

# 10-DAY *Meal Plan*

*Recipes compliments of our  
Daniel Plan Doctors and Signature Chefs*



## The Daniel Plan: 10-Day Meal Plan

Edition 1.0

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## INTRODUCTION

Our Signature Chefs have put together their favorite *Daniel Plan* approved recipes for you to explore and enjoy! You decide what you would like to eat for breakfast, lunch and dinner and choose from our appetizing list of delicious side dishes to compliment your dinner plate. Here's a peek at *The Daniel Plan* plate to check you are following our easy portion guidelines.

# THE **DANIEL** PLAN PLATE

UNLIMITED VEGGIES



WHOLE GRAINS



FRESH FRUITS



LEAN PROTEIN



USE HEALTHY FATS AND OILS



DRINK PLENTY OF WATER



## PLANT-BASED PROTEIN OPTIONS

**BY: CHEF SALLY CAMERON**

The *Daniel Plan* 10-Day Meal Plan was created with omnivores in mind – that is people who eat a wide variety of foods including animal proteins. We also want to provide healthy protein options that are plant-based and more vegetarian-friendly.

If you think of your primary source of protein being poultry, beef, or seafood, give these plant-based options a try! Plant-based proteins are a very healthy addition to everyone's diet.

How much protein do we need? The daily recommended intake for women is approximately 46 grams and for men, 56 grams. This may vary with age, exercise levels, and special health concerns, but it's a good starting point.

Between beans and legumes, nuts and seeds, grains, and some fruits and vegetables, we can get all of the protein we need from non-animal sources. When you add egg whites and healthy dairy such as Greek yogurt and protein powders to the list, the options expand.

# HEALTHY SOURCES OF PLANT-BASED PROTEIN

## BEANS

Whether dried or canned, beans are an inexpensive, plant-based option for obtaining your daily protein requirement. And with so many varieties, you can have fun finding your favorites. Beans provide approximately 6-7 grams of protein per cooked ½ cup (130 grams) serving, as well as healthy fiber.

## SEEDS (PSEUDO-GRAINS)

While we think of Quinoa, Amaranth, Millet, Buckwheat, Corn, Hemp, and Chia as grains, they are actually seeds. They can be served like grains. These seeds provide quality plant-based protein.

- Quinoa
- Amaranth
- Millet
- Buckwheat
- Hemp
- Chia
- Edamame

## TOFU

Tofu is made from soybeans and is a good source of plant-based protein. A 3 ounce (85 grams) serving will provide approximately 9 grams of protein. Think of tofu like vegetarian chicken. Anything chicken can do, tofu can do. It can be marinated, sautéed, grilled, scrambled, cooked with vegetables or stir-fried. It can replace meat in many dishes.

## LENTILS

Lentils are a nutritionally powerful member of the legume family, offering important vitamins, minerals, fiber and protein. One cup of cooked lentils provides approximately 18 grams of protein, making it a very high-protein plant-based source.

## GRAINS

Grains can add a significant amount of protein to our diet. Just ¼ cup of steel cut oatmeal has 7 grams of protein. Read labels as you grocery shop to understand protein levels. One note, grains like wheat, barley and rye contain gluten, so some grains may not be a good choice for people who need or choose to follow a gluten-free diet.

## NUTS

Whether you sprinkle them into salads, onto oatmeal, mix them into granola, sprinkle them over cooked vegetables, or mix a bit into pasta for a nice crunch, nuts can add protein to your diet. For example, 1 ounce (28 grams) of almonds and pistachios provide 6 grams of protein. Be careful with nuts as they are high in fat, so balance how much you consume in your overall menu plan.





## **FRUITS AND VEGETABLES**

All fruits and vegetables contain a small amount of protein, about 1-2 grams in each  $\frac{1}{2}$  cup serving. But one fruit that offers more is avocado. A single avocado provides 4 grams of protein plus all essential amino acids making it a complete protein. Additionally, avocados are an excellent source of heart and brain-healthy Omega-3 fatty acids.

## **VEGETARIAN PROTEIN OPTIONS AND PROTEIN POWDERS**

We would be remiss in not mentioning the high protein content of eggs and yogurt. Not just for breakfast, eggs provide 6 grams of protein per whole egg and  $3\frac{1}{2}$  grams of protein per single egg white.

Greek yogurt (unsweetened to avoid extra sugar) can provide 15-20 grams of protein per 6 ounce cup. Be sure to read labels when you buy yogurt and choose the healthiest option.

Protein powders come in a variety of forms, from whey and egg white based powders to plant based options with hemp, pea and cranberry protein blends. Utilizing protein powder can get your day started off right by being mixed into smoothies and shakes.

# 10-DAY MEAL PLAN

*The Daniel Plan* makes preparing food easy and fun! We've created this variety-filled, delicious meal plan for you to try. Our meal plan is a reflection of the abundance God has provided that fuels our body and gives us energy to live out our passion and purpose. We have also given you plant-based protein options, so feel free to substitute these for any of the meat dishes. Enjoy!

