

# Daniel Fast Menu Ideas

Sanctuary Fellowship

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## Grocery Items

### **Produce**

Apples  
Bananas  
Berries  
Avocado (2-5)  
Lemons  
Limes (3 or more)  
Cucumber  
Lettuce  
Red and Green Bell Peppers  
Cilantro  
Green onions  
Jalapeno  
Carrots  
Cilantro  
Spaghetti Squash  
Spinach  
Grape or cherry tomatoes  
Garlic  
Sweet Potatoes  
Red onion  
Onions  
(other fruits and veggies of choice for snacks and salads)

### **Cold and Freezer Items**

Almond or Coconut Milk

Frozen corn  
Frozen Stir Fry vegetable blend  
Sesame seeds  
Chili powder  
Cumin  
Red Pepper Flakes  
Paprika, Salt, Pepper

### **Canned and Dry Goods**

Oatmeal or Steel Cut Oats  
Ground Flaxseeds  
Nuts, trail mix, or other  
Natural Nut butter  
Beans  
Garbanzo beans (chickpeas)  
Vegetable broth  
Diced tomatoes (Fire Roasted)  
Tomato sauce  
Veggie pasta sauce  
Brown Rice  
Quinoa

### ***Other Items:***

Sesame oil  
Soy Sauce  
Olive Oil  
Balsamic Vinegar  
Red Wine Vinegar

# BREAKFAST OPTIONS

## Apples and Cinnamon Breakfast Quinoa

### *Ingredients:*

- 1 cup dry quinoa, rinsed well
- 1 1/2 cups water
- 1 tsp cinnamon + more for sprinkling
- 2 tsp vanilla extract
- 1/2 cup unsweetened applesauce
- 1/4 cup golden raisins
- 1 cup warmed fat-free milk for drizzling (non-dairy milk is fine)
- 1 gala apple, peeled and diced
- 1/4 cup pecans, chopped

### *Directions:*

- Combine quinoa, water, cinnamon and vanilla in a small saucepan and bring to a boil. Reduce to a simmer, cover, and let cook for 15 minutes until quinoa can be fluffed with a fork.
- Divide cooked quinoa between four bowls then stir in apple sauce, raisins, and pour in warmed milk. Top with fresh cut apples and pecans and a dash of cinnamon.

Makes 4 servings. You can divide the recipe to make 2 servings.

## Banana Wraps

### *Ingredients:*

- 1 large whole grain tortilla
- 1/4 cup nut butter (I used peanut butter)
- 1 medium banana

### *Directions:*

- Lay your tortilla on a flat surface and spread the nut butter over it, mostly in the center, but try to spread it as much as you can.
- Place your peeled banana in the center.
- Roll up your tortilla and slice in half.

Recipe Notes - Optional Toppings:

- Chia seeds, Flax seeds, Sunflower seeds, Sliced strawberries, Clean eating jam or jelly

## Brown Rice Cakes

### *Ingredients:*

- Brown rice cakes
- Nut Butter
- Fruit of choice

### *Directions:*

- Spread Nut Butter on rice cake
- Top with fruit

## **Whole Wheat Crepes**

### *Ingredients:*

- 1 cup whole wheat flour
- 1/4 tsp salt
- 1 1/4 coconut milk (soy milk, or rice milk both also work fine)
- 1 medium VERY RIPE banana (If you have any frozen bananas that would work best as it makes it a little extra sweet and mushy)

### *Filling:*

- 2 medium- large bananas (I used fresh ones to get a nice creamy color, but they do brown quickly once pureed)
- 2-3 tbs apple juice
- Add some blueberries or sliced strawberries if you'd like :)

### *Directions:*

- Thaw and mash up your frozen or very ripe banana, then mix in the coconut milk, wheat flour and salt until you have a smooth batter.
- Lightly oil a pan - or a griddle - and heat. Pour some batter in and spread it with a spoon so that it is wider and very thin (much thinner than a pancake).
- When the edges of your crepe begin to look dry, flip it.
- Puree your bananas with apple juice concentrate to make the filling.
- Once your crepes are cooked spoon in a little filling and roll them placing a couple on each plate.
- I blended up a few blueberries to drizzle on top to make them look yummy ;) and dolloped a bit of the banana on top too.

## **SMOOTHIES**

### **Coconut Bliss**

- 1/2 cup water
- 1/2 cup unsweetened coconut milk
- 1 cup sliced fresh or frozen banana (about 1 medium banana)
- 1 cup fresh or frozen blueberries
- 1 cup frozen or fresh mango chunks
- 1 cup fresh or frozen sliced strawberries

- Place all ingredients in a blender, and process until smooth.

