

# 10 DAYS TO IMPROVED HEALTH AND WELLBEING



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# What is the 10-Day Daniel Challenge?

t has been called "the world's first clinical trial," the first documented experiment to show the effect of nutrition on human health and wellbeing<sup>1,2</sup>. The story of this trial is found in chapter 1 of the book of Daniel, where King Nebuchadnezzar ordered young trainees in his court to receive a daily amount of food from the king's table (Dan 1:5). Daniel and three of his friends were among these young trainees, but they requested to instead eat "vegetables" (or "pulse") and drink water instead of wine for ten days (Dan 1:12). As we read from this account, at the end of the ten days, Daniel and his friends appeared healthier and better nourished than the young men who had received the king's food and wine (Dan 1:15).

What's amazing about this story is that *it only took ten days* to see a noticeable difference in the **health** and **appearance** of the two groups of young men. How inspiring!

Based on the success of this first "clinical trial" and more recent scientific information on the benefits of a **whole-food plant-based diet**, I'd like to invite you to take on this "10-day Daniel Challenge" and consume only whole, plant-based foods for 10 days with the help of this menu and recipes. **See** *if you can also experience a noticeable difference in your life!* 

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<sup>1.</sup> Bhatt, A. (2010). Evolution of clinical research: A history before and beyond James Lind. Perspectives in Clinical Research, 1(1), 6-10. 2. Collier, R. (2009). Legumes, lemons and streptomycin: A short history of the clinical trial. Canadian Medical Association Journal, 180(1), 23–24.

# What is the a whole-food plant-based diet?

he diet that Daniel and his friends followed, based on "vegetables" (or "pulses") and "water to drink" is what now would be considered a "whole-food plant-based" (WFPB) diet. This style of eating is not a temporary "diet" that one follows for a short amount of time to lose weight or obtain other benefit, but rather a permanent style of eating that can be traced back all the way to the creation story in the Bible. Genesis 1:29 says that God told man his diet would be made up of "every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed." In other words, humans were **created** to eat a plant-based diet!

### Benefits of the WFPB Diet

More recently a whole-food plant-based diet has increased greatly in popularity due to its well-documented health benefits. In fact, here are just a few of the evidenced-based benefits of the whole-food plant-based diet:

- 1. Significant amount of **weight loss** (even more than other diets, according to some research¹) due to its high amount of **fiber** and lower **calorie density**.
- 2. Reversal of **coronary heart disease**<sup>2</sup> (reduction of plaque in arteries).
- 3. Reversal of type 2 diabetes.3
- 4. Reduction in **blood pressure** and **cholesterol**.4
- 5. Reduction in growth of **cancer** cells in patients with early-stage prostate and breast cancer.<sup>5,6</sup> Possibly, other types of cancer can be benefitted too.
- 6. Avoiding decline in **kidney** function.<sup>7</sup>
- 7. Reduction in the risk of cataracts.8
- 8. Improvement in **lung** function and **COPD**<sup>9</sup>, **mental health**<sup>10</sup>, **multiple sclerosis**<sup>11</sup>, **Crohn's** disease<sup>12</sup> and **immune** function<sup>13</sup>.

There are, in fact, many more benefits of the plant-based diet that are simply too many to list!

### WFPB diet basics

The whole-food plant-based diet has **TWO** main characteristics:

- 1. It is made up of **whole** foods, that is, foods that are *not highly processed*. Things such as sugar, white flour, oil, and foods that contain high amounts of chemical preservatives and additives are **not** whole foods. Whole grains, beans, nuts, fruits and vegetables are whole foods.
- 2. It is made up of **plant** foods, that is foods that are *not of animal origin*. In other words, it minimizes or eliminates foods such as meats, eggs, fish, dairy, animal fats, etc.

### Do you have to be vegan to follow a whole-food plant-based diet?

Not necessarily, but for this 10-day challenge, it is best to avoid ALL animal products so you can get the full benefits. Also, the diet featured in Daniel 1:12 and Genesis 1:29 is **completely** plant-based, so we believe it is best to follow it faithfully to see the best results.

Think of this challenge as a type of **fast**. Following it faithfully for 10 days will give you the best *physical, mental and spiritual* results. Your body will **detoxify\***, **regenerate** and **rejuvenate**. Your mind will clear up and you will feel like a million bucks!!

\*Note: At first you may experience withdrawal symptoms due to the highly addictive and toxic nature of the Standard American Diet (the SAD diet). This is usually only temporary.

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# **Before Starting**

In order to succeed in the 10-Day Daniel Challenge, make sure follow these steps to be ready mentally and physically for the challenge, and get the best results!!

### **Preparation Steps**

### 1. Get in the right mindset

Think of the Daniel Challenge as a **fast**, even though it is much more than that (more on this at the end). For 10 days, commit to follow a whole-food plant-based diet as faithfully as possible. You will benefit greatly from this in more ways than one. Engage in daily prayer for strength and willpower. If you can, avoid other substances such as caffeine, tobacco, alcohol and recreational drugs so your mind can be as clear and as alert as possible. Get plenty of sleep and drink adequate amounts of water so your body can detoxify and rejuvenate.

### 2. Get rid of temptation

**Clean up** your kitchen, pantry, work desk and any other area where you would normally store food from anything that might represent a temptation. Foods such as chocolate, candy, chips and cookies can sabotage anyone's efforts so don't risk it. Same with sodas, juice, alcoholic drinks and other liquid calories.

As you probably know, human willpower is a **limited resource**, so the more you tempt yourself, the more you deplete your willpower. For the best chances at success *make the healthy choice the easy choice*, and keep healthy alternatives to tempting snacks to use in case of emergencies.

### 3. Plan your menu

The 10 day menu provided here is perfect for this 10-day challenge, but you can go over it and adapt it if you'd like. There are many other sources of whole-food plant-based recipes online, as well as cookbooks and magazines, that you can also use, as long as they follow the basic principles of the Daniel Challenge (see WFPB Basics on page 5). If you incorporate other recipes, make sure you add the ingredients to your **shopping list** so you can be ready on day one.

### **Preparation Steps**

### 4. Go shopping

Use the **shopping list** provided here or make your own if you will be using WFPB recipes from other sources. Most ingredients can be found in regular grocery stores, but for any specialty item visit a health food store or check online. Try to have as many of the ingredients available before you start so you can be ready to go on day one, and do any food prep that you might need to do ahead of time.

Also, make sure you have any kitchen utensils and gadgets you might need, such as a good blender, maybe a food processor and sharp knives.

### 5. Do any food prep necessary

Remember that one of the keys to success in any healthy diet or lifestyle is to *make the healthy choice the easy choice*. If you are usually pressed for time during the week, doing food prep ahead of time can make this challenge much easier. Some people cut all their vegetables for salads and cooked dishes during the weekend or time off to save time. Think of any steps that you might want to complete ahead of time in order to make your challenge a success.

