

The Philadelphia Seventh Day Adventist Church in Burlington, North Carolina USA Welcomes you to our 1st Daniel Fast!



Hello Saints,

I am pleased to accompany you on this Daniel Fast journey as we begin 2022 together. We are approaching two years since our lives have changed with this worldwide pandemic and I can confidently say that God truly is good.

We remember the story of the three Hebrew boys who were faced with adversity when taken into Babylonian captivity. Daniel and his three friends were asked to eat unclean meats from the king's royal table. While eating from the king's table was considered an honor, they quickly realized that they could not honor God and King Nebuchadnezzar. They chose to honor God rather than man and requested for a diet of only vegetables and water for 10 days. The Bible shares with us that at the end of their 10 day fast, they were 10 times better than the wise men of Babylon!

The Hebrew boys were a witness in a strange land. I believe we have the same mission today. The purpose of this fast is for God to intercede on behalf of whatever is most important in our lives right now. It maybe our health, marriage, finances or children. Whatever it is, please spend these 21 days asking for God's power to move in our lives and the lives of others. I also encourage you to invite friends and families to join. While this is a fast for 21 days, they can join anytime.

Our mission for 2022 is iReach. I believe our church is special in its willingness to reach our community. We also have an online revival entitled, "Reach Up, Reach Out" which begins January 23rd – February 5th 2022. We will meet nightly at 7pm with special guests joining us from across the country. Please invite your family and friends to attend. God Bless.

Segun Michael Olaye, M. Div.
Pastor, Philadelphia Seventh Day Adventist Church in Burlington North Carolina
Visit us at <https://www.philadelphiaburlingtonsda.org/>

What is a Daniel Fast?

Contrary to popular belief a Daniel Fast is a spiritual fast and not just a restrictive eating plan for 10 to 21 days. It includes minimally processed REAL plant-based foods prepared in a healthy and simple way. The fast eliminates animal products, caffeine, and alcohol; and includes a delicious bounty of fruits, vegetables, whole grains, legumes, nuts, and seeds, water and herbs to enjoy.

Results include a closer relationship with God as well as scientifically noted physical effects of decreased body weight, lower blood pressure, lower cholesterol levels and lower C-reactive protein (inflammation marker) and better blood sugar control for those with type 2 diabetes.

A Daniel Fast is designed to mimic the spiritual fasts noted in Daniel 1:8-14, and Daniel 10: 2-3 in which Daniel and three of his Hebrew friends request to eat only foods from plant sources and to be given water to drink. Differences were noted after only 10 days in their superior physical and mental health.

But most important a Daniel Fast is about strengthening our relationship with God.

What Can I eat on this spiritual fast?

- Vegetables and Fruits
- Whole grains
- Nuts and seeds
- Beans and legumes
- Pure plant-based oils
- Herbs and seasonings

What About Protein?

Although most of us think about protein being for muscle development, proteins are made from the foods we eat to build many of our body's tissues. "An average woman needs about 46 grams of protein per day; the average man about 56." <https://www.pcrm.org/good-nutrition/nutrition-information/protein>

Complete proteins are not needed at every meal as long as you get enough over the course of the day. For example, if you eat beans at lunch and rice at dinner, your body will be able to get the essential amino acids it needs from each to create a complete protein. In addition to this, vegetables contain a small amount of incomplete protein. Two incomplete proteins combined will create a complete protein for your dietary needs. Here are some examples of complete protein combinations:

- Peanut butter or almond butter on whole wheat bread
- Black bean and rice stuffed pepper
- Salad with chickpeas and cornbread
- Whole grain and nut granola
- Oatmeal with flax seed
- Hummus with carrot sticks
- Trail Mix

What if I can't eat nuts and seeds due to allergies or GI issues?

Yes, you can still consume enough plant-based protein.

How can I get enough protein as beans give me gas no matter the preparation method?

When God created the world He already knew your needs. He created such variety of foods to nourish you that you can successfully find a variety of protein adequate plant foods to enjoy. Use this Daniel Fast time to connect with God about your desires and fears and listen to the peace He will bring you.

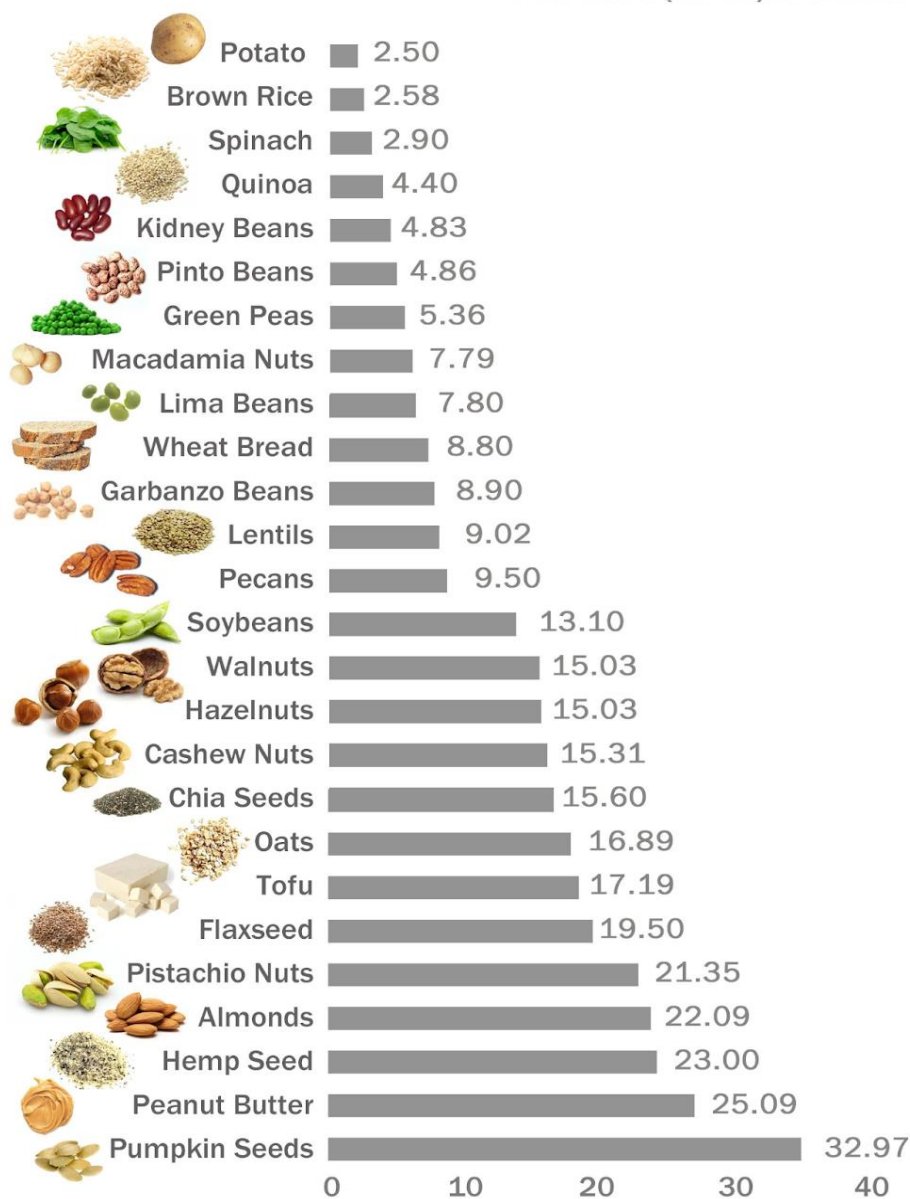
I need to eat low FODMAP. How can I maintain adequate protein on a plant-based life?