### *Recipe Notes*

- To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.
- Make it green! Add 1 cup chopped kale or spinach leaves.

### **Blueberry Mango Smoothie**

- 1 cup water or unsweetened almond milk, coconut milk, rice milk, or soy milk
- 1 cup fresh or frozen mango chunks
- 1 fresh or frozen banana, peeled, sliced
- 1/2 cup fresh or frozen blueberries
- 1 tablespoon flaxseed meal, optional
- 1 tablespoon unsweetened coconut flakes

- Mix all ingredients in a blender until smooth.

### **Strawberry-Banana Smoothie**

- 4 ounces extra-firm tofu
- 1/4 cup unsweetened almond milk or soy milk
- 1/4 cup unsweetened apple juice
- 2 tablespoons Date Honey
- 1 cup sliced strawberries
- 1 frozen banana, peeled, sliced (about 1 cup)

- Place all ingredients in a blender, and process until smooth.

### **Snickerdoodle Smoothie**

- 6 ounces silken tofu
- 1/2 cup unsweetened almond or rice milk
- 1/4 cup Date Honey
- 2 frozen bananas, peeled, sliced (about 2 )
- 1 teaspoon cinnamon
- 1/8 teaspoon nutmeg

- Place tofu, almond milk, Date Honey, banana slices, cinnamon, and nutmeg in blender. Mix until smooth.

#### Recipe Notes

- Remove peels before placing bananas in freezer. Put in a plastic zip-top bag until completely frozen.
- Substitute tofu with avocado.
- Instead of using Date Honey, soak 3-4 Medjool dates in warm water at room temperature for an hour before adding to blender.
- You can also use firm tofu, but you may need to add water or almond milk so that the consistency is not too thick.

### **Raspberry-Pecan Smoothie**

- 1 cup water or unsweetened almond milk
- 1 cup spinach or mixed greens
- 1 large frozen banana, peeled, sliced
- 1/2 cup fresh or frozen raspberries
- 2 tablespoons chopped pecans

- Mix all ingredients in a blender until smooth.

#### Recipe Notes

- You can also use unsweetened rice or soy milk.
- To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag.
- If using fresh fruit, you can add chopped ice to make your smoothie cold.
- Add 1 tablespoon flaxseed meal

# LUNCH OPTIONS

## Grilled Zucchini Hummus Wrap

### *Ingredients:*

- 1 zucchini, ends removed and sliced
- salt and pepper to taste
- 1 tablespoon olive oil
- 1 tomato, sliced or handful of cherry tomatoes
- 1/8 cup sliced red onion
- 1 cup kale, tough stems removed
- 2 large Whole wheat tortillas
- 4 tablespoons hummus of choice

### *Directions:*

- Heat a skillet or grill to medium heat.
- Remove the ends from the zucchini and slice length wise into strips. Toss sliced zucchini in olive oil and sprinkle with salt and pepper.
- Place sliced zucchini directly on grill and let cook for 3 minutes, turn and cook for 2 more minutes.
- Set zucchini aside.
- Place the tortillas on grill for approximately one minute, or just until grill marks are visible and tortillas are pliable.
- Remove tortillas from grill and assemble wraps, 2 tablespoons of hummus, zucchini slices, 1/2 cup kale, onion and tomato slices.
- Wrap tightly and enjoy immediately.

## Guacamole Burrito

### *Ingredients:*

- 2 ten-inch whole wheat tortillas
- 3 avocados
- 1/2 cup cooked black beans
- 20 grape tomatoes halved (about 1 cup)
- 5 garlic cloves sliced
- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil
- 3/4 teaspoon salt
- 1/2 teaspoon pepper

### *Directions:*

- Add grape tomatoes, sliced garlic, balsamic vinegar, and olive oil to a 20 ounce baking dish. Stir so that they are well-mixed. Cover with a lid or foil and bake at 400 F until the tomatoes have collapsed, 20 to 30 minutes. Remove from the oven and set aside while it cools.
- Add avocados to a mixing bowl and coarsely mash them so that they have a chunky texture. Add black beans, salt, and pepper to the same bowl, mixing everything together. Lastly, add the roasted tomatoes and sliced garlic (without the remaining balsamic and olive oil liquid) to the same bowl and stir until everything is well mixed.
- Prepare two square pieces of foil, about 1 foot on each side. Place one tortilla on each. Distribute the guacamole mixture evenly between the two tortillas. Wrap into burritos. Then wrap the foil around each burrito to secure it.