When you are in a hurry and hungry, you are much more likely to eat what is convenient, fast and easy, and for many people that means highly processed or junk food. Avoid this trap by being prepared.



Give yourself the best chance to succeed by having these ingredients handy before you begin your 10-day challenge

**NOTE**: Some of the recipes in the 10-day challenge make more than one serving. Some of them are enough to feed an average family. A few of the recipes are only for one serving. The amounts needed of each item below will vary depending on how many people in the household are going to be sharing these meals. Please adjust the amounts accordingly.

**Additional note:** I have provided you here with a menu that covers three meals a day so you have a variety of dishes to choose from. I find that I personally DO NOT need to cook two or three entirely differently meals every day. My breakfasts are often very simple. I usually use leftovers and prefer to have a light dinner or, more often, no dinner if I'm doing intermittent fasting. So keep in mind that this shopping list has the ingredients required to prepare **every single recipe** included, which might be more than what you actually need.

### **Produce**

I recommend you have a good supply of fresh fruits and vegetables available every day, ideally enough so that each person in the household can have the minimum recommended by most experts. This would be at least 2 to 3 servings of fruit per person per day, and 3 to 6 servings of vegetables a day per person. A serving is usually about one cup raw fruit or vegetables, or ½ cup cooked vegetables.

Specifically for the 10-day challenge you will need:

Seasonal fruit: about 2 to 3 servings per person per day , including apples, pears, oranges, grapes, honeydew or

cantaloupe, pineapple, mango o your favorite fruit

Strawberries : 1 to 2 lbs Bananas: about 5 per person

Blueberries: about 1 lb
Mixed berries: about 1 lb
Lemons: about 15 to 17 lemons

Salad greens: have enough on hand to make a green salad several times a week

Onions: about 14 medium

Garlic: 20 cloves (about 3 heads)
Bell peppers: 6 (of different colors)
Tomatoes: 7 medium to large

Cucumber: 2 medium (or more for green salad)
Carrots: 10 medium (or more for green salad)

Celery: 1 bunch

Potatoes: about 18 medium to large

### **Produce - continued**

Mixed vegetables for steaming: about 6 cups

Spinach or chard: 10 cups Fresh parsley: 1 small bunch Broccoli: 1 bunch + 1 cup

Ginger: 1 small piece (thumb size) Fresh cilantro: 1 small bunch

Dark leaf lettuce (such as romaine): about 4 cups

Avocadoes: about 3 medium

Mixed vegetables for pizza: about ½ cup per person of your choice of vegetables (such as onion, mushroom, peppers, etc.)

Kale: 1 bunch Zucchini: 1 small

Collard greens: 1 bunch (can substitute with chard or cabbage)

Cabbage: 1 medium head

Eggplant: 2 small Fresh basil: ½ cup Fresh dill: 1 bunch

### **Dried Fruit**

Raisins: 1 cup

Unsweetened shredded coconut: ½ cup Dried cranberries (low sugar): ¼ cup

Dates: about ¼ cup

### Nuts and Seeds (raw, unsalted)

Walnuts: 3 cups Cashews: 4 cups

Sunflower seeds: ¼ cup Sliced almonds: ¼ cup Whole almonds: ½ cup

Tahini (sesame seed butter): 2 tablespoons

### **Frozen Vegetables**

Frozen mixed vegetables (corn, carrots, peas, green beans, etc.): 2 cups

Frozen peas: 1 cup Frozen corn: 3 cups

### Legumes

Black beans: 2 lbs or about 8 15-oz. cans (low sodium)

Soybeans: 1 cup (can be substituted with cooked pinto, navy, white, garbanzo or black beans)

Garbanzo beans (chickpeas): 3 cups cooked or 2 15-oz. cans (low sodium)

Lentils: About 3 lbs

Kidney beans: 1 15-oz. can or 2 cups cooked Pinto beans: 1 ½ cups cooked or more per person

White beans: 2 cups cooked or 1 15-oz. can (low sodium)

### **Grains and Grain Products**

Quinoa: 2 lbs

Rolled oats: about 12 cups

Tortillas: 1 small or medium size package of corn tortillas, 1 package of 100% whole wheat or sprouted whole grain tortillas

Brown rice: about 5 cups uncooked Whole wheat pita bread: 1 package

100% whole grain pasta (or gluten-free pasta): 1 package (16 oz.) of spaghettis, 1 package of elbow or macaroni, and 1-2

packages of your favorite pasta

Granola (no sugar, no oil added): 1 cup per person Vital wheat gluten flour (or gluten-free flour): ½ cup

100% whole wheat bread (or gluten-free bread): about 12 slices

Cornmeal: ⅓ cup

### **Groceries**

Natural sweetener (any combination of maple syrup, honey, date sugar, date paste or equivalent amount of Stevia): about

10 servings

Vegetable broth: 4 cups

Extra-firm tofu: 5 packages (16 oz. each)

Olive oil (only if needed): 1/4 cup

Tomato sauce: 3 small cans (8 oz. each) or 3 cups homemade

Unrefined sugar (turbinado or raw sugar): 1/4 cup

Pimento: 1 small jar, 4 oz. (can be substituted with oil-free sundried tomatoes)

Spaghetti sauce (no added sugar, oil, cheese or meat): about 3 jars, 24 oz. each

Oil spray: 1 can (optional) Non-dairy milk: 2 cups

### **Dried Herbs and Spices**

Make sure you have at least a small jar or package of each of the following:

Cumin, oregano, onion powder, mild paprika, mild chili powder, dried dill, thyme, celery salt, garlic powder, marjoram, dry parsley, turmeric powder, dry basil, sage, Italian seasoning

Vanilla extract: 1 small bottle

Bay leaves: 1 package

Salt (I recommend either Himalayan salt, Celtic, black or sea salt)

### **Specialty Items**

You can find these at health food or natural food stores, as well as online retailers:

Mori-Nu brand Silken Tofu (firm or extra-firm): 6 packages (can be substituted with other brands but Mori-Nu has better taste)

Bragg's Liquid Aminos: 1 small bottle (can be substituted with low-sodium soy or tamari sauce)

Nutritional yeast: 2 cups

Carob chips: ½ cup (optional, can be substituted with vegan chocolate chips)

Vegan cheese: 1 to 2 packages (optional, you can also make more cashew cheese sauce from recipe included)



You can use this menu as a guideline and adjust to your taste. The main point is to consume a whole-food, plant-based diet. In other words, no processed foods and no animal-based foods during 10 days, like Daniel did in Babylon. Processed foods include items such as sugar, white flour, oils and most packaged foods. Animal foods include meats, dairy and eggs. The amounts given in this menu are only to be used as a guideline. This is not necessarily a weight-loss menu, so feel free to use more liberal amounts if needed. For a gluten-free option, simply substitute whole-wheat or whole-grain items for gluten-free versions (be aware that some might be highly processed).