<p><b>DAY 1</b></p> <p><b>BREAKFAST:</b> Hearty Oatmeal</p> <p><b>SNACK</b></p> <p><b>LUNCH:</b> Tuna Boats</p> <p><b>SNACK</b></p> <p><b>DINNER:</b> Golden Chicken Cutlets 1 pasta or rice or bean side &amp; 1 vegetable side</p>	<p><b>DAY 2</b></p> <p><b>BREAKFAST:</b> Daily 5 Smoothie</p> <p><b>SNACK</b></p> <p><b>LUNCH:</b> Cashew Chicken Salad</p> <p><b>SNACK</b></p> <p><b>DINNER:</b> Lemon Pepper Halibut 1 pasta or rice or bean side &amp; 1 vegetable side</p>	<p><b>DAY 3</b></p> <p><b>BREAKFAST:</b> Blueberry Muffin</p> <p><b>SNACK</b></p> <p><b>LUNCH:</b> Asian Chicken Lettuce Cups</p> <p><b>SNACK</b></p> <p><b>DINNER:</b> Grilled Fish Tacos 1 pasta or rice or bean side &amp; 1 vegetable side</p>	<p><b>DAY 4</b></p> <p><b>BREAKFAST:</b> Veggie &amp; Protein Scramble</p> <p><b>SNACK</b></p> <p><b>LUNCH:</b> Cobb Salad</p> <p><b>SNACK</b></p> <p><b>DINNER:</b> Spiced Turkey Burgers 1 pasta or rice or bean side &amp; 1 vegetable side</p>	<p><b>DAY 5</b></p> <p><b>BREAKFAST:</b> Yogurt Parfaits with Berries &amp; Granola</p> <p><b>SNACK</b></p> <p><b>LUNCH:</b> Turkey Wrap</p> <p><b>SNACK</b></p> <p><b>DINNER:</b> Italian-style Chicken Fingers 1 pasta or rice or bean side &amp; 1 vegetable side</p>
<p><b>DAY 6</b></p> <p><b>BREAKFAST:</b> Berry Nut Quinoa</p> <p><b>SNACK</b></p> <p><b>LUNCH:</b> Vegetarian Chili</p> <p><b>SNACK</b></p> <p><b>DINNER:</b> Rosemary Chicken 1 pasta or rice or bean side &amp; 1 vegetable side</p>	<p><b>DAY 7</b></p> <p><b>BREAKFAST:</b> Healthy Protein Smoothie</p> <p><b>SNACK</b></p> <p><b>LUNCH:</b> Quinoa Salad</p> <p><b>SNACK</b></p> <p><b>DINNER:</b> Glazed Ginger Salmon 1 pasta or rice or bean side &amp; 1 vegetable side</p>	<p><b>DAY 8</b></p> <p><b>BREAKFAST:</b> Spicy Harvest Omelet</p> <p><b>SNACK</b></p> <p><b>LUNCH:</b> Greek Pasta Salad</p> <p><b>SNACK</b></p> <p><b>DINNER:</b> Turkey Meatloaf 1 pasta or rice or bean side &amp; 1 vegetable side</p>	<p><b>DAY 9</b></p> <p><b>BREAKFAST:</b> On-the-Go Mini Meal</p> <p><b>SNACK</b></p> <p><b>LUNCH:</b> Classic Chicken Salad Pita</p> <p><b>SNACK</b></p> <p><b>DINNER:</b> Slow Cooker Pepper Steak 1 pasta or rice or bean side &amp; 1 vegetable side</p>	<p><b>DAY 10</b></p> <p><b>BREAKFAST:</b> Banana Nut Oatcakes</p> <p><b>SNACK</b></p> <p><b>LUNCH:</b> Avocado &amp; Bean Burrito</p> <p><b>SNACK</b></p> <p><b>DINNER:</b> Moroccan Salmon Kabobs 1 pasta or rice or bean side &amp; 1 vegetable side</p>



# BREAKFAST

## HEARTY APPLE OATMEAL

- 1 c water (or low-fat milk for creamier oatmeal)
- ½ c old-fashion oats (not instant) • ⅛ t salt
- 2 T chopped Granny Smith or Fuji apples
- pinch of stevia or 1 t real maple syrup • ⅛ t cinnamon or pumpkin-pie spice • 2 t chopped walnuts or pecans
- 1 scoop unsweetened whey protein powder (optional)

In a small saucepan, bring water to a boil. Stir in oats and salt. As soon as the water begins to boil again, reduce heat to a simmer. Continue cooking, stirring occasionally for about 5 minutes or until you get your desired consistency. Add to saucepan chopped apple, stevia or maple syrup, protein powder, walnuts or pecans, and spice. Mix well.

Serving Size: 1



## YOGURT PARFAITS WITH BERRIES & GRANOLA

- 4–6 oz container of plain Greek yogurt
- 6 oz container fresh raspberries
- 6 oz container fresh blackberries
- 12 fresh strawberries
- 6–8 t low-sugar, low fat granola

Right before using, rinse berries gently in cold water and drain on paper towels. For strawberries, cut off the tops and quarter them. Using 4–16 ounce/1 pint canning jars, layer yogurt, berries, and granola. If you are transporting them, use the lids to secure the parfaits.

Serving Size: 4

### LEGEND:

- c = cup
- oz = ounce
- lb = pound
- t = teaspoon
- T = Tablespoon

# BREAKFAST

## BLUEBERRY MUFFINS

- 1 t extra-virgin olive oil
- 1 c almond meal
- 2 t baking powder
- 2 t ground cinnamon
- ¼ t sea salt
- 4 large eggs
- 1 T unsweetened applesauce
- 1 T pure vanilla extract
- 1 c frozen blueberries

Preheat oven to 350° F. Line a 6-cup nonstick muffin pan with baking cups and lightly grease the cups with oil. Stir together the almond meal, baking powder, cinnamon, and salt in a large bowl. In a separate bowl, whisk together eggs, applesauce and vanilla. Pour the wet ingredients into the dry ingredients and mix until well blended. Once the batter is smooth, fold in the blueberries. Use a lightly greased 4 ounce ice-cream scoop to divide the batter evenly among the muffin cups. Bake 25 to 30 minutes. Let muffins cool on a wire rack for 10 minutes before serving.