## **Quinoa Bowl**

*Ingredients:*

### **Avocado-Lime Dressing**

- ½ cup greek yogurt
- 1 avocado
- 1 cup cilantro
- 2 garlic cloves
- 2 limes zested and juiced
- 1 - 2 jalapeños, seeded
- 2 tablespoons mint, roughly chopped
- ½ teaspoon Kosher salt
- freshly ground black pepper, to taste

### **Quinoa Bowl:**

- 1 cup quinoa
- 1 lime zested and juiced
- ½ cup cilantro, roughly chopped
- Kosher salt
- freshly ground pepper to taste
- 1 romaine heart, chopped
- 1 15 ounce can black beans, drained and rinsed
- 1 15 ounce can whole kernel corn
- ½ pint grape tomatoes, sliced lengthwise
- ¼ cup red onion, diced
- 1 avocado, diced

*Directions:*

- In the bowl of a food processor, add the all of the ingredients for the avocado-lime dressing. Puree until smooth and creamy. Taste and more salt and pepper, if needed. Refrigerate until ready to use.
- Cook the quinoa according to the package directions. Drain and transfer to a large bowl. Add the lime juice, lime zest, cilantro, salt, and pepper. Toss well to combine.
- Divide the cilantro-lime quinoa into two bowls, add the lettuce, black beans, corn, grape tomatoes, red onion, and avocado. Drizzle with the avocado-lime dressing and enjoy!

## **Taco Soup**

*Ingredients:*

- 32 oz. Vegetable Broth
- 8 oz. Salsa
- 2 Cups Frozen Corn
- 1 Can Black Beans

*Directions:*

- Cook on stovetop for 30 minutes. Prepare night before if you are away from home at lunch.

# DINNER OPTIONS

## Mexican Quinoa

### *Ingredients:*

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 jalapeno, minced
- 1 cup quinoa
- 1 cup vegetable broth
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (14.5 oz) can fire-roasted diced tomatoes
- 1 cup corn kernels, frozen, canned or roasted
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- Kosher salt and freshly ground black pepper, to taste
- 1 avocado, halved, seeded, peeled and diced
- Juice of 1 lime
- 2 tablespoons chopped fresh cilantro leaves

### *Directions:*

- Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute.
- Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro.
- Serve immediately.

## Stuffed Cabbage Rolls

### *Ingredients:*

- 1 head of green cabbage (see recipe note)

### For the Filling

- 3/4 cup brown lentils
- 3 cups water
- 1/2 cup uncooked quinoa
- 1 cup vegetable broth
- 1 small onion, diced
- 1 tablespoon vegetable oil
- 1 tablespoon red wine vinegar
- 2 tablespoons soy sauce
- 1 teaspoon smoked paprika

### For the Sauce:

- 1 (28 ounce) can tomato puree
- 1 tablespoon maple syrup or sweetener of choice
- 1 1/2 teaspoons red wine vinegar
- salt and pepper to taste

### *Directions:*

- Place about 3 inches of water into a large pot and add cabbage. Place over high heat. Bring to a boil, lower heat and cover. Allow to steam until leaves peel off easily, about 20 minutes. Remove from heat and allow to cool for a few minutes.



- While the cabbage steams, begin preparing the filling. Place the water into a small saucepan and add lentils. Bring the water to a boil, lower heat and allow to simmer until lentils are just fully cooked, about 35 minutes, adding water to the pot as needed. When lentils are finished cooking, drain any excess liquid.
- While the lentils simmer, place broth into a small saucepan and add quinoa. Place over high heat and bring to boil. Lower heat, cover and allow to simmer until all of the water is absorbed, about 20 minutes. Remove from heat and allow to sit with the lid on the pot for 5 minutes.
- Coat the bottom of a large skillet with oil and place over medium heat. Add onion and cook until soft and translucent, about 5 minutes. Add 1 1/2 cups of the cooked lentils and 1 cup of the cooked quinoa, along with red wine vinegar, soy sauce, smoked paprika, salt and pepper to taste. Flip a few times just to combine the ingredients, then remove from heat.
- Preheat the oven to 350°.
- Stir all sauce ingredients together in a small bowl, then distribute about 1/2 cup of the sauce into the bottom of 9 x 9 inch baking dish.
- Peel a leaf off of the cabbage head and place it onto a work surface with the stem side facing you. Trim any very thick portions of the leaf near the base. Spoon 3 to 4 tablespoons of filling onto the center of the leaf. Fold the base side over the filling, then wrap the sides inward over the filling. Roll the center away from you to wrap everything up. Place the roll, seam side down, into the baking dish. Repeat until all of the filling is used.
- Spoon remaining sauce over the rolls, cover and bake for 1 hour. Remove from oven and allow to cool for a few minutes before serving.