There are many plant-based low FODMAP items for you to enjoy. A great example is tofu which is naturally low in FODMAPs.

Read the next 2 charts below for a comprehensive list of plant-based protein sources.

VEGAN PROTEIN

PER 100G (3.5 OZ) IN WEIGHT



VINCHAY FIT
CARDS 

Vegan Protein

SOURCES CHART

GF Gluten-Free
SF Soy-Free
NF Nut Free



BEANS

1/2 CUP
GF SF NF

- Lentils 7g
- Chickpeas 7g
- Black Beans 7g



SOY

1/2 CUP
GF NF

- Tempeh 15g
- Tofu 10g
- Edamame (Shelled) 9g
- Soy Milk 7g



NUTS

2 TBSP
GF SF

- Nut Butters 7g
- Walnuts 4g
- Peanuts 3.5g
- Almonds 3g
- Pistachios (Shelled) 3g



SEEDS

2 TBSP
GF SF NF

- Pepitas 8g
- SunButter 7g
- Hemp Hearts 7g
- Sunflower Seeds (Shelled) 5g
- Chia Seeds 5g



GRAINS

1/2 CUP
SF NF

- Whole wheat spaghetti 12g
- Rolled oats 7g
- Ezekiel bread 4g



GLUTEN FREE

1/2 CUP
GF SF

- GF chickpea pasta 22g
- GF lentil pasta 15g
- GF rolled oats 7g
- Quinoa 4g



VEGGIES

1 CUP
GF SF NF

- Green Peas 8g
- Spinach (cooked) 5g
- Potato with skin (large) 4g
- Broccoli 3g

Always check labels for allergen information!

Nutritional data and servings obtained from USDA Nutrient Database and product packaging.

Sweet
VEG TABLE

Daniel Fast Delicious Plants to Enjoy

Beans/Legumes

- ☐ black beans
- ☐ black eye peas
- ☐ cannellini beans (white kidney beans)
- ☐ garbanzo beans (chickpeas)
- ☐ great northern beans
- ☐ green beans
- ☐ green lentils
- ☐ kidney beans
- ☐ lima beans
- ☐ mung beans
- ☐ navy beans
- ☐ pinto beans
- ☐ red lentils
- ☐ split peas
- ☐ tempeh
- ☐ tofu

Nuts and Seeds

- ☐ cashews
- ☐ walnuts
- ☐ almonds
- ☐ pecans
- ☐ brazil nuts
- ☐ hazelnuts
- ☐ pine nuts
- ☐ chia seeds
- ☐ pumpkin seeds
- ☐ sesame seeds
- ☐ flax (whole or ground)
- ☐ pistachios
- ☐ hemp seeds
- ☐ sunflower seeds
- ☐ red lentil pasta **GF**
- ☐ brown rice pasta **GF**
- ☐ chickpea pasta **GF**
- ☐ Shirataki noodles

Whole Grains

- ☐ bulgur
- ☐ 100% whole wheat
- ☐ amaranth **GF**
- ☐ barley
- ☐ brown rice **GF**
- ☐ buckwheat **GF**
- ☐ grits, stone ground/polenta
- ☐ couscous
- ☐ farro
- ☐ hemp
- ☐ millet
- ☐ oatmeal **GF**
- ☐ popcorn kernels **GF**
- ☐ quinoa **GF** complete protein
- ☐ rye
- ☐ shredded wheat
- ☐ whole grain cereal
- ☐ whole grain pasta

Brown colored breads are NOT always whole grain. Read the ingredients.

GF = gluten free

Natural Nut Butters

- ☐ almond butter
- ☐ peanut butter, natural
- ☐ sesame seed butter
- ☐ sunflower butter
- ☐ non-GMO soy nut butter (Wow Butter)

Dairy alternatives

- ☐ plant based unsweetened "yogurt" (oat,coconut,soy,almond)

"Milk" Alternatives

- ☐ almond
- ☐ cashew
- ☐ oat
- ☐ soy
- ☐ coconut (full fat) canned

More Daniel Fast Delicious Plants to Enjoy

Vegetables

- ☐ beets
- ☐ Brussel sprouts
- ☐ collard greens
- ☐ kale
- ☐ parsnips
- ☐ acorn squash
- ☐ artichokes
- ☐ asparagus
- ☐ bamboo shoots
- ☐ bell peppers (yellow, green, red orange)
- ☐ broccoli
- ☐ butternut squash
- ☐ cabbage
- ☐ carrots
- ☐ cauliflower
- ☐ celery
- ☐ corn
- ☐ cucumbers
- ☐ dark greens (kale, turnip, mustard, collards)
- ☐ eggplant
- ☐ garlic
- ☐ green beans (wax, Italian)
- ☐ Hearts of palm
- ☐ Jicama
- ☐ leeks
- ☐ lettuce
- ☐ mushrooms
- ☐ okra
- ☐ onions
- ☐ peas
- ☐ radish
- ☐ rutabaga
- ☐ Salad greens (chicory, endive, escarole, lettuce, romaine, spinach, watercress)
- ☐ mushrooms
- ☐ spinach
- ☐ Sweet potatoes
- ☐ tomatoes
- ☐ turnips
- ☐ zucchini

Fruits (fresh, frozen or canned in 100% juice)

- ☐ blackberries
- ☐ apples
- ☐ Applesauce (unsweetened)
- ☐ apricots
- ☐ avocado
- ☐ bananas
- ☐ blueberries
- ☐ cantaloupe melon
- ☐ cherries
- ☐ cranberries
- ☐ dragon fruit
- ☐ grapes
- ☐ honeydew melon
- ☐ kiwi
- ☐ lemons
- ☐ limes
- ☐ mangoes
- ☐ nectarine
- ☐ oranges
- ☐ papaya
- ☐ pears
- ☐ pineapples
- ☐ plums
- ☐ pomegranates
- ☐ raspberries
- ☐ strawberries
- ☐ tomatoes
- ☐ watermelon