Serving Size: 1 muffin



## DAILY 5 SMOOTHIE

- 1 c low-fat milk\*
- 1 banana or ¼ avocado
- ½ c seasonal fruit (berries or peaches)
- ½ c kale or spinach

*Optional:*

- 1 T flaxseed oil or other Superfoods of choice (1 T Super Greens or maca-root powder)
- To sweeten add 1 T raw honey or agave nectar or a ½ t stevia

Blend all ingredients well in a high-powered blender; add 1 cup of ice if desired. For variations substitute fruit or add 1 scoop of whey protein powder.

Serving Size: 1

\*Substitute unsweetened almond milk

# BREAKFAST



## VEGGIE & PROTEIN SCRAMBLER

- 1 to 2 eggs
- ½ to 1 c fresh spinach, kale, chopped asparagus
- ¼ c diced tomatoes
- ¼ avocado (cubed)
- 1 t Earth Balance® Buttery Spread
- Pinch herbs (fresh, chopped)

In a non-stick skillet on medium heat, melt the Earth Balance Buttery Spread. Lightly sauté the greens and tomatoes. Scramble eggs and pour into skillet. Cook until done. Place in serving dish and top with fresh herbs. Top with cubed avocado.

Serving Size: 1

## HEALTHY PROTEIN SMOOTHIE

- 8-10 oz low-fat milk\*
- 1 scoop whey protein powder (25 grams of protein per scoop)
- 1 small banana
- ½ c of frozen berries

*Optional:*

- 1 T flaxseed oil or other superfoods of choice:  
1 T supergreens powder,  
1 T maca-root powder (to sweeten add 1 T raw honey or agave nectar or sprinkle with ½ t Stevia)

Blend all ingredients well in a high-powered blender; add 1 cup of ice if desired. For variations substitute fruit or add 1 scoop of whey protein powder.

Serving Size: 1

\*Unsweetened almond milk can be used instead of milk.



# BREAKFAST



## SPICY HARVEST OMELET

- grapeseed oil • 1 to 2 T onion, diced
- 2 T sliced mushrooms • ¼ c spinach, chopped
- ¼ c diced red or orange peppers
- 1 whole large egg and 2 large egg whites
- ½ c tomatoes, diced • 1 T feta cheese
- crushed red pepper • black pepper

### *Optional:*

- chives

Liberally coat a small skillet with oil and heat over medium heat. Add onion, mushrooms, spinach, and peppers and cook, stirring until the vegetables are soft (5 to 8 minutes). In a small bowl, beat the whole egg and egg whites together. Pour the eggs into the skillet and cook until almost set. Add diced tomatoes and feta cheese, and cook until cheese is slightly melted. Gently fold half of the omelet over itself. Slide the omelet out of the skillet and onto a plate. Season the omelet with the crushed red pepper and black pepper to taste.

*Optional:* Add chives to garnish.

Serving Size: 1

## BERRY NUTTY QUINOA

- 1 c low-fat milk
- 1 c water
- 1 c rinsed quinoa
- 1 T Earth Balance®  
Buttery Spread
- 4 drops stevia
- 1 c fresh blueberries
- 1 c fresh strawberries,  
sliced
- ½ t ground cinnamon
- ¼ c raw walnuts, chopped

In a medium saucepan over high heat, combine milk, water, and quinoa. Bring to a boil. Reduce heat to medium low. Cover and simmer until most of the liquid is absorbed, about 15 minutes. Add Earth Balance and stevia if desired and stir well. Remove from heat and let stand for 5 minutes. Stir in blueberries, strawberries, and cinnamon. Top with walnuts and serve warm.

Serving Size: 4

\*Unsweetened almond milk can be used instead of milk.

# BREAKFAST

## BANANA NUT OATCAKES

- 2 c rolled oats • 2 T walnuts • 1 c low fat milk\*
- 2 T wheat flour • 1 egg yolk • 1 t vanilla
- ½ t salt • 1 banana

### *Optional:*

- blueberries

Put oats in a blender and set on “chop” or “grind.” Blend until oats are a very fine consistency. Add walnuts and blend until nuts are ground to a chopped consistency. Add rest of the ingredients, except banana, to blender and “pulse” until mixture is smooth. Pour mixture into a bowl. Add a little water as necessary if mixture thickens too much. Pour onto a preheated, nonstick griddle, or pan until golden brown. You do not need oil if you are using a nonstick griddle or pan. Place oatcakes on plates and top with banana. Serve hot. Drizzle with agave nectar or real maple syrup as desired.

Serving Size: 4

\*Unsweetened almond milk can be used instead of milk.



## ON-THE-GO MINI MEAL

- 1 whole wheat or sprouted grain English muffin
- 1 T almond butter or natural peanut butter
- 1 t ground flax or chia
- ½ banana  
(sliced in half lengthwise)
- sprinkle with cinnamon

Toast the muffin. While the muffin is still warm, spread the nut butter onto one side. Top with the sliced banana and sprinkle with the flax or chia. Place the other half of the muffin on top, forming a sandwich. You can wrap this in aluminum foil to eat at work or on-the-go.

Serving Size: 1

# LUNCH

## CLASSIC CHICKEN SALAD PITA

- 1 lb boneless, skinless chicken breast, cooked and chilled
- 3 large celery ribs, finely diced • ½ c onion, diced
- 4 T Vegenaïse® or Spectrum Naturals® mayonnaïse
- salt and pepper to taste • a few squeezes of fresh lemon
- 4 whole wheat pitas

*Optional:* (add your favorite diced veggies) • cucumbers, • carrots • peppers • 1 T dill or tarragon

Slice the chicken breast into long thin strips, dice crosswise into small pieces and place in a medium bowl. To the bowl, add the celery and onion, Vegenaïse or mayonnaïse, lemon juice, salt and pepper. Mix gently. To make a sandwich, divide salad into 4 whole-wheat pitas or mound on fresh greens.