#### Recipe Notes

You only need a small head of cabbage for this, but in order to get the most large, easily rollable leaves, I suggest going with a large head and only using the larger, outermost layers of leaves. You can save the rest for another use.

### **Mediterranean Spaghetti Squash**

#### *Ingredients for Spaghetti Squash:*

- 1 large spaghetti squash (about 3 pounds)
- 1 tsp. olive oil
- 1/2 tsp. Italian Herb Blend

#### *Other Ingredients:*

- 8 oz. brown Crimini mushrooms (also called Baby Bellas), cut into quarters or thick half slices
- 2 tsp. + 2 tsp. olive oil
- 1 cup chopped onion
- 1 medium zucchini, cut in quarters lengthwise and then thickly sliced
- 2 tsp. minced garlic
- 1 T Italian Herb Blend
- 1 tsp. dried oregano
- 1 cup cherry tomatoes, cut in half
- 1/2 cup black or Kalamata olives, cut in half
- 1 can (about 15 oz.) artichoke hearts, drained and cut in half or quarters
- 1/2 cup chicken stock
- 2 T balsamic or sherry vinegar
- salt and fresh ground black pepper to taste
- 1/4 cup thinly sliced green onions for garnish (optional, but good)

## **Directions**

- Preheat oven to 400F/200C. Poke several holes in the skin of the squash with a sharp knife (so steam can escape), then put the whole spaghetti squash into the microwave and cook on high power for 5 minutes. (This makes the squash easier to cut and starts the cooking process. If you don't have a microwave or don't want to do this, just cook the squash slightly longer in the oven.)
- Cut squash into four lengthwise pieces, scrape away seeds and discard, brush the surface with olive oil, and sprinkle with Italian Herb Blend. Put squash on a baking sheet that's been sprayed with non-stick spray and roast 45 minutes (or slightly longer if you didn't microwave.) Let squash cool until you can handle it.
- While squash roasts, drain and cut up artichoke hearts, cut cherry tomatoes and olives in half, cut up the mushrooms, onions, and zucchini, thinly slice the green onions, and crumble the Feta. Mix the stock with the vinegar. You want all these ingredients prepared when you start to saute.
- When squash is fully roasted and has started cooling so you can shred it apart, heat 2 tsp. olive oil in a non-stick frying pan with high sides (big enough to hold all the ingredients.) Saute mushrooms over medium-high heat until they're browned and all the liquid has evaporated. Remove mushrooms to a plate.
- Add 2 tsp. more olive oil and heat, then saute the onions and zucchini about 5 minutes, until they're starting to get lightly brown. Add the minced garlic and Italian herb blend and cook about 2 minutes more. Pour in the stock/vinegar mixture, turn heat to medium, and cook about 2 minutes. Then add the cherry tomatoes, olives, and artichoke hearts and cook about 2 minutes more (just until all the vegetables are heated though.) Add mushrooms back into the mixture.
- As soon as it's cool enough to handle (probably while the onions and zucchini are cooking) shred the spaghetti squash flesh apart with a fork and discard the skin. When all vegetables are heated, gently mix in the spaghetti squash, then mix in the 3/4 cup of Feta. Season to taste with salt and fresh ground black pepper. Arrange on a serving dish and sprinkle with the remaining Feta and sliced green onions. Serve hot.

## **(Or Regular Spaghetti Squash)**

### *Ingredients:*

- 2 spaghetti squash cooked "al dente", about 6 cups.
- 2 cups diced tomatoes
- 4 cloves garlic minced
- 8 ounces mushrooms sliced
- 1/3 cup chopped onions or shallots
- 1/4 cup toasted pine nuts
- small handful of fresh basil cut julienne
- 3 Tablespoons olive oil
- Kosher salt and black pepper to taste
- Pinch of red pepper flakes if desired

### *Directions:*

- Cook spaghetti squash. When cool enough to handle, slice in half, remove seeds and stringy bits and shred with 2 forks. Set aside squash.
- In a large sauté pan, heat oil over medium heat. Add onions and mushrooms, stirring constantly, about 3-4 minutes. Add garlic and stir another minute or 2, just until fragrant. Don't let garlic brown.
- Add tomatoes and continue stirring.
- Add cooked spaghetti squash and toss until squash is hot and vegetables are evenly distributed.

- Toss with fresh basil and toasted pine nuts. Season to taste with kosher salt, pepper and a pinch of red pepper flakes if desired.