Even More Daniel Fast Delicious Plants to Enjoy

Herbs & Spices -fresh/ground/dried
the plants that make other plants taste great

- ☐ basil
- ☐ bay leaves
- ☐ cardamom
- ☐ cayenne pepper

- ☐ cilantro

- ☐ cinnamon
- ☐ cloves
- ☐ coriander
- ☐ cumin
- ☐ cumin
- ☐ fennel
- ☐ fenugreek
- ☐ garlic
- ☐ ginger
- ☐ nutmeg
- ☐ onion (powder, flakes)
- ☐ oregano

- ☐ peppermint leaves
- ☐ red chili powder, flakes
- ☐ rosemary
- ☐ savory
- ☐ sesame seeds
- ☐ smoked paprika
- ☐ thyme
- ☐ turmeric
- ☐ yellow mustard
- ☐

Beverages

- ☐ Purified water
- ☐ Spring water
- ☐ herbal teas, naturally without caffeine
- ☐ Roma (coffee substitute) contains Roasted barley, roasted malt barley, roasted chicory, roasted rye

Natural Sweeteners

- ☐ Honey, raw **
 - ☐ coconut sugar **
 - ☐ agave nectar
 - ☐ dates
 - ☐ figs
 - ☐ prunes
 - ☐ molasses **
 - ☐ organic maple syrup **
- Use this Fast to reduce or eliminate use of sweeteners

*** If diabetic, please monitor to note how it affects your blood sugar control.*

Seasoning Ingredients

- ☐ apple cider vinegar (with "The Mother")
- ☐ Coconut Aminos
- ☐ dried shitake mushroom powder
- ☐ Himalayan pink salt
- ☐ nutritional yeast flakes
- ☐ Soy liquid aminos
- ☐ Tahini (ground sesame seed paste)

Healthy Plant Based Fat Sources

Vegetables contain little or no fat, but are filled with fat soluble vitamins (A, E, D and K), antioxidants and compounds that are important for our health

Oil Type	Uses	Maximum Temp	Recommended Uses
Extra Virgin Olive Oil (EVOO)	cold or low heat	325°F	light sautéing or blending dressing or sauce on finished dish
Avocado Oil	medium to high heat	520°F	stir-frying, sautéing, baking, dipping, dressing or drizzling on finished dish
Unrefined Coconut Oil	medium to high heat		roasting vegetables, sautéing, butter substitute for baking
Sunflower Oil	medium to high heat	440°F	frying, stir-frying, baking, dipping
Safflower Oil	medium to high heat	318°F	frying, stir-frying, baking, dipping
Grapeseed Oil	high heat	420°F	high smoke point but high polyunsaturated fatty acid profile. This means when exposed to heat light and air it oxidizes easily and can cause damage to cells and tissues. Best only for drizzling on salads and vegetables
Organic Red Palm oil (RPO)	not suitable for cooking		Great source Vitamin A. Use as fat source in soups, lentils, rice instead of as a cooking oil. Like turmeric RPO will STAIN everything it touches. Clean up any spills immediately. DO NOT USE Plastic Utensils
Flaxseed, Walnut, Sesame Oil	not suitable for cooking		dressings or drizzling on finished dish

Healthy Fats

- ☐ Avocado
- ☐ nuts
- ☐ seeds
- ☐ extra virgin olive oil (EVOO)
- ☐ unsweetened coconut flakes
- ☐ olives

Plant based high omega-3 fatty acid sources

- ☐ chia seeds
- ☐ hemp seeds
- ☐ flax seeds (whole or ground)
- ☐ walnuts

Items to Avoid on a Daniel Fast

Fast from consuming these foods

- Refined and Processed Food: White Rice, White Pasta, White Bread
- Processed sweets: Candy, Cake, Pastries, Chips, White Sugar
- artificial colors
- artificial sweeteners
- bacon
- beef
- bleached white flour
- bone broth
- buffalo
- Butter
- Caffeinated tea (black or green)
- canola oil
- carbonated drinks (caffeinated, non-caffeinated, diet or sweetened)
- cheese
- chewing gums
- Coffee
- corn oil
- cottonseed oil
- Dairy
- Eggs
- energy drinks
- Fast Food
- Fish
- gelatin (beef, pork or fish based)
- hard candies
- lamb
- lard
- margarine
- Meat
- Milk from any animal (cow, goat, other)
- Pork
- Poultry (*chicken, turkey, quail, duck, geese*)
- Seafood- fish, mollusks & crustaceans: (shrimp, snails, lobster, scallions, octopus, crabs, crawfish, oysters)
- soybean oil

Ingredients to avoid

- Monosodium glutamate (MSG)
- autolyzed yeast
- yeast extract
- Bleached enriched flour
- inulin
- dextrose
- Sugar
- Sodium caseinate
- Sugar Free
- Reduced Sugar
- No Added Sugar
- white sugar
- erythritol
- Refined brown sugar
- artificial colors: Blue 1, Green 3, Blue 2, Red 3, Red 40, Yellow 6

What can I eat on this Daniel Fast?

Here are a few meal suggestions that can be customized to fit your individual dietary needs:

Breakfast Suggestions

- Oatmeal with fine chopped apples and cinnamon added
- Oatmeal with cinnamon and raisins
- Oatmeal with berries or banana
- Mango Smoothie
- Banana Oat French Toast
- Green Goodie Smoothie
- Oatmeal with peaches (thaw frozen peaches)
- Oatmeal with mango and cinnamon (add plant milk))
- Cereal, plant milk, banana and berries
- Smoothie (different variations)
- Blueberry Buckwheat Pancakes with Fruit
- Whole Grain Waffles with fruit
- Brown Rice Pudding
- Scrambled Tofu w/ toast
- Frozen vegan waffles with Berry Applesauce or cereal with plant milk and fruit
- Frozen vegan waffles with peaches and maple syrup or cereal with plant milk and fruit
- Yellow Grits with Coconut milk
- Breakfast Quinoa, granola and fruit
- Granola and smoothie

Lunch Suggestions

- Baked sweet potato with Salad
- Vegetable Soup and Salad
- Oat or black bean burger (use whole grain bread topped with lettuce, tomato, onion, and cup of Vegetable Soup)
- Hummus and veggie sandwich (use pita or whole grain bread, spread with hummus, and top with lettuce, tomato, cucumbers, and any other veggies you wish)
- Sweet Potato Soup with toasted whole grain bread
- Curried Lentil Soup
- Vegetable Soup
- Spinach Salad with Dressing (add garbanzo beans)
- Tofu Egg Sandwich (use whole-grain bread and top with lettuce and tomato); add a side of baby cut carrots and cucumbers
- Veggie Salad-Choose a green, top with a bean, add a grain and tons of veggies, romaine lettuce, garbanzo beans, cucumber, tomato, and your own dressing)
- Steamed vegetables, brown rice (optional: Tofu)
- Veggie burger with Mexican Corn Salad
- Whole Grain Pasta Salad and sandwich