Serving Size: 4

## AVOCADO & BEAN BURRITO

- 2 c shredded romaine lettuce
- 2 T yellow onion, chopped
- ½ md avocado, peeled, pitted and chopped
- 2 T cilantro, chopped
- 4 T chunky tomato salsa
- ½ c nonfat vegetarian refried beans
- 2 sprouted or natural brand corn tortillas

Mix the lettuce, onion, avocado, cilantro, and salsa in a medium bowl until the vegetables are evenly coated. Smear half of the beans on each tortilla, fill with vegetable mixture, and wrap burrito style.

Serving Size: 1





# LUNCH



## TUNA BOATS

- 1 large can tuna (in water) • 1 T Veganise® or Spectrum Naturals® mayonnaise • 2 large red bell peppers
- 1 cucumber, thinly sliced • 1 tomato, sliced
- ¼ c sweet onion, diced • 1 avocado • ¼ c sprouts
- salt and pepper

### *Optional:*

- chopped celery • chopped onion • 1 T Dijon mustard

Put drained tuna into medium bowl. Add Veganise or mayonnaise and mix well. Gently cut tops off bell peppers. Carefully slice peppers in half, making sure the peppers have enough room to hold the tuna and veggies. The peppers should maintain a “boat” shape. Clean out seeds and wash the peppers. Cut cucumber in half, then standing each half on end, cut into thin slices (like cheese slices). Set aside. Slice tomato and set aside. Avocado may be sliced or scooped into a bowl and smashed with a fork to make a spread. Place a layer of avocado spread in red bell pepper boats. If using avocado slices, add at the end. Spread a layer of tuna over the avocado. Add cucumber slices, tomato slices, and sprouts. Sprinkle with salt and pepper to taste.

*Optional:* Spice up tuna by adding chopped celery, onion, and 1 Tablespoon Dijon mustard. Serve cold.

Serving Size: 2



## TURKEY TORTILLA WRAP WITH AVOCADO CREAM

- ½ avocado
- 2 to 3 T plain Greek yogurt
- 2 t fresh lemon juice
- pinch of salt and pepper
- 2 whole wheat tortillas
- 4 oz sliced deli-style turkey, nitrate-free
- 1 large Roma tomato, thinly sliced crosswise
- 2 handfuls of dark lettuce greens

Puree the avocado, yogurt, lemon juice, salt and pepper until smooth. Or mash avocado well and mix with yogurt until smooth. Set aside. On a tortilla spread with avocado cream, layer on turkey slices, tomato slices, and greens.

Serving Size: 2

# LUNCH



## QUINOA SALAD (TABOULEH)

- 1 c quinoa • 2 c water • ½ cucumber, diced
- 3 sm Roma tomatoes, diced • ½ sm red onion, diced fine (or use shallot) • 1 c fresh Italian parsley, finely chopped
- ½ c fresh mint leaves, finely chopped • 6 T of dressing (recipe below)

### *Vinaigrette:*

- 4 T olive oil • 3 T fresh lemon juice
- 2 large garlic cloves (finely minced or pressed)
- ½ t salt • ¼ t black pepper

To make the vinaigrette, whisk all ingredients together in a small bowl. This will make extra, in case you need a bit more. Add 1 cup of quinoa to a small saucepan. Add 2 cups water and bring to a boil. Reduce to a simmer and cover with lid. Turn heat to low. Cook until all water is absorbed, about 15 minutes. Turn off heat. Allow to stand for about 15 minutes to steam finish. Quinoa should be light and fluffy. Place quinoa in a bowl to cool and fluff with a fork. Dice cucumbers and tomatoes and add chopped onion and herbs. When ready to serve, add a few Tablespoons of the dressing and toss gently. Add enough to flavor the salad but don't soak it in dressing. Serve chilled.

Serving Size: 3 to 4

## COBB SALAD

- 2 c shredded romaine lettuce
- 2 T yellow onion, chopped
- ½ medium avocado, peeled, pitted and chopped
- 2 T cilantro, chopped
- 4 T chunky tomato salsa
- ½ c nonfat vegetarian refried beans
- 2 sprouted or natural brand corn tortillas

Mix the lettuce, onion, avocado, cilantro, and salsa in a medium bowl until the vegetables are evenly coated. Smear half of the beans on each tortilla, fill with vegetable mixture, and wrap burrito style.

Serving Size: 2

# LUNCH

## GREEK PASTA SALAD

### *Vinaigrette:*

- 4 T olive oil
- 2 T fresh lemon juice
- 1 T fresh oregano, finely chopped
- 1 T fresh mint, finely chopped
- salt and pepper to taste

### *Salad:*

- 8 oz whole wheat macaroni pasta
- 1 cucumber, quartered and diced
- 18 grape tomatoes, halved
- 4 to 6 oz light feta cheese, cubed small
- 20 Greek Kalamata olives, pitted and halved
- 1-15 oz can artichoke hearts packed in water, drained and halved
- 1-2 T fresh chives, chopped (optional)

First, make the vinaigrette by whisking all ingredients together in a small bowl. Taste and add additional lemon juice or oil. Salt and pepper to taste. Set aside. Bring a large pot of water to a full boil. Add a Tablespoon of salt, add pasta. Cook according to package directions. Drain and toss with a little vinaigrette. When the pasta is cool, add cucumbers, tomatoes, feta, olives, artichoke hearts, and chives (if using). Toss with another Tablespoon or two of the vinaigrette.