## **Veggie Lasagna**

### *Ingredients:*

#### *For the Roasted Cauliflower Ricotta:*

- 1 medium-size head cauliflower (1 1/2 to 2 pounds), chopped into 1/2-inch pieces
- 2 teaspoons olive oil
- 1/2 teaspoon salt
- 1 pound extra-firm tofu
- 1/4 cup nutritional yeast flakes
- 2 tablespoons freshly squeezed lemon juice
- Several pinches of freshly ground black pepper

#### *For the Red Sauce:*

- One (28-ounce) can crushed tomatoes with basil
- 2 tablespoons chopped fresh thyme
- 3 cloves garlic, minced
- 1/2 teaspoon salt

#### *To Assemble:*

- 8 ounces lasagna noodles, broken in half, cooked in salted water
- 1 1/2 cups chopped fresh spinach
- 1/4 cup chopped black olives

#### *Directions:*

- First, we'll roast the cauliflower. Preheat the oven to 400°F. Line a large, rimmed baking sheet with parchment paper; that way the cauliflower won't stick. Place the cauliflower on the sheet and drizzle the oil over it. Spray it with nonstick cooking spray and sprinkle with 1/4 teaspoon of salt. Toss it with your hands to make sure everything is salted. Spread the cauliflower in a single layer and bake for 10 minutes, then flip it with a spatula. You don't have to flip each and every one, so don't get OCD about it. Bake for another 15 to 20 minutes, until lightly browned, tender, and toasty.
- In the meantime, crumble the tofu into a mixing bowl. Use your hands to mash the tofu, squeezing it between your fingers, until it has the consistency of ricotta cheese. Add the nutritional yeast, lemon juice, pepper, and remaining salt. Use a fork to mix well.
- When the cauliflower is done, transfer it to the mixing bowl with the tofu mixture. Use a potato masher to mash it really well, for a minute or so. If it doesn't seem to be mashing enough with the potato masher, a few pulses in the food processor should get it nice and crumbly. Set aside.
- To prepare the sauce, mix all its ingredients together and set aside.
- Preheat the oven to 350°F. Pour a thin layer of red sauce on the bottom of an 8-inch square casserole. Line with a layer of noodles. Spread with one-third of the cauliflower ricotta. Layer with 3/4 cup of spinach leaves. Pour on about a cup of sauce.
- Repeat the process one more time, creating another identical layer, starting with the noodles. For the top layer it's just a little different: Layer with noodles, pour the sauce on first, then layer with ricotta. This layer doesn't get any spinach. Sprinkle with a layer of olives and press it into the the tofu.
- Bake for 40 minutes, until the top is browned. You can serve it immediately or let it cool down for a bit first, whatever floats your boat!

## **Mock Fried Rice**

### *Ingredients:*

- 1 medium cauliflower head cut into florets
- 1 tablespoon sesame oil
- 1 small onion diced
- 2 cloves garlic minced
- 1 teaspoon freshly grated ginger
- 1 cup frozen peas and carrots thawed
- 2-3 tablespoons low sodium soy sauce
- 2 spring onions thinly sliced
- sea salt and ground pepper to taste

### *Directions:*

- Rinse and chop the cauliflower into florets and put into a food processor. Pulse until the cauliflower resembles rice.
- Heat the sesame oil in a large skillet over medium-high heat. Sauté the garlic, ginger and onion, until the onion softens (about 2-3 minutes).
- Add the peas and carrots, and cook until they are heated through (about 3 minutes).
- Slide the vegetables to the side,
- Add the cauliflower rice, soy sauce, salt, and pepper. Stir and cook for 4-5 minutes until tender and a bit crispy.
- Remove from heat, add the chopped spring onions, and serve.

## OTHERS

### **Oatmeal Snack**

- 3 mashed bananas (ripe)
- 1/3 C apple sauce
- 2 C Oats
- 1/4 C almond Milk
- Bake @ 350 for 15—20 mins
- 1/2 C Raisins
- 1 Tsp Vanilla
- 1 Tsp Cinnamon

### **Portobello Treats**

#### *Ingredients:*

- 2-3 Portobello mushroom caps

#### *Guacamole:*

- 2 ripe avocados, mashed
- 1 onion, diced
- 1 tomato, diced
- 1 Tbsp. lime juice (or juice of 1 lime)
- 1 tsp. of sea salt

#### *Directions:*

- Mix the guacamole ingredients together.
- Fill mushroom caps with scoops of guacamole. Serve.
- Makes 4 servings. Keep in airtight container in the fridge for leftovers. Will last for 2-3 days.