- \* Indicates recipe is included
- \*\* Or your favorite fruit

### Day 1

### **Breakfast**

Quinoa Fruit Salad\*

#### Lunch

1 cup Cuban-Style Black Beans\*

½ to 1 cup cooked brown rice

3 to 4 cups green salad with ⅓ cup Cashew

Ranch Dressing\*

1 cup of blueberries\*\*

### **Dinner**

1 small baked potato with skin
½ cup Easy Stir-Fry Tofu\*
1-2 cups seasoned steamed vegetables
1 small apple (optional)\*\*

### Day 2

#### **Breakfast**

1 or 2 Soy Oat Waffles\* with Strawberry Topping,\* banana slices and chopped walnuts

#### Lunch

Tofu Fajitas\* with 1 whole-wheat (or 2 corn) tortillas

'3 cup cooked brown rice

1 to 2 cups of Cucumber and Tomato Salad\*

#### **Dinner**

1 cup strawberries\*\*

Italian Style Garbanzo Quinoa Soup\*

1 slice whole wheat toast (optional)

1 small pear (optional)\*\*

### Day 3

### **Breakfast**

1 cup cooked oatmeal (old fashion or steel cut oats)

1 medium banana ½ cup of berries\*\*
¼ cup walnuts

- \* Indicates recipe is included
- \*\* Or your favorite fruit

#### Lunch

½ to 1 cup Oriental Rice \*

1 to 2 cups of Oriental Stir Fried Vegetables\*

1 cup strawberries

### **Dinner**

1 to 2 cups Lentil Soup with Vegetables\*

1 cup of green salad with lemon juice and salt

or Cashew Ranch Dressing\* from day 1

½ cup of grapes (optional)

### Day 4

### **Breakfast**

½ to 2 cup Scrambled Tofu\*

½ cup Easy Morning Potatoes\*

1 slice 100% whole wheat/whole grain bread

1 cup chopped fruit

#### Lunch

2 to 3 Low Fat Tostadas \*

1 to 2 cups steamed vegetables

1 to 2 cups cantaloupe or honeydew melon\*\*

#### **Dinner**

½ cup of whole-wheat spaghetti with low-fat vegan spaghetti sauce

1 to 2 cups broccoli with Cashew Cheese

Sauce\*

1 small orange (optional)\*\*

### Day 5

### **Breakfast**

Breakfast Banana Split\* with ¼ cup chopped walnuts or pecans

### Lunch

1 Pita Pizza\*

1 to 2 cups Kale Salad\*

1 cup mango or pineapple slices\*\*

### **Dinner**

1 to 2 cups Easy Minestrone\*

1 to 2 cups of green salad with lemon juice and salt or Cashew Ranch Dressing\* from day 1

1 small apple (optional)\*\*

### Day 6

### **Breakfast**

Green Smoothie Bowl \*

### Lunch

2 to 4 Collard Rolls\*

1 to 2 cups green salad with Creamy Garlic

Dressing\*

1 cup blueberries\*\*

#### **Dinner**

1 small baked potato with salsa

½ cup of cooked pinto beans

1 to 2 cups Mexican Style Cabbage Salad\*

1 small pear (optional)\*\*

- \* Indicates recipe is included
- \*\* Or your favorite fruit

### Day 7

### **Breakfast**

1 to 2 cups Toffruiti\* topped with granola

#### Lunch

1 to 2 cups Whole Grain Pesto Pasta\*

2 cups green salad with Cashew Ranch

Dressing from day 1 or Creamy Garlic Dressing from day 6

1 cup strawberries\*\*

### **Dinner**

1 cup Lebanese Lentils\*

1 to 2 cups of Cucumber and Tomato Salad\* (recipe in day 2)

1 small pear (optional)\*\*

### Day 8

### **Breakfast**

1 to 3 slices of French Toast\* with banana slices and berries

### Lunch

Eggplant Parmesan\*

1 to 2 cups steamed vegetables

1 cup raspberries\*\*

#### **Dinner**

1 cup Macaroni and Cheese\*

1 to 2 cups Kale Salad\* (recipe on day 5)

1 cup pineapple (optional)\*\*

### Day 9

### **Breakfast**

1 to 3 Hearty Waffles\* with Strawberry Topping from day 2

### Lunch

½ to 1 cup Scalloped Potatoes\*

1 Tofu Burger\*

1 cup of green salad with lemon juice and salt or a dressing from this menu

1 cup strawberries\*\*

#### **Dinner**

Green Baked Falafel\* and hummus

½ cup brown rice

1 cup steamed vegetables

1 small apple (optional)\*\*

### Day 10

### **Breakfast**

1 cup of cooked quinoa, amaranth or oats1 cup of chopped fruit mixed with½ to 1 cup Tofu Whipped Cream from day 1

### Lunch

1 Easy Burrito\*2 cups of green salad with Cashew RanchDressing\*1 cup blueberries\*\*

#### **Dinner**

1 to 2 cups Festive Corn Salad\*1 cup Lentil Soup with Vegetables from day 3Melon slices\*\*

- \* Indicates recipe is included
- \*\* Or your favorite fruit

### \*\* OPTIONAL: Turbo-charge your weight loss

If you are interested in losing weight fast AND exponentially improving your health during the 10-day challenge, it CAN be done. There is a way you can lose weight *guaranteed*, no matter how difficult it is for you, or how many times you have tried and failed before. But I have to warn you, at first it's not easy. However, after a few days, it gets WAY easier and you will experience health benefits like never before.

It can be done with something called *intermittent fasting*. During the last few years, science has been uncovering the incredible health benefits and amazing weight loss advantage of this technique. What I recommend (and which has worked wonders for *ME*) is something called early time-restricted feeding (or eTRF), which is the type of intermittent fasting that best harmonizes with the natural circadian rhythm of the body and, in my view, produces the best results.



To take the best advantage of this amazing weight loss technique, pick a 6 to 10 hour window (the shorter, the better) to eat **all** your meals. Do NOT eat or drink anything for the rest of the day, except for water or h

Do NOT eat or drink anything for the rest of the day, except for water or herbal tea. I personally eat breakfast around 9 am and lunch around 2 pm, no dinner. Also, you do NOT need to restrict the size of your portions. Eat enough whole-food plant based foods (especially lots of fresh fruits and vegetables!) to feel satisfied. After a few days your body will get used to not eating at night and your perception of hunger will change dramatically (you will be a **lot LESS HUNGRY!**). Again, this is completely OPTIONAL, but the benefits are simply amazing. If weight loss is a real challenge for you, intermittent fasting can make a HUGE difference!

# Create Your Own Daily Menu

You can create your own daily meal plans that will take advantage of ALL the benefits of the Daniel Challenge by following these guidelines (see serving sizes in the next page).

### **Breakfast**

1 to 2 servings of high-fiber carbohydrates

1 serving high-fiber protein

2 to 3 servings of fruit (and/or vegetables\*)

### Lunch

1 to 2 servings of high-fiber carbohydrates

1 serving high-fiber protein

3 to 4 servings of vegetables\* (and/or fruit)

### **Dinner**

1 serving of high-fiber carbohydrates (optional)

1 serving of high-fiber protein

2 to 3 servings of vegetables\* (and/or fruit)



Use whole-food plant-based ingredients to design your meals.