- Cup of soup (or leftover Spicy Thai Soup) with baked sweet potato (try adding cinnamon top of your sweet potato)
- Tomato and avocado salad with black bean burger
- Tomato, Cucumber and Basil Salad with garbanzo beans (or your bean of choice)

Dinner Suggestions: (some of the lunch suggestions can be used for dinner also)

- Beans, greens, and grains (consider using barley, lentils, and kale or bok choy)
- Black-eye peas (or your bean of choice), collard greens, corn bread
- Easy Stir-Fry with Brown Rice
- Curried Lentil Soup served over a grain, like pasta, brown rice, couscous, quinoa, or orzo with a loaded vegetable side salad or vegetable of your choice.
- Navy Beans and Greens with side of Quinoa Salad
- Whole wheat pasta with Marinara Sauce (add broccoli, spinach, and any other leftover veggies)
- Bean soup or Vegetable Soup with Quinoa Pilaf, whole wheat toast or corn bread
- Black Bean Chili, kale and Easy Corn Bread Muffins
- Stir-fry with spinach, brown rice, black beans and other vegetables of your choice
- Pasta, sauce and salad or Vegetable of your choice
- Steamed cabbage or collard greens, Pinto beans or your bean of choice, brown rice
- Veggie burger with roasted sweet potatoes

Healthy Snack Ideas

- Fresh fruit, whole or pre-cut in deli/produce section of many grocery stores
- Dried Fruits *with limited amount or no added sugars*
- Natural Popcorn
- Brown Rice cakes
- Granola (*without milk based artificially colored chocolate or artificial sweeteners*)
- Larabars *NOTE contains nuts*
- That's It fruit bars- just 2 fruit ingredients (*nut-free, soy-free, gluten-free*)
- Unsweetened apple sauce
- Drink water between meals. *It makes meals taste so much better when you are hydrated*

On-the-Go/Ready-To-Eat Quick Vegan meal ideas – for those times when you forgot your lunch- because life happens)

- Freezer section of most grocery and some dollar stores
 - Amy's dairy-free and dairy-free gluten-free bean burritos
 - Microwave steam-in-pouch vegetables, brown rice
- Falafel and hummus from your favorite Mediterranean restaurant
- Vegetable fried rice from your favorite Asian restaurant
- Tasty Bite vegan shelf stable microwavable pouch/bowl: Indian Style Chickpeas & Rice bowl, Organic Brown Rice & Lentils, Indian Bombay Potatoes
- Refrigerated/produce section of many grocery stores
 - pre-cut fresh fruit, seasoned tofu cubes-ready to heat and eat, hummus/pretzel or hummus/ pita chips pack

We have compiled some simple delicious recipes for you to enjoy during the Daniel Fast

Oat Burgers

- 1 tsp dried smoked paprika
- 1 tbsp frozen garden herbs
- 1 tsp olive oil
- 2 cups quick oats
- 1 tbsp liquid aminos
- 1½ cups vegetable broth

1. Use a pot to heat the broth.
2. Add the oil, liquid aminos, herbs and seasoning until it comes to a boil.
3. Remove from pot from heat, then stir in the oats. Let the mixture sit until it cools down and thickens.
4. Shape the mix into burger patties and use a bit of oil for frying and cook 3-4 minutes on each side until golden brown.

Serves 4

Black Bean Burgers

- 4 cups Water
- ½ cup Braggs Liquid Aminos
- 1 tablespoon Onion (chopped)
- 2 cloves Garlic (minced)
- ¼ cup Nutritional Yeast Flakes
- ½ teaspoon Italian Seasoning
- ½ teaspoon Cayenne Pepper (optional)
- 4 cups Rolled Oats (or quick cooking oats)
- 1 cup Quinoa (or cooked brown rice)
- 1 cup Walnuts (chopped-optional)
- ½ cup Black Beans (cooked)
- 1 tablespoon Ground Flax Seeds

1. Preheat oven to 400°F. Bring water to boil in a saucepan.
2. Add Bragg's Liquid Aminos, onion, garlic, yeast flakes, Italian seasoning, and cayenne pepper to the saucepan.
3. Stir in oats, cooked rice, walnuts, black beans, and flax seeds.
4. Reduce heat, and keep on stirring until liquid is absorbed, usually about 2 minutes.
5. Remove the saucepan from heat, and allow the oat mixture to cool until you are able to handle it.
6. Form mixture into patties and place them on a lightly oiled cookie sheet.
7. Bake for 30 minutes, turning halfway. You may also cook in a lightly oiled skillet on both sides. Top with your favorite toppings!

Makes 10 burgers

Scrambled Tofu

8 ounces Firm Tofu

¼ teaspoon Sea Salt

¼ teaspoon Turmeric Powder

(You can add onions, peppers, spinach, mushrooms and other herbs and seasonings to your liking)

1. Add some oil to a frying pan and when it's hot, add the tofu and all the remaining ingredients (salt, turmeric powder, and other additions such as cayenne pepper, garlic powder).
2. Stir until well combined and cook over medium-high heat for 5 to 10 minutes. Stir occasionally.
3. Serve your tofu scramble immediately

Recipe serves 2

Stove Top Oatmeal

1 Serving

1/2 cup rolled oats

1 Cup water or plant-based milk

Dash of salt (optional; for low sodium diets, omit salt)

1. Boil water or plant-based milk and salt.
2. Stir in oats.
3. Cook about 5 minutes over medium heat; stir occasionally. [1-2 minutes for quick oats]
4. Add in one or more toppings of your choice: cinnamon, bananas, berries, nuts, seeds, apples, natural sweetener. May be eaten without toppings as well.

Fruit Smoothie

1 cup ice cubes

2 cups frozen fruit or combination of your choice, such as: mangoes, strawberry, blueberries, pineapples, raspberries, etc.

½ cup banana slices, about 1 medium banana, best if ripe and frozen.

¾ cup orange juice or plant-based milk

1. Add ingredients to according to the capacity of your blender. If too thick, add more liquid (plant-based milk or juice as needed)
2. Blend to your desired consistency, pour and enjoy.

Ratatouille

- 1 tablespoon Olive Oil (use water to sauté to make oil-free)
- 1 Large Onion (diced)
- 4 Garlic cloves (chopped finely)
- 1 Large eggplant/diced into 3/4-inch pieces)
- 2 Large Zucchini (diced into 3/4-inch pieces)
- 2 Large Bell Peppers (deseeded & cut into 3/4-inch pieces)
- 8 Large Fresh Tomatoes (diced into chunky pieces)
- 1 teaspoon Fennel Seeds (Optional but recommended)
- 2 teaspoons Salt
- 1 teaspoon Dried Rosemary
- 1 Large Bay Leaf

1. Place a large pan that holds at least 5 to 6 quarts, over medium heat and add the olive oil. (If you are wanting to keep the recipe oil-free use a little water to sauté instead).
2. When hot add the onions and cook for 7 to 8 minutes until translucent.
3. Add the garlic and continue cooking for another 2 minutes, stirring frequently.
4. Add all of the other ingredients, give it a good stir and allow to come to a steady simmer.
5. Cook for 15 to 20 minutes or until the vegetables are tender and the tomatoes have mostly broken down.

