 to 10 inch flat circle (measure against your recipe if printed on a 8.5X11 sheet of paper). Be careful not to use more than a teaspoon or two of flour when rolling out each ball into a tortilla because too much excess flour will burn in the pan.
7. Grease the pan with a touch of oil (or ghee) and then carefully transfer each tortilla, one at a time, to the pan and cook until puffy and slightly brown, about 30 to 45 seconds per side. Set aside on a plate to cool slightly. Eat within an hour, refrigerate or freeze.



Spicy Vegan Potato Curry



Prep
30 m

Cook
30 m

Ready In
1 h

allrecipes!

Walgreens



Walgreens
1788 Old Hudson Rd
SAINT PAUL, MN 55119

Recipe By: MeganLee

"Abundant spices make this better than any restaurant curry I've tasted. :)"

Ingredients

4 potatoes, peeled and cubed	4 teaspoons garam masala
2 tablespoons vegetable oil	1 (1 inch) piece fresh ginger root, peeled and minced
1 yellow onion, diced	2 teaspoons salt
3 cloves garlic, minced	1 (14.5 ounce) can diced tomatoes
2 teaspoons ground cumin	1 (15 ounce) can garbanzo beans (chickpeas), rinsed and drained
1 1/2 teaspoons cayenne pepper	1 (15 ounce) can peas, drained
4 teaspoons curry powder	1 (14 ounce) can coconut milk

Directions

- 1 Place potatoes into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until just tender, about 15 minutes. Drain and allow to steam dry for a minute or two.
- 2 Meanwhile, heat the vegetable oil in a large skillet over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Season with cumin, cayenne pepper, curry powder, garam masala, ginger, and salt; cook for 2 minutes more. Add the tomatoes, garbanzo beans, peas, and potatoes. Pour in the coconut milk, and bring to a simmer. Simmer 5 to 10 minutes before serving.

Ro-Tel Diced Tomatoes & Green Chilies Diced Tomatoes & Green Chiles, Original
\$1.29 - expires in 5 days



Healthy Banana Cookies



Prep
15 m

Cook
20 m

Ready In
50 m

allrecipes!

Hmm. It looks like these ingredients aren't on sale today.

Recipe By: K.Gailbrath

"These cookies are nutritious, as well as delicious."

Ingredients

3 ripe bananas	1/3 cup vegetable oil
2 cups rolled oats	1 teaspoon vanilla extract
1 cup dates, pitted and chopped	

Directions

- 1 Preheat oven to 350 degrees F (175 degrees C).
- 2 In a large bowl, mash the bananas. Stir in oats, dates, oil, and vanilla. Mix well, and allow to sit for 15 minutes. Drop by teaspoonfuls onto an ungreased cookie sheet.
- 3 Bake for 20 minutes in the preheated oven, or until lightly brown.

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** Substitute vegetable oil with olive oil or grape oil.

Homemade Vegetarian Chili

Prep time

10 mins

Cook time

40 mins

Total time

50 mins

The smoky, complex flavor of this simple vegetarian chili comes from basic pantry ingredients, vegetables and spices! It makes great leftovers, too. This chili recipe is gluten free as written (just be sure your garnishes are also gluten free), and vegan (unless you top it with dairy products like sour cream or cheese). Recipe yields 4 large or 6 moderate servings of chili.

Author: Cookie and Kate

Recipe type: Chili

Cuisine: American

Serves: 4 to 6 servings

Ingredients

- 2 tablespoons olive oil
- 1 medium red onion, chopped
- 1 large red bell pepper, chopped
- 2 medium carrots, chopped
- 2 ribs celery, chopped
- 1½ teaspoon salt, divided
- 4 cloves garlic, pressed or minced
- 2 tablespoons chili powder (also added 2 tsp of Chipotle powder for extra zip and smokey flavor)
- 2 teaspoons ground cumin
- 1½ teaspoons smoked paprika
- 1 teaspoon dried oregano
- 1 large can (28 ounces) or 2 small cans (15 ounces each) diced tomatoes*, with their juices
 - I added an add'l 15 oz can of roasted tomatoes with peppers AND a cup of steamed lentils
- 2 cans (15 ounces each) black beans, rinsed and drained
- 1 can (15 ounces) pinto beans, rinsed and drained
- 2 cups vegetable broth or water
- 1 bay leaf
- 2 tablespoons chopped fresh cilantro, plus more for garnishing
- 1 to 2 teaspoons sherry vinegar or red wine vinegar or lime juice, to taste (chose the lime juice option)
- Garnishes: chopped cilantro, sliced avocado, tortilla chips, sour cream or crème fraîche, grated cheddar cheese, etc.

Instructions

1. In a [large Dutch oven](#) or heavy-bottomed pot over medium heat, warm the olive oil until shimmering. Add the chopped onion, bell pepper, carrot, celery and ¼ teaspoon salt. Stir to combine and then cook, stirring occasionally, until the vegetables are tender and the onion is translucent, about 7 to 10 minutes.
2. Add the garlic, chili powder, cumin, smoked paprika (go easy on the paprika if you're sensitive to spice) and oregano. Cook until fragrant while stirring constantly, about 1 minute.
3. Add the diced tomatoes and their juices, the drained black beans and pinto beans, vegetable broth and bay leaf. Stir to combine and let the mixture come to a simmer. Continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, for 30 minutes. Remove the chili from heat.
4. For the best texture and flavor, transfer 1½ cups of the chili to a blender and blend until smooth, then pour the blended mixture back into the pot. (Or, you can blend the chili briefly with an immersion blender, or mash the chili with a potato masher until it reaches a thicker, more chili-like consistency.)
5. Add the chopped cilantro, stir to blend, and then mix in the vinegar, to taste. Add salt to taste, too—I added ¼ teaspoon more at this point. Divide the mixture into individual bowls and serve with garnishes of your choice. This chili will keep well in the refrigerator for about 4 days (I haven't tried, but I bet it would freeze well, too).

Can be found at Mississippi Market or Whole Foods