### Turbo-charge weight loss option (intermittent fasting)

### Meal #1

2 to 3 servings of high-fiber carbohydrates

1 to 2 servings high-fiber protein

2 to 3 servings of fruit (and/or vegetables\*)

### Meal #2

2 to 3 servings of high-fiber carbohydrates

1 to 2 servings high-fiber protein

3 to 4 servings of vegetables\* (and/or fruit)

\* "Vegetables" here refers to non-starchy vegetables

#### **High-fiber Carbohydrate Options**

- Brown rice (⅓ c)
- Oatmeal (½ c)
- 100% whole grain pasta (½ c cooked)
- 100% whole grain bread (1 slice)
- Corn tortillas (1 tortilla)
- Whole grain tortilla (½ tortilla)
- Cold cereal with at least 3 g fiber (1 c)
- Potatoes with peel (1 small)
- Sweet potato or yam (½ c)
- Other cooked whole grains (½ c)

#### **High-fiber Protein Options**

- Legumes: beans, lentils, garbanzos, peas, etc. (½ c cooked)
- Nuts and seeds, raw with no salt (¼ c)
- Soy (edamame), tempeh or tofu (½ c)
- Ground flax, hemp or chia seeds (2 Tbsp)

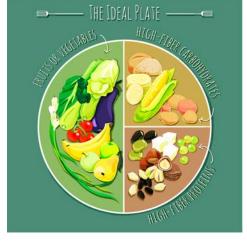


#### Non-starchy vegetables

Includes practically all vegetables except for corn, potatoes, sweet potatoes and winter squash (these high-starch vegetables count as carbs). You can eat non-starchy vegetables in almost limitless amounts!

#### Serving sizes for fruits and vegetables

- 2 cups of raw leafy vegetables
- 1 cup raw non-starchy vegetables
- 1/2 cup cooked vegetables
- 1 cup of chopped fruit or 1 medium fruit (like an apple or pear)



#### **Use the Plate Model**

To make it easy for yourself use this visual guide of the ideal plate to help you balance your meals. Make sure that for each meal you eat the appropriate ratio of fruits and/or vegetables to high-fiber proteins and carbohydrates. This will ensure you eat enough foods that are low in calorie density but high in nutrient density to feel satisfied and properly nurtured.

As you can see a full HALF of your plate should be either non-starchy vegetables or fruit, a quarter should be high-fiber carbohydrates and a quarter high-fiber proteins.

#### More recipes

For additional recipes and meal ideas you can get my cookbook at www.healthfortoday.net

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### Day 1

### **Quinoa Fruit Salad**

1 cup cooked quinoa (warm or cold)

1 – 2 cups chopped fruit

2 – 4 tablespoons of tofu whipped cream (see recipe below) or ½ cup non-dairy plain yogurt 2 tablespoons of raisins, unsweetened coconut and chopped nuts

Mix all ingredients together in a big bowl. You may sweeten the quinoa with Stevia or maple syrup if you would like, but this is generally not necessary. This dish can also be used as a light dinner. Yields 1-2 servings.



### **Tofu Whipped Cream**

1 package of Mori-nu silken tofu (firm or extra-firm)

1 ½ to 2 Tbsp of maple syrup, agave syrup or honey

14 tsp of vanilla extract

¼ cup of water (optional)

Blend all ingredients together until smooth. Refrigerate until ready to use. Yields about 8 servings.

### **Cuban-Style Black Beans**

4 to 5 cups of cooked black beans (or 3-15 oz. cans of low-sodium black beans)

1 large onion, chopped fine

1 green or red bell pepper, chopped fine

2 to 3 cloves of garlic, minced

1/4 tsp ground cumin

1 tsp dry oregano 1 to 2 bay leaves

½ cup of vegetable broth or water, or 1 tsp

olive oil

Salt to taste

In a large pot, add the broth or water (you may use olive oil but it's not needed) with the onion. Stir fry for one minute and add the bell pepper and garlic. Cook for a few more minutes until the onion is tender. Add beans, bay leaf, cumin and oregano, and salt if desired. When it starts boiling, lower heat and let it simmer for 15 more minutes. These beans can be served with brown rice, steamed vegetables or salad. *Yields approximately 8 servings*.

### **Cashew Ranch Dressing**

1 cup raw cashews 2 teaspoon onion powder or 1/4 cup chopped onion

1 cup water 3⁄4 teaspoon salt or salt to taste

1 clove of garlic or ½ tsp garlic powder ¼ cup chopped fresh basil (or 1 teaspoon dried basil)

3 tablespoons of lemon juice ¼ cup chopped fresh dill (or 1 teaspoon dried dill)

Blend all ingredients together, except the fresh herbs, until the mix is creamy and silky. Add the basil and dill and pulse a few of times until well mixed. Serve with your favorite salad or as a dip. Keep refrigerated. *Yields 12 servings*.

### **Easy Stir-Fry Tofu**

1 package extra firm tofu

1 teaspoon olive oil (if needed)

1 tablespoon Bragg's Liquid Aminos or low sodium soy sauce

Cut tofu in ½ inch cubes. Stir fry in a non-stick pan (with olive oil only if necessary, otherwise you can use vegetable broth) for about ten minutes or until golden brown, stirring frequently. When golden brown on all sides, add the soy sauce and mix well. *Yields 4 servings*.

### Day 2

### **Soy-Oat Waffles**

1 cup of soybeans soaked overnight (for other options, see note below)

1 1/3 cup of water

1 Tbsp honey, maple syrup or agave syrup

1 Tbsp of chopped walnuts, almonds, cashews or pecans

1 tsp of vanilla extract or maple flavoring

½ tsp salt

1 1/3 cup old-fashioned rolled oats

Blend all ingredients except for the oats until creamy. Add the oats and blend for about 1 more minute. Let the batter thicken for a couple of minutes and then pour into a waffle maker. Depending on the waffle maker, cook for 3 to 8 minutes.

**Note**: Instead of soybeans you can use cooked pinto, navy, white, garbanzo (chickpeas) or black beans. You may need to reduce the water to get the right consistency. *Yields 4 to 6 servings*.

### **Strawberry Topping**

2 cups of strawberries, chopped

Sweetener of choice: Stevia (recommended for diabetics), OR honey, maple syrup or agave

Blend about 1½ cup of strawberries. Add the rest of the chopped strawberries and a sweetener of choice if desired. Serve with healthy waffles or pancakes. *Yields 4 to 6 servings*.