Remove the bay leaf before serving. Do not eat the bay leaf

6-8 Servings

Tofu preparation

1. Drain tofu and press out as much water as possible. (Pressing Tofu between two upside down plates helps.)
2. Cut tofu into squares and place in a mixing bowl. Drizzle with a tablespoon of olive oil, season as you desire with a teaspoon of sea salt, and 1/2 teaspoon of garlic. For more flavor absorption, allow seasonings to marinate for about 15 minutes or overnight in a storage bag.

Cooking methods:

1. Spread on a baking sheet, bake at 400 for 15 minutes.
2. Remove from oven, flip tofu and bake for another 15 minutes.
3. Sauté on an electric griddle until browned.
4. Sauté on stove-top in a non-stick (non-Teflon) skillet until browned. Ceramic and stoneware are naturally non-stick

Oil and Lemon Dressing

- 4 cloves of minced garlic
- 1 tsp. salt
- 1/4 cup extra virgin olive oil (EVOO)
- 1/3 cup fresh lemon juice
- 1/2 tsp of thyme

1. Mix in a closed container, shake and pour.

Curried Lentil Soup

¼ cup Water (or sub half the amount in oil)

¼ cup Shallot (thinly sliced, or onion)

3 Garlic cloves (minced)

1 tablespoon Ginger (minced)

2 cups Carrots (thinly sliced)

1 healthy pinch Sea Salt

3 cups Vegetable Broth

¾ cup Coconut Milk

1 cup Golden Lentils

2 tablespoons Coconut Aminos

1 tablespoon Curry Powder

1. Heat a large rimmed skillet or pot over medium heat.
2. Once hot, add water (or oil) and shallot. Sauté for 3 minutes, stirring frequently, until softened and slightly browned.
3. Add garlic, ginger, and serrano pepper and sauté for another 2-3 minutes.
4. Then add carrots and a pinch of salt and stir.
5. Cook for 1-2 minutes more, stirring occasionally.
6. Add vegetable broth and coconut milk and increase heat to medium high.
7. Bring to a low boil. Then add lentils and stir.
8. Once the mixture comes back to a low bubble, reduce heat to low or until you achieve a gentle simmer.
9. Add coconut aminos and curry powder and stir once more.
10. Simmer the soup uncovered, stirring occasionally, for 12-16 minutes or until the carrots and lentils are tender (red lentils cook pretty quickly, so if you're using other lentils, adjust cook time as needed).
11. If the mixture becomes too thick, you can add more coconut milk or vegetable broth as needed.
12. Taste and adjust flavor as needed, adding more salt or coconut aminos for saltiness / depth of flavor or more curry powder for intense curry flavor.

Serves 4

Quinoa Salad

1 cup Uncooked Quinoa (rinsed in a fine-mesh colander)
2 cups Water
15 oz Chickpeas (rinsed and drained, or 1 1/2 cups cooked chickpeas)
1 Medium Cucumber (seeded and chopped)
1 Medium Red Bell Pepper (chopped)
3/4 cup Red Onion (chopped, from 1 small red onion)
1 cup Flat-Leaf Parsley (finely chopped, from 1 large bunch)
1/4 cup Olive Oil
1/4 cup Lemon Juice (from 2 to 3 lemons)
1 tablespoon Apple Cider Vinegar
2 cloves Garlic (pressed or minced)
1/2 teaspoon Fine Sea Salt
(Additions: diced avocados)

1. Combine the rinsed quinoa and the water in a medium saucepan.
2. Bring the mixture to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer.
3. Cook, uncovered, until the quinoa has absorbed all of the water, about 15 minutes, reducing heat as time goes on to maintain a gentle simmer.
4. Remove from heat, cover, and let the quinoa rest for 5 minutes, to give it time to fluff up.
5. In a large serving bowl, combine the chickpeas, cucumber, bell pepper, onion and parsley. Set aside.
6. In a small bowl, combine the olive oil, lemon juice, vinegar, garlic and salt. Whisk until blended, then set aside.
7. Once the quinoa is mostly cool, add it to the serving bowl, and drizzle the dressing on top.
8. Toss until the mixture is thoroughly combined. Add more sea salt if necessary.
9. Let the salad rest for 5 to 10 minutes before serving.

Serving size: 4-8

HOMEMADE FLOUR TORTILLAS

3 cups white whole wheat flour or whole wheat (red wheat) flour
1 TSP Himalayan Pink alt
1/2 TSP aluminum free baking powder
1/3 cup neutral oil (extra virgin olive oil or avocado oil)
1 cup warm water

1. Combine all ingredients until it forms a dough.
2. Roll into a big ball and take about 1"-2" pieces off.
3. Pat flat with your hands or use a rolling pin.
4. Put on a griddle on the stove and let the sides cook until there are little brown specks.
5. Enjoy stuffed with black beans, brown rice or quinoa, peppers, salsa.
6. To freeze for later use, add a piece parchment paper between each tortilla. Use within 1 month.

SUPER EASY GLUTEN-FREE BLACK BEAN BURGER

1 can black beans, drained
½ cup oatmeal flour (quick cook oatmeal ground in food processor or blender until powder)
1 TSP cumin seed
1 TSP chili powder
1 TSP garlic powder
1 TSP onion powder
1 TBSP Italian blend seasoning (rosemary, oregano, basil, savory)
1 TSP creole seasoning
½ cup vegetable broth

1. Add black beans, broth and seasonings to a blender or food processor and mix until smooth.
2. Scoop into a bowl and add oatmeal flour and mix well by hand until desired consistency
3. Form into patties and fry for 2 minutes each side minimum over medium heat.
4. Serve on a burger or with your favorite steamed vegetables. I have not tried to freeze this one yet but it re-heats well the next day.

BLACK BEAN SWEET POTATO DIP

2 medium sweet potatoes, peeled and diced
1 TBSP extra virgin olive oil (EVOO)
1 15.5 oz. can black beans, drained and rinsed
1 cup low sodium vegetable stock
½ cup water
2 garlic cloves, minced
1.5 TBSP chili powder
2 TSP ground mustard
1 TSP ground cumin
½ TSP sea salt
1 cup salsa
1 cup shredded cheese or grated vegan "cheese" [optional]
Serve with Baked whole grain tortilla chips

1. In a large pot of salted water, boil the sweet potatoes.
 2. While the sweet potatoes are cooking, in a medium saucepan on medium heat, add the black beans, stock, water, garlic, chili powder, mustard, cumin and sea salt.
 3. Simmer, uncovered, over medium-high heat for 15 minutes.
 4. Drain the water from the sweet potatoes; return the sweet potatoes to the pot. Set aside.
 5. Once the bean mixture is done, drain and add to the sweet potatoes. Mash with a potato masher.
 6. When ready to serve: add equal amounts of the sweet potatoes/black beans, salsa to a glass bowl.
 7. Microwave 1 minute or warm in the oven for 5 minutes.
- Serve immediately with baked whole grain tortilla chips or pita chips. This simple recipe is too good and filling for words!