Chill until ready to eat.

Serving Size: 4





# LUNCH

## VEGETARIAN CHILI

- 2 T olive oil • 1 medium onion, minced • 3 garlic cloves, minced • 2 T ground Ancho chili pepper
- 1 T smoked paprika • 2 to 3 t ground cumin
- 1 t ground coriander • ½ t smoked black pepper
- ¼ t ground chipotle powder • 1 t dried Italian blend herbs (basil, oregano, thyme, rosemary mix)
- 1 lb carrots, peeled and diced small • 2 small zucchini, quartered, seedy center cut out, diced small
- 1 medium yellow squash, quartered, seedy center cut out, diced small • 3-14 oz cans petite diced tomatoes, drained and juice reserved • 1-15 oz can organic kidney beans, rinsed and drained • 1-15 oz can organic cannellini beans, rinsed and drained • 1 t kosher salt

In a 5 to 6 quart heavy pot heat olive oil over medium heat; add onion and cook until soft and translucent. Add garlic and cook another minute, stirring so garlic does not burn. Add all spices and herbs. Cook for about 3 to 4 minutes until the spices release their oils and fragrance, stirring occasionally. Add carrots and drained tomato juices and cook until carrots are softened. Add zucchini, yellow squash, drained tomatoes and beans. Add 1 teaspoon of kosher salt. Cover pot, turn heat to low and simmer until all vegetables are soft and flavors have blended, about 30 minutes. Remove lid and check the chili. If you want it thicker, simmer for a few more minutes with the lid off. Season with additional salt and pepper to your taste.

Garnish with shredded parmesan cheese.

Serving Size: 6



Ancho Chili is a dark, smokey chili with a deep rich flavor and mild to medium heat. This pepper is the most commonly used in authentic Mexican cooking and is a staple in red chili tamales.

## LUNCH



### ASIAN CHICKEN LETTUCE CUPS

- ½ c snow peas, strings removed
- 3 c boneless, skinless cooked and shredded chicken breast
- ½ c red bell pepper, thinly sliced
- ½ c julienne carrots
- ¼ c scallions, thinly sliced
- *Tahini dressing* (recipe below)
- 2 T black sesame seeds
- Iceberg lettuce

Bring a pan of salted water to a boil. Drop in the snow peas and cook for 30 seconds. Drain, and immediately place in a bowl of ice water to stop the cooking. Drain again. Slice snow peas into thin slices. Place snow peas in a large bowl. Add chicken, red pepper, carrot, and scallion, and stir to combine. Mix dressing into the chicken mixture. Scoop chicken mixture into Iceberg lettuce cups. Garnish with sesame seeds before serving.

#### *Tahini Dressing:*

- ¼ c tahini
- ¼ c light sesame oil
- 1 t minced garlic
- ¼ t fresh, grated ginger
- 4 t fresh lemon juice
- 4 t low-sodium soy sauce
- 1½ t dark sesame oil
- ¼ t kosher salt
- ¼ t Thai Kitchen Red Chili Paste

Whisk all ingredients together until well blended.

Serving Size: 4

### CASHEW CHICKEN SALAD

- 4 oz dry rice noodles  
(or 2 c cooked)

#### *Salad:*

- 1 c boneless, skinless chicken breast, cooked and diced
- 2 c shredded Napa Cabbage
- 2 sliced scallions
- 1 c sliced carrots
- ½ c sliced red bell pepper
- 1 fresh orange, cut into chunks

#### *Dressing:*

- 1 T cashew butter
- 1 T plain unseasoned rice vinegar
- 2 T freshly squeezed lime juice

Garnish with  
1 T chopped fresh cilantro  
and 3 T chopped cashews.

Serving Size: 2

# DINNER



## GOLDEN CHICKEN CUTLETS

- 1½ lb boneless, skinless chicken • 1 T salt
- 1 T pepper • 1 T granulated garlic
- ½ c whole wheat flour • 2 T olive oil

Slice the chicken breasts in half horizontally. Season both sides of the chicken with salt, pepper, and granulated garlic. Sprinkle flour over the chicken and lightly coat both sides. Shake off excess. Heat a sauté pan over medium heat. Add olive oil. When it's bubbling and hot, add chicken cutlets, nicer side down first. Allow the cutlets to cook until they are golden. You can tell when they are almost ready to turn as the edges start to get white (cooked). Turn the cutlets and cook another minute or two until done. Remove from heat and enjoy freshly prepared.

Serving Size: 4



## MOROCCAN SALMON KABOBS

- 1 lb of salmon, cut into 1" wide strips
- 2 T Moroccan spice
- 2 T Cajun spice
- 2 oz grapeseed oil
- 1 red onion, cut in chunks
- 1 zucchini, cut in ½" round
- bamboo skewers

Place oil and spices in a bowl. Mix together well. Add salmon. Massage spice oil into salmon. Place in a gallon Ziplock® bag and marinate in the refrigerator for 24 hours. To make kabobs, soak skewers submerged in water for 30 minutes. Arrange salmon and vegetables on skewers. Fire up the grill until hot. Grill kabobs until salmon is cooked and vegetables are tender.