### **Tofu Fajitas**

1 package extra-firm tofu

½ cup each of green, red and yellow bell pepper, cut into strips

1 garlic clove, minced

1 medium onion cut julienne style

1 tablespoon Bragg's Liquid Aminos (or low sodium soy sauce)

½ cup vegetable broth or water (or 1 tablespoon olive oil)

½ teaspoon salt

½ teaspoon ground cumin

1 tablespoon mild chili powder

1 tablespoon paprika

Whole wheat or corn tortillas

Cut tofu in strips, approximately ½ inch wide by 1 inch long. Stir fry tofu with the vegetable broth or water (or olive oil only if necessary) on a non-stick pan for about ten minutes, stirring occasionally, until the tofu is golden brown. When the tofu is ready add Bragg's Liquid Aminos (or light soy sauce), stir, remove from heat and empty into another container. Add the onions to the pan together with the bell pepper. Add the garlic, and some water if necessary, and stir fry for about 5 to 7 minutes.



Add salt, chili powder, paprika and cumin to the vegetable mix, and cook for a few more minutes. When the vegetables are tender (but not overcooked), add tofu and mix well. Add about a half cup of this mix to each tortilla, add guacamole if you desire, and serve with brown rice, beans or salad. *Yields 4 to 8 servings*.

**Note:** Instead of tofu you may use Portobello mushrooms or eggplant, cut into strips. Cook along with the other vegetables until tender.

### **Cucumber Tomato Salad**

1 medium cucumber, cubed

1 medium ripe tomato, cubed

14 tsp dried oregano or dill

Salt to taste

Juice of 1/2 to 1 lemon

Mix all ingredients together in a salad bowl and serve immediately or refrigerate until ready to serve. Yields 1 to 3 servings.

### Italian Style Quinoa Garbanzo Soup

½ cup quinoa

½ cup vegetable broth or ½ tablespoon olive oil

1 medium onion, chopped

1 to 2 large carrots, cubed

2 stalks of celery, sliced

1 large potato, cubed

2 cloves of garlic, minced

1 1/2 cup cooked garbanzos (or 1-15 oz can)

2 medium tomatoes, peeled and cubed

1 cup tomato sauce

2 cup spinach or other green leafy vegetable

1 teaspoon paprika

1 teaspoon of dried basil or 2 tablespoons fresh basil, chopped

½ teaspoon thyme

1 bay leaf

14 cup parsley, chopped

2 tablespoons vegetarian chicken-like seasoning (see recipe on day 3)

Salt to taste

In a large pot, stir fry the onion with vegetable broth or water (or olive oil only if necessary). Add the carrots, celery and garlic, and cook until vegetables are tender. Add 4 to 8 cups of water (or use vegetable broth and omit chicken-like seasoning). When water starts to boil, add the quinoa, potato and bay leaf. Cook for about 10 to 15 minutes, and then add the garbanzos, tomatoes, tomato sauce, green leafy vegetables, salt and seasonings. Cook for another 5 to 10 minutes. When done cooking, add parsley and remove from heat. *Yields 6 to 10 servings*.



### Day 3

### **Oriental Rice**

1 ½ cup brown rice

3 cups water

2 tablespoons chicken style seasoning (recipe below)

¾ teaspoon salt

2 cups of mixed frozen vegetables (such as corn, carrots, peas and green beans)

1 recipe Easy Stir Fry Tofu (recipe on day 1)

Boil water in a small pot. Add salt and chicken style seasoning and mix well to dissolve. Add rice, cover and simmer for 45 to 50 minutes at very low heat. Let the rice cool down for at least 30 to 60 minutes. In a non-stick pan or skillet, heat the frozen vegetables (with a bit of water if necessary) until thawed and heated. Add rice and tofu and mix well. *Yields approximately 6 servings*.

### **Oriental Style Stir-Fried Vegetables**

1 cup broccoli, cut into bite size pieces

1 large carrot, sliced

1 stalk of celery, sliced

½ medium onion, cut into strips

1 small piece of ginger, minced

1 clove garlic, minced

1 tablespoon vegetarian chicken-style seasoning (see

recipe below)

½ tablespoon Braggs Liquid Aminos or light soy sauce

Stir fry the vegetables with either water or vegetable broth (or olive oil only if necessary). Add garlic, ginger, Bragg's Liquid Aminos and vegetarian chicken-style seasoning. Stir until vegetables are tender but not overcooked. Serve with brown rice and Easy Stir Fry Tofu (recipe day 1) if desired. *Yields 2 to 4 servings*.

### **Vegetarian Chicken-Style Seasoning**

1 1/2 teaspoon celery salt

4 teaspoons onion powder

½ teaspoon garlic powder

¼ teaspoon dry marjoram

2 teaspoon dry parsley

½ tablespoon salt

1/4 cup nutritional yeast

1 tablespoon unrefined sugar (such as turbinado or raw sugar)

Mix all ingredients and store in sealed glass container in a dry place. Use instead of chicken style seasoning or broth base. The recipe can be multiplied several times to make a larger amount, but make sure to store with a tight lid in a dry place for long-term storage. *Yields approximately 10 tablespoons.* 

### **Lentil Soup with Vegetables**

1 lb (2 ½ cups) dry lentils

1 medium onion, chopped

2 medium carrots, chopped

2 celery stalks, chopped

1 to 2 medium potatoes, cubed

2 bay leaves

1 to 2 cloves of garlic, minced

1 can (8-oz.) tomato sauce

10 to 12 cups of water or vegetable broth

½ to 1 teaspoon marjoram

½ to 1 teaspoon thyme

¼ cup chopped cilantro

½ cup of vegetable broth for stir frying

2 teaspoon of salt or salt to taste

2 tablespoons of Vegetarian Chicken-Style Seasoning (if

NOT using vegetable broth), see day 3

Clean lentils first, making sure there's no debris like little rocks, then rinse with water. Boil lentils and bay leaves in water or vegetable broth until tender (about 30 minutes). In the meantime, prep the rest of the ingredients. Ten to fifteen minutes before lentils are ready, add potatoes so they can be ready at the same time as the lentils.

Stir fry onion, garlic, carrots and celery with water or vegetable broth (or 1 tablespoon of olive oil only if needed). Add marjoram and thyme and stir. Cook until vegetables are tender (about 5 to 7 minutes). Add vegetable mixture to the cooked lentils. Add tomato sauce, seasoning and salt to taste. Cook for another 5 to 10 minutes. Add chopped cilantro and turn off heat. Let it sit for a few minutes before serving. *Yields 10 to 12 servings*.

### Day 4

### **Scrambled Tofu**

1 package firm tofu

½ cup chopped onion

½ 2 cup vegetable broth or 1 teaspoon olive oil

1 tablespoon Bragg's Liquid Aminos (or low sodium soy sauce)

¼ to ½ teaspoon turmeric

Salt to taste

Mash tofu with a fork or potato masher. Stir fry the onions with vegetable broth (or olive oil only if necessary) over medium heat until soft. Add tofu and mix well. Add the rest of the ingredients and cook for a couple of more minutes. Serve immediately. *Yields 4 servings*.