EVERYONE'S FAVORITE: CRUNCHY KALE CHIPS

- 1 bunch fresh kale
 - Extra Virgin Olive oil (EVOO) in non-propellant spray (or in a reusable spray oil sprayer)
 - Seasoning of your choice [Italian style seasoning + sea salt or Himalayan Pink Salt]
 - Pizza pan and oven or Air Fryer
1. Wash fresh kale using white vinegar and water as a veggie wash. Pat or shake to dry.
 2. Cut the leaves off the large stems as much as possible. I find that kitchen shears worked the best to keep the pieces large.
 3. Spray lightly with extra virgin olive oil.
 4. Season to your taste.
 - 1-part Creole seasoning + 2 parts Italian seasoning (sweet basil, rosemary, oregano, thyme, garlic powder); mix and shake on 1 side of the kale to season
 - 1-part Himalayan Pink Salt + 2 parts Italian seasoning (sweet basil, rosemary, oregano, thyme)
 - Himalayan pink salt only
 5. **OVEN:** Bake at 200-300 °F until the curly edges start to turn brown and crispy around 2-3.5 hours
 6. **AIR FRYER:** Add kale leaves until it fills no more than half the space in the fryer. Cook at 210°F for 12-13 minutes.
 7. Watch carefully or it can burn quickly. The burnt kale smell is not a good one.
 8. Enjoy. Store in a closed container (for up to 3 weeks) for a quick tasty way to enjoy a serving of vegetables. It is a great substitute for potato chips to accompany your whole grain bread sandwich

VEGGIE FILLED MINISTRONE SOUP

Ingredients

8 cups low-sodium vegetable broth
2 tablespoons extra-virgin olive oil (EVOO)
1 medium onion, chopped
2 carrots, cut
12 oz fresh or frozen green beans, cut into short pieces
2 cloves garlic, minced
2 15 oz cans low-sodium cannellini or other white beans, rinsed
4 cups chopped kale
2 medium zucchini, cut into pieces
4 Roma tomatoes, seeded & chopped or 2 no salt added whole canned tomatoes cut
2 TSP white or rice vinegar
1 TSP Himalayan pink salt

Directions

1. Heat EVOO in a large pot using medium heat.
2. Then add the onions, carrots, garlic and cut green beans and cook until softened
3. Add vegetable broth and simmer for about 12-15 minutes. Stir gently every 3-5 minutes
4. Add the remaining ingredients zucchini, white beans, kale, tomatoes to the pot and cook another 5-7 minutes or until the zucchini and kale are tender.
5. Serve warm with homemade whole wheat bread

CURRIED SWEET POTATO AND CARROT SOUP

2 tbsp neutral oil (avocado, EVOO)
1/2 c chopped shallots
3 c cubed, peeled sweet potatoes
1.5 c sliced, peeled carrots
1 tbsp grated ginger (or ground ginger to taste)
2 tbsp curry powder
3c veggie broth
1/2 tsp salt

1. Roast the carrots and potatoes for 30-45 minutes at 425, until very soft, in some oil, salt
2. Heat oil over medium heat in a sauce pan
3. Add shallots and ginger and curry powder and cook for 2 minutes
4. Once the potatoes and carrots are soft, add them to a sauce pan with the sautéed ginger and shallots
5. Add broth, bring to boil
6. Cover, reduce heat, simmer 15 mins or until veggies are tender
7. Stir in salt to taste
8. Pour half soup into blender, process until smooth, repeat with remaining half (or mash with back of spoon or potato masher for a chunkier, rustic version-
9. Awesome with a salad

CARIBBEAN BLACK BEAN SURPRISE

1 15oz can tomatoes, drained
1 15oz can black beans, drained
1 cup Frozen corn
1½ cups Canned (in 100% juice) or fresh pineapple chunks
½ TSP ginger
1-2 teaspoons yellow curry powder (to your taste)

1. Save some of the drained tomato or pineapple juice in case the mixture gets too thick during heating.
2. Add all ingredients to a pot
3. Heat in a saucepan for 12-15 minutes and serve over brown rice.
4. You can also add chopped peppers, water chestnuts, *etc.*



VEGAN GLUTEN-FREE NUT-FREE BROCCOLI “CHEDDAR” SOUP

- 1 can full fat coconut milk (rinse can with water ¾ full and add)
 - 2- packages Daiya or other vegan non-nut based “cheddar style shreds
 - 1/4 cup of my vegan R.U.M. seasoning* or MSG-free vegetable broth or 1 TSP dried shitake mushroom powder
 - 2 12 oz package frozen broccoli florets
 - 1-2 TSP avocado oil
 - 1 TSP red palm oil *[be careful and clean any spills immediately as it stains everything]*
 - 2-3 TSP Turmeric root powder
 - 1TSP McCormick Rotisserie Chicken Seasoning (vegan, MSG free, gluten-free)
 - ¼ TSP Himalayan Pink Salt
 - ¼ cup finely chopped sweet yellow onion
 - ½ cup THINLY sliced carrots (~1 medium sized carrot)
 - As needed: Bob’s Red Mill Potato flakes for gluten-free thickening
1. Wash fresh carrots using vinegar/water wash. Then cut carrots into thin slices.
 2. Add coconut milk to pot. Rinse the can with water and pour that into the pot too.
 3. Add 2 packages vegan, nut-free, gluten-free “cheddar shreds”
 4. Add thinly sliced carrots, onions, turmeric root powder, McCormick Rotisserie Chicken Seasoning, Himalayan Pink Salt and oils to pot and stir
 5. Add 1/4 cup my vegan R.U.M. seasoning *
 6. Warm over medium-high heat until carrots become partially tender (about 8-12 minutes)
 7. Then add frozen broccoli and gently stir into “cheese” mixture
 8. Continue cooking using medium heat until broccoli becomes tender (about 10 minutes)
 9. If soup is too thin for your preference, you can use a few tablespoons of Bob’s Red Mill Potato Flakes (gluten-free) to thicken
 10. You may also freeze the cooled soup in sturdy meal size polypropylene containers with lid (recycle code #5 PP found on bottom) for up to 4 months. This soup freezes and thaws well so you can enjoy a delicious homemade vegan meal anytime.
- * My R.U.M. Seasoning= Renee's Umami Max- INSTRUCTIONS

BREAKFAST SWEET POTATOES

Linda Watson, founder of the Cook for Good project and author of Wildly Affordable Organic