Serving Size: 3 to 4



## DINNER



### SPICED TURKEY BURGERS

- 12 oz ground turkey breast
- 1 t ground cumin
- 1 large garlic clove, minced
- 1 T fresh parsley, chopped
- 1 T fresh oregano, chopped
- 1 T fresh chives, chopped
- ½ t sea salt
- ¼ t black pepper
- 2 t grapeseed oil

#### *Optional:*

- sliced ripe tomato
- avocado
- green lettuce
- red onion, thinly sliced
- whole grain buns

In a medium bowl, combine all ingredients. Mix well but gently with your hands. Form into 2 patties, cover and refrigerate for at least 30 minutes. Fire up the grill until hot. Turn heat down to medium and add burgers. Grill on one side until browned and grill marks have formed. Turn the burger and finish cooking until they reach 160 to 165° F in the center. They will feel firm but not hard. Top burger with a slice of tomato, a slice of red onion, 2 slices of avocado, and a few leaves of green lettuce. Place on whole grain burger buns.

**Ancho Chili Sauce** (*Optional*): Mix together ½ cup reduced fat Veganaise® or Spectrum Natural®, 1 teaspoon ground ancho chili powder, 1 teaspoon ground sweet paprika, 1 Tablespoon fresh lime juice, salt and pepper to taste.

Serving Size: 2

### CROCKPOT PEPPER STEAK

- 1 lb lean round steak, sliced against the grain into strips
- 1 medium onion, cut into chunks
- 1 large red pepper
- 1 c button mushrooms
- 2 cloves garlic, minced
- 1 - 12 oz can tomato paste
- 1 - 28 oz can stewed tomatoes (no salt added)
- 1 c water
- 2 T low-sodium soy
- black pepper

#### *Optional:*

- Hot cooked brown rice

Combine first 10 ingredients in slow cooker. Set on “low” for 8 to 9 hours. If desired, serve over brown rice.

Serving Size: 4





# DINNER

## LEMON PEPPER HALIBUT

- 4 halibut fillets (4 to 6 oz each) • 3 T olive oil
- 4 c arugula • ½ c sun-dried tomatoes • 3 garlic cloves
- ¼ c basil • ¼ c red wine vinegar
- lemon pepper and salt to taste

Preheat oven to 400° F. Place sun-dried tomatoes, garlic, and basil in a blender. Blend until smooth. For sun-dried tomato dressing, add water and 1 Tablespoon of olive oil to blender, and pulse a few times, until mixed well. Season with salt as desired. Set aside. Lightly brush halibut with remaining olive oil and sprinkle with lemon pepper and salt. Transfer to a baking dish and bake for 20 to 30 minutes or until fish flakes easily when tested with a fork. Place fillets on a bed of arugula and top with sun-dried tomato dressing.

Serving size: 4



## GINGER GLAZED SALMON

- 2 8 oz salmon fillets
- 2 T honey
- 1 T fresh lemon juice
- 1 T low-sodium soy or Tamari sauce
- 2 T ginger root, finely grated
- 1 T Dijon mustard

In a small mixing bowl, combine honey, lemon juice, soy sauce, ginger root, and mustard. Mix well. Transfer mixture to a shallow baking dish and spread mixture out. Place salmon fillets in a baking dish and coat one side of fillets with marinade. Turn fillets over and coat the other side. Cover and marinate for 20 to 30 minutes, turning occasionally. Preheat grill to medium heat. Grill fillets for 4–6 minutes on each side depending on thickness. Cut the fillets in half.

*Optional:* Salmon may be cooked in a pan over medium heat). Serve with a freshly prepared vegetable and/or green salad.

Serving Size: 4

# DINNER

## TURKEY MEATLOAF

- 1 ½ lbs lean ground turkey
- ¾ c old-fashioned oats, uncooked (do not use instant oats)
- 1 c onion, chopped
- ½ t black pepper
- 1 t sea salt
- 1 T fresh basil leaves, chopped
- 1 T fresh oregano, chopped
- 3 garlic cloves, minced
- 2 eggs
- ½ c tomato basil pasta sauce

Preheat oven to 350° F. In a large mixing bowl, combine turkey, oats, onion, salt, pepper, basil, oregano, garlic, eggs, and ¾ cup of the pasta sauce. Mix well. If you prefer, you can place onion, basil, oregano, and garlic in food processor to mix. Press mixture into a 9"×5" bread loaf pan. Spread remaining pasta sauce over the top. This should be a thin coat to prevent the loaf from drying during baking. Bake for approximately 60 minutes or until internal temperature is 160° F. Serve with a freshly prepared vegetable and/or green salad.

Serving Size: 2



## ROSEMARY CHICKEN

- 2 boneless, skinless chicken breasts
- 1 t fresh rosemary, chopped
- 1 t fresh sage, chopped
- 3 garlic cloves, minced
- 1 T grapeseed oil
- 2 T red wine vinegar
- ½ t honey
- ½ t salt
- ¼ t pepper

In a medium bowl mix rosemary, sage, garlic, grapeseed oil, vinegar, honey, salt, and pepper. Add chicken and coat thoroughly. Cover and refrigerate for minimum 1 hour, up to 24 hours. Preheat the grill to medium heat. Remove chicken from marinade, and grill for 8 to 10 minutes per side.

Serving Size: 2

## DINNER



### GRILLED FISH TACOS WITH WARM AVOCADO SALSA

- ½ lb salmon fillet, halibut or your favorite fish
- shredded cabbage • 1 lime
- 2 to 3 Ezekiel 4:9® wraps or corn tortillas
- 4 T Warm Avocado Salsa (see recipe)

Grill or bake fish in a 400° F oven until done. Do not overcook, fish should be moist. Divide the fish into 3 to 4 portions. In a wrap or tortilla, place the fish on top of a bed of shredded cabbage. Top with “Warm Avocado Salsa” and squeeze fresh lime juice over the top.