### **Easy Morning Potatoes**

4 medium potatoes, cubed, with skin

1 medium bell pepper, chopped

½ medium onion, chopped

½ cup of vegetable broth or 1/2 tablespoon olive oil ½ tsp salt or salt to taste

Place potatoes, bell pepper and onion in a non-stick pan with the broth (or olive oil only if needed) on medium heat. Cover and let cook for 10 to 15 minutes, stirring occasionally. Add salt and continue cooking for another 5 to 10 minutes or until potatoes are fully cooked. For faster cooking and no need for added oil, microwave the potatoes first in a covered dish for 5 to 7 minutes, then add to non-stick pan with other vegetables and finish cooking until the potatoes are soft. *Yields about 4 servings*.

#### **Low Fat Tostadas**

12 corn tortillas

Low fat refried black beans (see recipe below)

2 cups shredded dark-leaf lettuce

1 tomato, cubed

1 avocado, cubed

1 recipe tofu sour cream (see recipe below)

Place tortillas in sprayed cookie sheet (or lined with parchment paper) and bake at 375°F (190°C) for 20 to 30 minutes or until golden brown and crispy. Be careful not to burn them! Cool for 5 minutes.

Cover tostadas with refried black beans and lettuce. Sprinkle the tomatoes and a few pieces of avocado on each tostada. Add tofu sour cream on top and salsa if desired. *Yields 12 servings*.

### **Low Fat Refried Beans**

1 lb dried beans

2 cloves of garlic

½ medium onion, chopped

2 tablespoons vegetarian chicken style seasoning (see recipe day 3) Salt to taste

Soak beans overnight if desired for faster cooking. Drain and cook in abundant water for 2 hours or until tender. Add garlic, onion, chicken-style seasoning and salt to taste and cook for another 15 minutes. When done, liquefy beans with the cooked onions and garlic in a blender or food processor. You may need to do this in batches. Place blended beans in a non-stick pan and cook low, stirring occasionally, until they dry up to desired consistency. *Yields approximately 12 servings*.

#### **Tofu Sour Cream**

1 package Mori-nu silken tofu (you can substitute the tofu with 1 cup of raw cashews or sunflowers plus ¾ cup water)
3 tablespoon lemon juice

½ teaspoon of salt¼ teaspoon garlic powder¼ teaspoon onion powder

Blend all ingredients until creamy. Refrigerate until ready to serve. Yields approximately 12 servings.

### **Broccoli and Cheesy Sauce**

1 bunch of broccoli

1 recipe of Cashew Cheesy Sauce (recipe below)

Cut broccoli florets into the desired size. The stalk can be peeled and cut into sticks or slices and used as well (remove bottom 1 inch). Steam broccoli for 3 to 5 minutes, until tender but still crunchy. Serve covered with cheesy sauce or any other seasoning you prefer. *Yields 4 to 6 servings*.

### **Cashew Cheesy Sauce**

1 cup raw cashews

1 cup water

¼ cup of sun-dried tomatoes, pimento, or red bell pepper

1 clove of garlic or ½ tsp garlic powder

3 tablespoons of lemon juice

3 tablespoons nutritional yeast

2 tsp onion powder or ¼ cup chopped onion

34 teaspoon salt or salt to taste

Blend all ingredients together until the sauce is creamy and silky. The sauce can be served as is or heat over low to medium heat (it will get thicker). Serve over steamed vegetables or 100% plant-based recipes such as mac and cheese, lasagna, nachos, tacos, etc. *Yields approximately 12 servings*.

### Day 5

### **Breakfast Banana Split**

Ingredients for one person

1 banana

1/2 cup cooked oatmeal

Honey, agave syrup, maple syrup,

Stevia or favorite natural sweetener (optional)

½ cup of fruit (blackberries, strawberries, blueberries, pineapple, or favorite fruit, chopped)

Tofu whipped cream (see recipe day 1)

Carob chips - optional

Cook oatmeal with very little water to make it quite thick. Add Stevia or other natural sweetener (optional). When the oats are cooked remove from heat and let them cool a few minutes. Cut the banana in half lengthwise. Arrange on a plate. Put one or two balls of cooked oatmeal between the two halves of banana (use an ice cream scoop). Cover with the rest of the fruit and tofu whipped cream. Melt the carob chips in a small pot with a little water. Pour one or two teaspoons of melted carob chips over the banana split. You can also decorate with a little unsweetened shredded coconut and chopped nuts. *Yields 1 serving per banana*.

#### Pita Pizza

Whole grain pita bread or flat bread
Spaghetti or tomato sauce
Your favorite vegetables (such as onion, mushrooms, bell peppers, olives, tomatoes, etc.)

Vegan cheese or homemade cashew cheesy sauce (recipe day 4)

Put pita breads on a baking sheet. Coat with spaghetti sauce and about  $\frac{1}{2}$  cup of shredded vegan cheese per pita bread. Add your favorite vegetables. Bake at  $400^{\circ}$ F ( $200^{\circ}$ C) until vegetables are cooked and the pita bread is lightly toasted (12 to 15 minutes). Yields 1 to 2 servings per pita bread.

### **Easy Minestrone**

- 1 medium onion, diced
- 2 cloves of garlic, minced
- 2 medium carrots, sliced
- 2 celery stalks, sliced
- ½ cups of water or 1 Tbsp olive oil
- 1 cup of cup cooked brown rice
- 1 small can (8 oz) of tomato sauce
- 6 to 8 cups of water
- ½ tablespoon dry parsley (or ¼ cup fresh parsley)

- ½ teaspoon dry basil (or ¼ cup fresh basil)
- ½ teaspoon dry oregano
- ¼ teaspoon dry marjoram
- 1 small potato with skin, cubed
- 1/₃ cup dry whole grain pasta
- 2 cups of cooked kidney or cannellini beans (or 1 15oz. can)
- 1 cup frozen peas
- 2 tablespoon vegetarian chicken-style seasoning (day 3)
- ½ teaspoon of salt or salt to taste

Stir fry onion, garlic, carrots, celery and herbs in a pot with either ½ cup of either water or broth (or olive oil only if necessary) until onions are well cooked. Add water, pasta and potato and cook for about 10 minutes. Add the rest of the ingredients and let it boil again (add more water if needed). Lower heat and simmer for 5 to 10 more minutes. *Yields approximately 12 servings*.

#### **Kale Salad**

8 kale leaves, finely shredded

2 medium carrots, peeled and grated

1 small zucchini, grated

14 cup raw sunflower seeds

14 cup sliced almonds

1/2 cup blueberries

1/4 cup low-sugar dried cranberries (optional)

1/4 cup lemon juice

1 Tbsp honey, maple syrup or natural sweetener of choice

½ tsp salt

Combine lemon juice, honey and salt to make the dressing. Pour over kale and massage it using your hands to wilt it and make it soft. Add the other vegetables, seeds, almonds and berries, and mix gently. Serve immediately or let the flavors marinate for 30 minutes before serving. *Yields 4 servings*.