- Sweet potatoes baked or microwave cooked until soft
- ½ cup Plain unsweetened coconut milk yogurt: you can use almond, oat or soy but coconut has a thicker texture
- ½ TSP cinnamon
- ½ TSP pure vanilla extract
- 1 pinch of ground nutmeg

- Wash unpeeled sweet potatoes using white vinegar and water
- Use a fork to poke some holes in each potato.
- Bake for 50-60 min. at 350°F or microwave sweet potatoes until tender.
- Allow to cool for 1-2 minutes. HANDLE carefully as the potatoes will still be hot
- Mix ½ cup yogurt with cinnamon and vanilla extract. Stir well.
- Cut open sweet potato and use a spoon to mash the insides.
- Scoop 1-3 TBSP cinnamon yogurt sauce on top and enjoy

ALTERNATELY: Remove cooked sweet potatoes from the skin and mash well using a potato masher or fork. Apply cinnamon-yogurt sauce on top. This can reveal your artistic side as you can make fun patterns & shapes (hearts, letters) or just drizzle in a zigzag pattern.

QUICK CHICKPEA POTATO CURRY

- 1-2 cloves fresh garlic
- 2 TSP fresh grated ginger
- 1 TBSP ground cumin
- 1 TSP ground coriander
- 2 TSP dried cilantro
- 1 TBSP ground yellow mustard
- 3-4 TBSP chili powder
- 1 TBSP ground turmeric
- 1/2 TSP sea salt or 1 TSP Himalayan pink salt
- 1 TBSP avocado or red palm oil or vegan nut-free butter
- 3-4 medium potatoes (red or gold work best)
- 1 can diced fire roasted tomatoes, no-salt added, DO NOT DRAIN
- 1-2 can chickpeas, drained * Don't throw out that chickpea water!" See R.U.M. instructions
- 2 1/2 -3 cups water
- 1 heaping TBSP Scotch bonnet pepper sauce [if you love flavorful spicy]

1. Add 2 1/2-3 cups water to a pot.
2. Peel and cut potatoes into small pieces or use one bag Simply Potatoes diced potatoes with onion. Add to the pot.
3. Add drained chickpeas and tomatoes. SAVE THE WATER FROM THE CANNED CHICKPEAS and freeze until use to make Aquafaba or Renee's Umami Max (R.U.M. seasoning) *
4. Add other spices. Stir and cook on medium heat for 30-40 minutes.
5. Serve in a bowl by itself or serve over brown rice for a tasty flavorful meal.

Eggplant casserole recipe

2 eggplant peeled and sliced
Oil for cooking eggplant: grapeseed
Vegan vegetable broth
1 large jar tomato pasta sauce
1 onion large
1 bell pepper large
2 cloves of garlic
Whole wheat Flour
Garlic powder
Onion powder
1 TSP salt
2 packages of your favorite vegan shredded cheese.
Agave nectar, small amount optional
Red pepper, optional,

1. Dip eggplant slices in broth and then dip in flour mixture (flour, garlic, salt and onion powder)
2. Using medium heat, cook the eggplant slices in oil and drain on paper towels.
3. Repeat until all eggplant is fried.
4. In another pan, then sauté onion, bell pepper and garlic.
5. After onion is translucent add jar of chunky tomato pasta sauce to sautéed veggies, you can add agave nectar and red pepper to your taste and cook for about 15 minutes.
6. Then layer the ingredients starting with the sauce cover the bottom of baking dish, then a layer of fried eggplant, then layer of sauce, then layer of cheese.
7. Repeat sequence until you end with sauce and cheese and bake about 40 minutes at 350 degrees. Bon appetite.

Cabbage Delight

1/2 cabbage shredded
1/2 each green pepper, red pepper, yellow pepper
1/2-1 yellow onion
1 teaspoon Adobo seasoning
2 TBSP olive oil
a dash of Soy or coconut aminos

1. Heat oil in a large skillet and do not over heat. [I recommend a cast iron skillet]
2. Add cabbage and stir in all other ingredients and sauté.
3. Do not overcook, over cooking any vegetables kill all the natural vitamins. (cabbage should be crunchy to chew)
4. You may also make this receipt with shredded carrots leaving out the colorful peppers which can be pricey at times

Good2UGood4U Delicious Vegan Baked Sweet Potatoes.

This mixture of equal amounts of EVOO, EV Avocado oil and red palm oil makes a delicious butter substitute no one will miss. **NOTE: Avoid plastic utensils or bake ware as Red Palm Oil will STAIN quickly.**

8x8 glass baking dish

2 Large sweet potatoes

1/3 cup Red Palm Oil

1/3 cup Extra Virgin Olive Oil (EVOO)

1/3 cup Extra Virgin Avocado Oil

1 TBSP Pure Vanilla Extract *

1/4 TSP or less Himalayan Pink Salt, fine grain

1/4 TSP each of nutmeg, Cinnamon, Ground or fresh ginger, allspice to your taste

* *BEWARE Pure Baking Extracts as this is not pure vanilla and has artificial ingredients*

1. Wash and peel sweet potatoes. Cut to your desired shape and add to your glass dish
2. Mix equal amounts of EVOO, avocado oil and red palm oil to a GLASS container. Stir well to mix using a fork or spatula or small whisk. **NOTE: RED PALM OIL WILL STAIN so do not use plastic utensils**
3. Pour this delicious mixture over your sweet potatoes.
4. Sprinkle with 1/4 or less TSP Himalayan Pink Salt
5. Pour 1 TBSP PURE vanilla extract over the potatoes.
6. Optional to add a 1/4 TSP of cinnamon, ground or fresh ginger and allspice
7. Cover and bake for 30 minutes. Enjoy.

VEGAN COLLARD GREENS

- 1 bunch of collard greens - remove the stems to about the middle of the leaves, wash the leaves thoroughly to remove any dirt and debris, use a salt water rinse then rinse with plain water
 - 1 medium red bell pepper chopped
 - 1 medium onion chopped
 - 2 cloves of garlic minced
 - 1 tsp dried thyme
 - 1 tsp lemon pepper
 - Red pepper flakes to taste
 - 3 Tbs olive oil
1. Roll the washed collard leaves into a jelly roll and cut into about one-inch slices.
 2. Sauté the onion, garlic and peppers over medium heat in a large pot until soft and slightly golden, do not brown.
 3. Add the dried thyme and lemon pepper and red pepper flakes for about 30 seconds then add the sliced greens and about 1/2 cup of water.
 4. Stir to distribute the seasonings and let come to a gentle boil then lower the heat.
 5. Cover the pot and let simmer for 30 - 45 minutes.
 6. Stir occasionally and add water if needed to prevent sticking to the pot.
 7. Add salt near the end of cooking time to taste.