Serving Size: 3 to 4

### WARM AVOCADO SALSA

- 4 chopped tomatoes • 2 chopped scallions
- 1 small, chopped red onion • 1 small, finely chopped and seeded jalapeño pepper • 1 diced avocado
- 1 lime (juiced) • ½ c chopped cilantro

In a non-stick skillet, lightly oil with olive oil, sauté tomatoes until they soften. Add scallions, onion, and jalapeño. Add avocado and lime juice and heat just until warm. Do not cook or mash. Stir in the cilantro and serve immediately.

Serving Size: 2 to 3

### ITALIAN-STYLE CHICKEN FINGERS

- t grapeseed oil
- 1 lb skinless, boneless chicken tenders
- ½ c Italian-spiced whole wheat or Panko bread crumbs
- 1 ½ c marinara pasta sauce

#### *Optional:*

- ½ c grated Parmesan cheese

Preheat the oven to 450° F. Lightly oil pan with grapeseed oil. Place one chicken breast between two sheets of plastic wrap or waxed paper. In a bowl combine the bread crumbs and ¼ c of the Parmesan cheese. Toss the chicken tenders in the bread crumbs-cheese mixture to thoroughly coat. Place chicken on the prepared baking sheet. Bake the chicken for 15 to 18 minutes, turning once about halfway through, until the chicken reaches an internal temperature of 160° F. While the chicken is baking, heat the marinara sauce in a small saucepan over low heat. Top the chicken tenders with the warm marinara sauce and sprinkle each chicken tender with 1 T grated Parmesan cheese. Serve with a freshly prepared vegetable and/or green salad.

Serving Size: 4

# SIDE DISHES

## BASIC BROCCOLINI

- 1 bundle or wrapped package of broccolini or broccollette
- 1-2 t olive oil
- A sprinkle of sea salt and pepper

Fill a large pot (4-5 quart size)  $\frac{3}{4}$  of the way with water. Bring water to a boil over high heat.

While water is coming to a boil, trim the broccolini. Cut a little off the stem end and cut any wide or thick spears into longer strips if desired. When water is boiling add two teaspoons of sea or kosher salt.

Drop broccolini into boiling water for 2½ minutes. Drain immediately and dress with salt, pepper, and a light drizzle of oil to taste. Add any extra herbs or seasoning as desired. Serve warm alongside your main dish.

Serving Size: 2

## BASIC GREEN BEANS

- 6 oz (two big handfuls) fresh green beans, stem ends snapped off
- 2 t sea or kosher salt
- A drizzle of oil to dress (olive oil, walnut oil, avocado oil, coconut oil)
- Salt and pepper, to taste

Fill a large pot (4-5 quart size)  $\frac{3}{4}$  of the way with water. Bring water to a boil over high heat. Add salt and drop in green beans. Turn heat down a bit and cook for 5 minutes. Drain immediately, drizzle with oil, salt and pepper and serve hot.

*Options:* You can add chopped fresh herbs or a sprinkle of chopped nuts to add flavor and texture.

Serving Size: 2

## GINGER-GLAZED SWEET PEPPERS

- 2 large bell peppers (mix of red, orange, yellow or purple)
- 2 t coconut oil (or other oil)
- 1 large clove of garlic, chopped fine
- 2 t finely grated fresh ginger (or organic puree in a jar)
- Salt and pepper, to taste

Wash the peppers in cold water. Trim off the top stem end and a thin slice off of the bottom. Cut pepper down the side top to bottom and open up the pepper. With your fingers, pull out and discard the seeds and light fleshy ribs. Lay the pepper flat and cut into thin strips top to bottom. In a medium sauté or fry pan, heat the oil until shimmering (but not smoking). Add the pepper strips and cook until they are soft, stirring as needed. Add the garlic and ginger and toss to coat, cooking another minute or two. Doneness will depend on how crisp you like them. Try one!

Serving Size: 2



## SIDE DISHES

### ROAST ASPARAGUS

- 12-14 medium thick spears of fresh green asparagus
- 2 t olive oil
- a sprinkle of salt and pepper

Preheat oven to 425° F. Line a rimmed metal baking sheet with foil. Wash asparagus spears and snap off root ends. Place the asparagus spears on the foil-lined baking sheet and drizzle with oil, salt and pepper. Roast in the oven for about 5 minutes, depending on how crisp you like your asparagus. Remove from oven and serve hot.

Serving Size: 2

### EASY ZUCCHINI

- 3 small zucchini
- 2 t olive or coconut oil
- 1-2 cloves fresh garlic, finely chopped
- 2-3 t fresh chopped parsley or oregano
- Salt and pepper, to taste

Wash zucchini and trim of both ends. Cut zucchini half lengthwise. Then cut zucchini crosswise into ½" thick pieces. Heat oil over medium heat in a sauté or fry pan until shimmering (but not smoking). Add zucchini and cook (sauté), stirring with a wooden spoon or spatula until slices are starting to brown and zucchini is softened but still crisp. Add the garlic and cook 1 minute. Turn off the heat. Sprinkle with herbs, salt and pepper and serve at once.