### Day 6

### **Green Smoothie Bowl**

1 banana

1 other fruit of choice, frozen or fresh

1/4 cup of nuts (cashews, almonds, walnuts, etc.) or

2 tablespoons seeds (hemp, sesame, sunflower, etc.)

2 tablespoons of rolled oats (optional)

1 date (optional)

2 cups of green leafy vegetable (spinach, chard, kale, etc.)

1 cup of fresh berries for decoration

Blend all ingredients except the berries and nuts for decoration. Pour in a bowl. Decorate with berries or fruit of choice. You can also add flax or chia seeds, or shredded coconut. Serve for breakfast or light dinner. *Yields 1 to 2 servings*.

### **Collard Rolls (or Cabbage Rolls)**

1 bunch of collard greens or 1 medium cabbage (green or purple)

2 to 3 cups cooked brown rice

2 cups cooked lentils

1/2 cup chopped onion

1 garlic clove, minced

½ cup of vegetable broth or 1 Tbsp olive oil

½ cup bell pepper, chopped

½ teaspoon dry thyme

½ teaspoon dry oregano

3 to 4 cups of tomato or spaghetti sauce

If using collard greens, blanch leaves (each one separately) in boiling water for 10 to 30 seconds. If using cabbage, boil the whole head in a big pot until outer leaves are soft for 2 to 4 minutes. Carefully remove leaves one by one without tearing them. If inner leaves are still not soft, return to pot and boil for 2 to 3 more minutes.

To prepare the filling, stir fry onion with the vegetable broth (or olive oil if needed), bell pepper and garlic for a few minutes until soft. Add thyme and oregano. Add cooked lentils and mix well. Fill each cabbage or collard leaf with 2 to 3 tablespoons of rice and the same amount of lentil mix. Tuck the ends in and roll as a burrito. Place in a baking dish and cover with tomato or spaghetti sauce. Bake at 375°F (or 180°C) for 20 to 30 minutes and serve hot. *Yields between 8 and 12 servings*.

### **Creamy Garlic Dressing**

1 cup raw cashews2 teaspoons nutritional yeast½ to 1 cup water½ teaspoon salt, or salt to taste

1 garlic clove, or ½ tsp garlic powder ½ teaspoon onion powder or 2 tablespoons chopped onion

Soak the cashews for at least two hours (not necessary if you have a high-speed blender). Blend all ingredients together until creamy. Refrigerate until ready to use. *Yields approximately 12 servings*.

### **Mexican-Style Cabbage Salad**

½ medium cabbage, shredded fine

1 large tomato, cubed

 $\frac{1}{2}$  medium avocado, cubed

14 cup chopped cilantro

Juice of 1 lemon

Salt to taste

Mix the cabbage with lemon juice and salt. Let it sit for 15 to 20 minutes and then prepare the rest of the ingredients. Add the tomato, avocado and cilantro. Mix well and serve. *Yields 4 to 6 servings*.

### Day 7

### **Tofruitti and Granola**

1 package Mori-nu silken tofu, firm or extra firm,

or 1 package water-packed silken tofu

1 or 2 medjool dates (or 2 to 4 regular dates)

1 banana

1 ½ cup of frozen or fresh fruit

A pinch of salt (optional)

1 cup of low-fat, low-sugar granola (or Grape Nuts cereal)

Place all ingredients except granola in a blender. Blend until creamy. If additional sweetness is desired, you may add a tablespoon of Stevia, honey, maple syrup, agave syrup or more dates. Serve with granola, Grape Nuts and chopped fruit if desired. *Yields 2 to 4 servings*.

#### Whole Grain Pesto Pasta

1 16 oz. package of whole grain spaghetti or other pasta

1 recipe No Oil Pesto Sauce (recipe below)

2 cups cooked white northern or cannellini beans

Cook pasta according to the directions on the package. Add the No Oil Pesto and the beans and toss well. Serve immediately. *Yields 8 servings*.

#### **No Oil Pesto Sauce**

2 cups fresh basil

 $\mbox{\ensuremath{\%}}$  cup of silken to fu (or substitute with  $\mbox{\ensuremath{\%}}$  cup cooked white

bear

 $\frac{2}{3}$  cup raw macadamia nuts\*

3 to 4 tablespoons of water

2 cloves of garlic, chopped

Salt to taste

2 tablespoons of nutritional yeast

Add basil, macadamia nuts, tofu, garlic and nutritional yeast to a food processor. Puree in processor until it forms a thick paste. Add the water one tablespoon at a time until the mix is smooth and it reaches the desired consistency. Add salt to taste. *Yields 8 to 12 servings*.

<sup>\*</sup> Note: you can also use pine nuts, a mix of macadamia and pine nuts, or some other nut like walnuts.

### **Lebanese Lentils**

1 lb lentils

6 cups water

2 garlic cloves

1 tablespoon vegetarian chicken style seasoning (recipe on day 3)

3 onions, sliced as rings

1 bay leaf

½ cup water

% cup of vegetable broth or 1 tablespoon olive oil

Salt to taste

Boil lentils along with bay leaf, chicken style seasoning, garlic and salt for 30 minutes. Add vegetable broth or olive oil and onion rings to a wide frying pan and stir fry slightly. Add ½ cup of water and cook until onions are tender. Add more water as you cook if needed. When lentils are ready, pour into an oven dish. Spread onion rings over the lentils. Bake at 450°F (or 230°C) for 10 minutes or until onion rings are slightly browned. *Yields 8 to 10 servings*.



### Day 8

#### **French Toast**

1 package of Mori-nu tofu or silken tofu (you can substitute with 1 cup of raw cashews plus ¾ cup of water)

2 dates or 1 tablespoon maple syrup or honey

½ cup water

1/2 teaspoon turmeric (optional, just for color)

1/4 teaspoon vanilla

8 slices 100% whole grain bread\*

Blend tofu with dates (or other sweetener if desired), vanilla and water. Transfer to a wide bowl. Dip slices of bread into tofu mix, covering both sides well. Place on a pre- heated sprayed non-stick griddle and brown both sides. Serve with fruit topping or maple syrup.

\* For a gluten-free option, substitute whole grain bread with gluten-free bread

### **Eggplant Parmesan**

2 medium eggplants (or 1 large), peeled and sliced

⅓ cup whole-grain bread crumbs

⅓ cup cornmeal

⅓ cup nutritional yeast

⅓ teaspoon oregano

1 recipe Ricotta-Style Filling (recipe below)

1 jar of favorite spaghetti sauce or Italian style tomato sauce

2 cups of steamed spinach (or favorite greens)

Mix bread crumbs, cornmeal, oregano and nutritional yeast in a shallow container. Dip eggplant slices in mix and place in a sprayed baking sheet (or lined with parchment paper). Bake at 350°F (or 175°C) for 10 to 15 minutes. Flip the slices over and bake for another 10 minutes. In the meantime, prepare the ricotta style filling and steam your greens. Cover the bottom of a baking dish with ½ cup of Italian style tomato sauce. Add one layer of eggplant slices. Spread tofu filling over eggplant. Cover with steamed greens. Add the last layer of eggplant slices and cover these with tomato sauce. Cover with any leftover bread crumb mix. Bake at 350°F (or 175°C) for 30 to 45 minutes. *Yields 9 servings*.