BLACK BEAN SALSA

- 1 15 oz. can black eyed peas, drained
- 1 15 oz. can black beans, rinsed & drained
- 1 15 oz can whole kernel corn, drained
- 1 14.5 oz. diced tomatoes, drained
- 4 oz. diced jalapeno peppers, drained
- 1 medium onion chopped
- 1 small green bell pepper, chopped
- 1 cup Italian salad dressing (extra virgin olive oil, Italian blend spices, vinegar)
- 1 TSP minced cilantro
- 1 TSP cumin
- ½ TSP garlic powder
- ½ TSP creole seasoning or sea salt

1. Mix all ingredients until coated with dressing.
2. Refrigerate overnight before serving
3. Serve as a dip with tortilla chips, or a topping over rice.
4. I have never tried freezing it as it never stays around long enough

ROASTED ROOT VEGETABLES

- 1 medium sized butternut squash
 - 2 cup cut brussel sprouts- cut as halves or quarters depending on the sprouts size
 - 2-3 medium sized Beets cut into cubes or other shape you prefer
 - Extra virgin olive oil (EVOO)
 - 1 TBSP Balsamic vinegar
 - ½ TSP Sea salt or Himalayan Pink salt
 - Sprinkle pepper lightly over the vegetables (optional)
1. Lightly toss cut vegetables in olive oil, balsamic vinegar, salt and pepper (optional).
 2. Using a reusable oil sprayer bottle for the EVOO is helpful to avoid too much oil
 3. The key to the perfect texture is to avoid too much oil as vegetables will steam and become soggy
 4. Spread the vegetables in a single layer on a cookie tray. Avoid overcrowding the tray
 5. Bake on cookie sheet at 425°F for about 39 minutes.
 6. Serve warm. Enjoy
 7. Refrigerate any leftovers for the next day.
 8. Re-heating in an air fryer the 2nd day maintains the original roasted texture along with the great taste of this simple yet delicious dish



FOR THE LOVE OF {Natural} Sweetness

3-COLOR FRUIT POPS



- 1 12 oz bag frozen mangoes or peaches
- 1 12 oz. bag frozen strawberries
- 1/2 cup black seedless grapes
- plain almond or coconut milk
- 3 oz plastic cups
- Popsicle sticks
- Water
- Blender
- strainer

1. Add frozen strawberries, 1/3 cup almond or coconut milk and 1/4 cup water to a blender and blend until smooth.
2. Fill the 3 oz cups 1/3 full.
3. Cover top of cup with plastic wrap, aluminum foil or Press-N-Seal wrap.
4. Poke a hole in the top with a popsicle stick. Freeze until frozen about 40-45 minutes
5. Add frozen mangoes or peaches, 1/4 cup plant milk and 1/4 cup water to a blender.
6. Blend until smooth. Use a strainer to remove any large chunks that remain.
7. Remove cover and pour on top of frozen strawberry mixture. Adjust the popsicle stick as needed to make sure it is straight.
8. Add to freezer until frozen (about 1 hour)
9. Add fresh black seedless grapes and 1/3 cup water to a blender. Blend until smooth
10. Strain to remove any remaining skin or pulp. Press a spoon to release all the fresh juice.
11. Remove cover from cup and pour over frozen mangoes or peaches. Do not fill to the top.
12. Adjust the popsicle stick as needed to make sure it is straight. Cover again and freeze until frozen.
13. To enjoy, rinse the OUTSIDE of the cup for 3-5 seconds with cold water. Pull out the popsicle stick and enjoy a fruity fun healthy popsicle.

NOTE: This is a great way to use fruit that begins to get a bit too mushy but still. Puree, strain and freeze to make yummy popsicles whenever you like. Experiment with different fruits you may have kicking around. Depending on how much you lose to straining some of the fruits, this should make at least 20 popsicles.

MANGO SORBET

Makes 10 ½-cup servings.

- 3 cups chopped mango
 - 2 cups chopped pineapple
 - 2 bananas
 - ½ cup unsweetened canned coconut milk
1. In a food processor, purée all the ingredients until very smooth.
 2. Pour into a large zipper bag, lay flat, and freeze until solid, 3-4 hours.
 3. Break into chunks and process in a food processor until smooth and creamy, about 5 minutes.

HOW TO MAKE AQUAFABA

A nut-free, seed-free and soy-free vegan egg substitute in baking

1. Drain a can of chickpeas
2. Whip until it forms white foamy peaks. This can take 6-15 minutes. Use a hand mixer NOT a blender.
3. Add as a vegan egg white replacement for meringues, or egg replacement for muffins, pancakes, pies, cornbread, etc.
4. 3 TBSP Aquafaba = 1 egg. (I get ~ ¾ cup per can of chickpeas/garbanzo beans.



HOW TO MAKE ALMOND MILK ON THE GO

1 packet plain almond butter

1 16.9 oz. bottle water

1. Squeeze packet of almond butter into bottle of water
2. Shake to mix. Enjoy.

HOW TO MAKE HOMEMADE VEGAN VEGETABLE BROTH

- 8 cups water
 - 1-2 oz dried mushrooms (shitake or mix of different mushrooms)
 - 1 small yellow onion
 - 2-3 cloves garlic
 - 3-4 bay leaves (dried)
 - 1 TBSP rosemary (rub between yours hands or crush to release the smell and flavor)
 - 1 large or 10 baby cut carrots
 - 1TSP Himalayan pink salt
 - 1 TSP red palm oil or extra virgin olive oil (EVOO)
 - 1 TBSP Thyme
 - 1 TBSP turmeric
 - 1 pinch nutmeg (optional)
1. Add water to pot.
 2. Add all vegetables and spices and oil.
 3. Bring to a boil then let simmer over medium heat until the veggies are tender and the rich smell fills the kitchen ~25-30 minutes
 4. Remove the now hydrated mushrooms and save for other dishes
 5. REMOVE the BAY LEAVES and discard. DO NOT EAT
 6. Use a fine mesh strainer to clarify.
 7. Freeze until ready to use.

HOW TO MAKE VEGAN R.U.M. SEASONING

Renee's Umami Max = R.U.M

1-part dried sliced organic shitake mushrooms

2 parts water from canned chickpeas (or cooked chickpea water)

- Marinate in the refrigerator for 2-3 days in re-purposed glass spaghetti jar/container.
- Drain off rehydrated mushrooms and freeze the rich liquid seasoning in small portion size servings in the freezer. Adds delicious natural umami flavor to soups, vegetables, *etc.*
- You can use the rehydrated mushrooms to make mushroom burgers, add to vegetable soup or blend to make a savory mushroom gravy.

Natural umami flavor seasoning sources (alternative to MSG)

1. Dried Shitake mushroom powder
 - a. Add 1 TSP to soups, or homemade vegan burgers for delicious flavor.
 - b. Mushrooms are also high in non-animal iron and a good source of plant-based vitamin D (more when exposed to sunlight just before harvest)
2. Coconut Aminos
3. Soy Aminos

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