Serving Size: 2

### KALE RIBBONS

- 2 t sea or kosher salt
- 1 head or bunch of dark green organic kale (Tuscan, Lacinato, or Dino variety)
- 1-2 t olive oil
- Pinch red pepper flakes
- Salt and pepper, to taste

*Optional:*

- Sprinkle of freshly grated Parmesan cheese

*When buying kale, look for the variety called Tuscan, Lacinato, or Dino kale. The leaves are long, thin, dark green and more flat than curly kale. A sprinkle of grated Parmesan adds nice flavor.*

Fill a large pot (4-5 quarts) about ¾ full with water. Bring water to a boil. While waiting for water to boil, wash kale leaves in cold water. Shake the extra water off the leaves, place flat on a cutting board and trim out center rib. Then trim the leaves crosswise into thin ribbons. When water boils, add salt. It will bubble up rapidly. Drop in the kale ribbons and cook for 3 minutes. Remove immediately, drain and place in a medium bowl. While hot, toss with the olive oil, red pepper flakes, salt pepper and Parmesan cheese if using.

Serving Size: 2

## SIDE DISHES

### SPICED BLACK BEAN SALAD

- 2-3 t olive oil
- 1 t ground cumin (or more to taste)
- a pinch of ground chipotle or a splash of hot sauce (*optional*)
- the juice of 1 juicy lime (or more to taste)
- 1 15 oz can organic black beans, rinsed and drained
- 1 tomato, chopped into medium or small pieces
- 1-2 T chopped red onion  
(or 1 large shallot chopped fine)
- 2-3 t chopped fresh cilantro (or fresh chopped parsley)
- Salt and pepper

Place oil, cumin, chipotle or hot sauce if using, and lime juice in a medium bowl and whisk or stir together. Add beans, tomato and red onion and cilantro and toss gently. Season with salt and pepper to taste and serve either room temperature or chilled.

Serving Size: 2-3

### SAUTÉED MUSHROOMS WITH GARLIC AND HERBS

- 12-16 oz of fresh white or brown medium-sized mushrooms
- 1 t olive oil (or coconut oil)
- A sliver of butter
- 1 large clove garlic, finely chopped
- Fresh chopped parsley (or fresh oregano or tarragon)
- Salt and pepper

Gently clean mushrooms under small stream of cold water if necessary but don't let them get too wet. Next, trim stem flush with the base of the mushroom with a sharp paring knife. Place on a paper towel to dry. Quarter the mushroom and set aside. In a medium skillet or sauté pan. Heat oil and butter until melted and bubbling. Add the mushrooms and stir. Keep stirring. As they cook, mushrooms will begin to release their moisture. They will begin to brown nicely and start to squeak as you stir. Cook until browned and almost dry. Add the garlic and cook 1 minute more. Then add the chopped herbs. Season with a sprinkle of salt and pepper. Serve at once.

Serving Size: 2

# SIDE DISHES

## HERBED ORZO WHOLE WHEAT PASTA

- 4 oz of whole wheat orzo pasta
- 2 t olive oil
- Chopped fresh herbs (parsley, oregano, basil)
- Zest from 1 large lemon
- Salt and pepper

### *Optional:*

- A sprinkle of Parmesan cheese

Cook pasta according to package directions, drain and add olive oil, herbs as you prefer, lemon zest, and salt and pepper. Add a sprinkle of Parmesan if using. Parmesan is salty, so use less salt when you season.

Serving Size: 2

## BROWN OR WILD RICE

Available at most markets, simply follow package directions.

Serving Size: Varies

## WHITE BEAN SALAD

- 1 15 oz can of organic Cannellini beans, rinsed and drained.

### *Optional:*

- 1 T (15 ml) fresh squeezed lemon juice
- 3 T (45 ml) extra virgin olive oil
- 1 large garlic clove, finely chopped
- 2 t fresh finely chopped rosemary
- 1 generous T finely chopped flat leaf (Italian) parsley
- 2 T finely chopped chives
- 2 t fresh chopped oregano
- Salt and black pepper, to taste

Place the vinaigrette ingredients in a medium bowl and whisk together. Add rinsed and drained beans and toss gently. Taste and add more seasoning to taste or more herbs as desired. Serve room temperature, warm or chilled.

Serving Size: 2

## QUINOA

- 1 c organic quinoa (red, black, white or tri-color blend)
- 2 c water (or vegetable or chicken broth)
- pinch of salt

### *Optional:*

- Add a drizzle of olive oil, some fresh chopped herbs, salt and pepper, chopped nuts, to flavor your dish as desired. Leftover cooked chopped vegetables also make a nice addition.

If your quinoa needs to be rinsed (read the package), place it in a fine sieve and run cold water through it for a few minutes to rinse well. If you have a spray attachment, use that. Place quinoa in a 2-quart pan, add water and pinch of salt. Bring the pot to a boil. Place a tight fitting lid on the pan and turn heat down to very low. Allow quinoa to cook for 18 minutes, then remove from the heat to a cool burner and allow to sit for about 7-10 minutes, covered, to steam finish. Fluff with a fork and dress as desired to serve.

Serving Size: 4



## DELICIOUS SNACKS: 20 EASY BITES

- Applesauce, unsweetened
- Apple
- Apple with almond or peanut butter (1 T)
- Banana with almond or peanut butter (1 T)
- Blueberries with Greek yogurt (¼ c)
- Celery with almond or peanut butter (2 T)
- Deviled eggs and hummus (discard yolks and fill with hummus)
- Edamame – steamed
- Guacamole on sprouted grain toast (2 T)
- Almonds or any mix of raw nuts (15 to 20)
- Popcorn with melted Earth Balance® Buttery Spread and your favorite spice/herb
- Protein bars, low sugar
- Protein shake with fresh or frozen fruit
- Rice crackers with fresh salsa
- Sweet potato (½ baked) with Earth Balance Buttery Spread (1 t)
- Tuna and Veganaise® with celery or bell pepper (2 t)
- Turkey breast with cantaloupe
- Veggies and hummus (2 T)
- Cottage cheese (½ c)
- Yogurt, unsweetened (½ c)



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