\* For a gluten-free option, substitute whole-grain bread crumbs with crumbled gluten-free crumbs or gluten-free flour.

### **Ricotta-Style Filling**

1 package tofu firm or extra firm

2 teaspoon dry basil or 2 tablespoons of fresh basil

¼ cup lemon juice

1 teaspoon salt

Blend all ingredients together in a food processor until creamy or mash tofu well then add the rest of the ingredients.

Refrigerate until ready to use. *Yield 8 to 10 servings*.

### **Macaroni and Cheese**

1 package whole-grain or gluten-free macaroni

1 recipe Cheese Sauce (see recipe day 4)

 $\frac{1}{2}$  cup whole-grain bread crumbs or gluten-free crumbs (optional)

Cook macaroni according to instructions. When ready, rinse and mix with cheese sauce and place in an oven dish. You can serve immediately or continue to the next step. Sprinkle with bread crumbs and bake at 350°F for 30 to 60 minutes until desired consistency and texture is achieved. *Yields 8 servings*.



### Day 9

### **Hearty Waffles**

4 cups rolled oats 2 cups soy milk or other non-dairy milk

¾ cup raisins or pitted dates 1 cup water

½ cup almonds ½ teaspoon salt

Blend all ingredients for about a minute until well mixed. Add more water if necessary so the mix will not be too thick. Add the appropriate amount of mix to a pre-heated waffle maker, being careful to not overflow it. Let waffles cook for 8 to 10 minutes or until golden brown. The mix might get thicker as it stands, so add water as needed. Serve with fruit topping or maple syrup. *Yields approximately 6 to 8 waffles (depending on the size of your waffle maker)*.

### **Scalloped Potatoes**

6 or 7 medium potatoes, sliced with or without skin

1 teaspoon salt

¾ cup raw cashews 2 ½ cup water

½ medium onion ¼ tsp paprika

Place potatoes slices in a baking dish. Blend cashews with 1 cup of water until very creamy. Add the rest of the water and other ingredients (except the paprika) and blend again. Pour the cashew mix over the potatoes. Bake covered at 350°F (or 175°C) for 50 minutes. Uncover and sprinkle paprika over the potatoes. Return to oven and bake uncovered for 10 to 15 minutes more or until lightly browned at the edges. *Yields 6 to 9 servings*.



### **Tofu Burgers**

- 2 cups oats
- 1 package of extra firm tofu
- 1 cup chopped onion
- 1 cup chopped walnuts
- ½ cup whole wheat flour, vital gluten flour or soy flour
- 1 teaspoon salt

- 2 Tablespoons nutritional yeast
- 1 Tablespoon chicken-like seasoning (see recipe day 3)
- 1 teaspoon Italian seasoning
- 1 teaspoon paprika
- ¼ cup water

Mash tofu really well. Add the rest of the ingredients and mix, adding more water if necessary to form the burgers. Cook on a covered non-stick pan, lightly sprayed with oil spray, for about 10 minutes or until golden brown. Turn and cook on the other side (you can also bake in the oven at a 350°F or 175°C until golden on both sides). Serve in a burger bun or with your favorite side dish. *Yields 10 to 16 servings*.

#### **Green Baked Falafel**

- 1 1/2 cups cooked garbanzos
- 4 cups of green leafy vegetable (such as spinach or chard)
- 3 cloves garlic, minced
- 1 ½ to 2 tablespoons tahini
- 2 tablespoon lemon juice
- 1/4 teaspoon cumin
- ½ teaspoon salt
- 1/4 to 1 cup whole wheat flour or oat flour
- Olive oil spray for cooking (optional)

In a food processor put garbanzos, green vegetables, cumin, garlic, tahini, lemon juice and salt and process until you get a thick paste. Transfer to a bowl and add the flour. Add as much flour as necessary until you get the mix dry enough to form balls (you can also refrigerate the mix for 30 minutes to make it easier to handle). Check flavor and add more salt or lemon juice if desired. Form little balls (the size of a golf ball or smaller) and cook on a non-stick pan, spraying small quantity of oil if necessary, or bake at 350°F (or 175°C) on a baking sheet lined with parchment paper until golden brown. You can serve with hummus or with a pita bread. *Yields 4 to 6 servings*.



### **Day 10**

### **Easy Burrito**

1 whole grain tortilla or sprouted grain tortilla\*

2 tablespoons of cooked pinto beans

1 to 2 tablespoons of cooked brown rice

Lettuce and tomato

Vegan cheese, Cashew Cheesy Sauce or guacamole (optional)

Tofu Sour Cream (see recipe day 4)

Put all ingredients inside the tortilla. Wrap and enjoy! Yields 1 serving

\* For a gluten-free or lower calorie option use a collard green leaf instead of the tortilla (raw or blanched) and eat as a burrito or as a wrap.

#### **Festive Corn Salad**

3 cups frozen corn, thawed (or use fresh corn, cooked or raw, cut off the cob)

1 large tomato, chopped

1 avocado

1 teaspoon olive oil (optional)

1/4 cup chopped cilantro

Salt to taste

Combine corn kernels, tomato, cilantro, salt and olive oil (if you're using any) in a bowl. Cut the avocado in halves; remove the pit and carefully scoop out the pulp. Cut the pulp in cubes and gently fold into salad. Mix well and serve. *Yields 4 to 6 servings*.



### The Challenge

Now that you have tried doing the diet Daniel ate in Babylon (a plant-based diet), here's the challenge: In chapter 1 of Daniel, where the story of the 10-Day Daniel challenge is found, he is NOT fasting. After the 10 days are over and it is found that him and his friends are healthier than their regular-food eating counterparts (verse 15), Daniel and his friends in fact CONTINUED to eat a plant-based diet (verse 16) for at least three more years according to the story (verses 5, 18-20).

So then why stop at 10 days, or 21 days or whatever short amount of time, instead of doing what Daniel did? He ate a whole-food plant-based diet as a matter of habit, probably because he knew that is the type of diet humans were created to eat (see Gen 1:29).

Not only that, but now science has caught up to biblical wisdom and has confirmed that a plant-based diet is indeed what is best for human health and longevity (see page 4 and references on page 5). So why only enjoy the best nutritional health possible for a limited amount of time? I invite you to do what Daniel did and not only "test" a plant-based diet for 10 days (Daniel 1:12), but instead go on and continue to reap the benefits of the diet given originally in Genesis by incorporating more plant-based meals on a permanent, on-going basis. If you would like more plant-based recipes, visit my website at healthfortoday.net to get free recipes or a link to buy my cookbook.

For more information and recipes go to www.healthfortoday.net